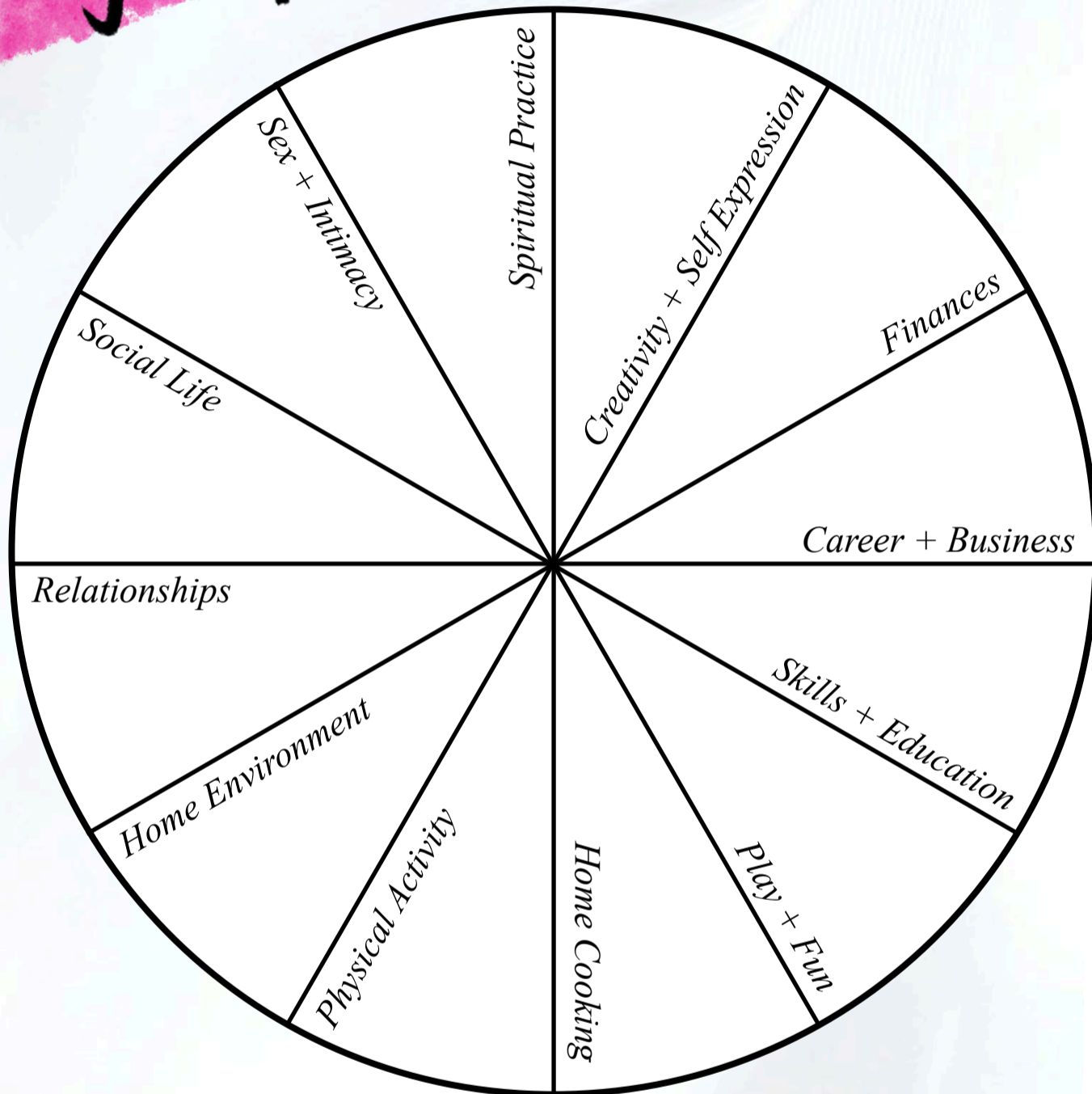


The Circle of Life



What does YOUR life look like?

1. Place a dot on the line in each category to indicate your level of satisfaction within each area. Place a dot at the center of the circle to indicate dissatisfaction, or on the periphery to indicate satisfaction. Most people fall somewhere in between.
2. Connect the dots to see your Circle of Life.
3. Identify imbalances. Determine where to spend more time and energy to create balance.

This version is modified from Integrative Nutrition's traditional version. ©2013 Integrative Nutrition, Inc. Used with Permission. No further copying and/or re-publication is authorized.