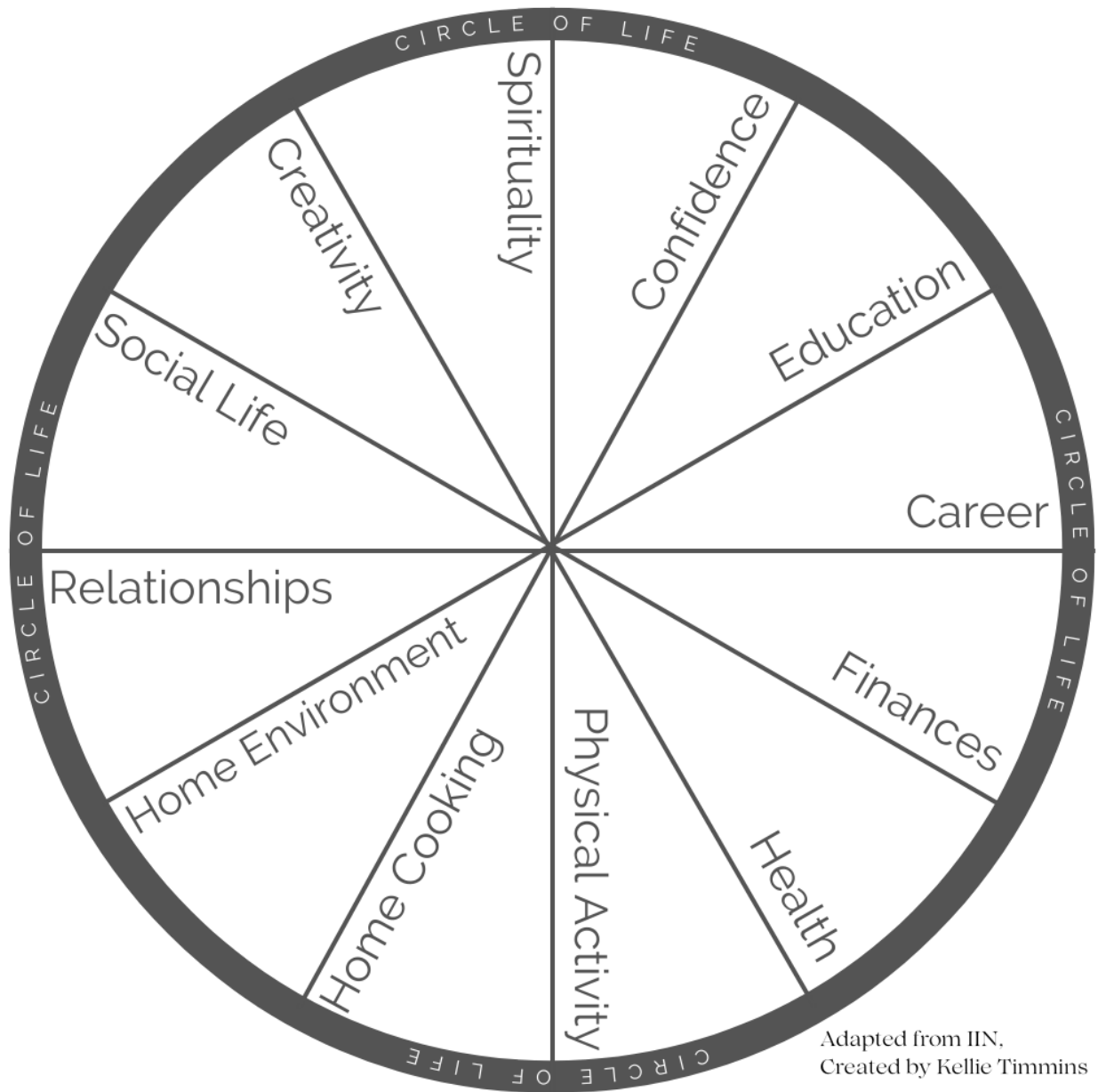


The Circle of Life



Adapted from IIN,
Created by Kellie Timmins

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. A dot near the center = dissatisfaction. Periphery=satisfaction.
2. Connect the dots to see your Circle of Life.
3. Identify imbalances. Determine where to spend more time and energy to create balance.

An example of what a circle may look like...



Adapted from IIN,
Created by Kellie Timmins