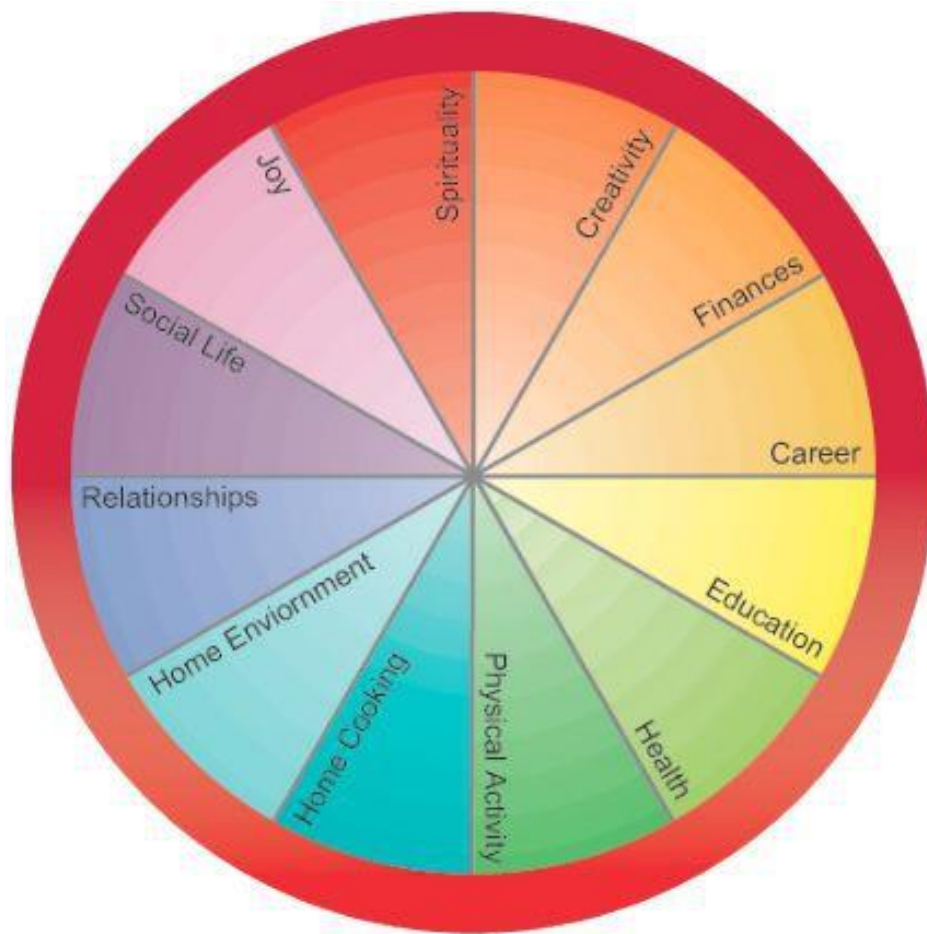


## The Circle of Life

Grab a pencil and work your way around each section placing a dot to indicate your current level of satisfaction within each area. The closer to the centre, the lower your level of satisfaction and the closer to the outer edge, the greater your level of satisfaction. Once you've done your dots, join them all together to create a circle (of sorts!).



Your completed Circle of Life will give you an instant visual of the areas where you feel happier and the areas that you may want to focus on in order to create more balance. It's a great way to bring some clarity.

A simple way to use the image you have created is to ask yourself this question:

*'What three things can I do differently to make positive changes in those areas which appear to be out of balance?'*