

The Circle Of Life

Discover Areas Of Your Life That May Be Out Of Balance

- 1 Write down in the nine segments the areas that you chose from The Circle Of Life.
- 2 Examples; Relationships, Personal Development, Career, Financial growth, Family, Friends, Social Life, Fitness, Health, Relaxation, my Children,
- 3 Plot on the scale the number you gave each area in terms of happiness/ satisfaction. 0 being the worst that it could ever be, and 10 being the very best that you could imagine.
- 4 Connect each co-ordinate to the next one until you create a complete circle.

Result:

If the diagram looks like a nice, round circle then you have a balanced life. Try making it bigger.

If the diagram looks like a wheel with some dents in it then those areas maybe out of balance with the rest of your life. Focus on those areas.

If the diagram is a small circle or looks more like a star then there could be a wider cause of imbalance. That warrants addressing

