

# CIRCLE OF LIFE

*How satisfied are you?*

Place a dot on the line in each category to indicate your level of satisfaction within each area. Place a dot at the centre of the circle to indicate dissatisfaction, or on the periphery to indicate satisfaction. Most people fall somewhere in between.

Connect the dots to see your Circle of Life. Identify imbalances. Determine where to spend more time and energy to create balance.

## Example



*Liberate Your True Self*

