

# YOUR LIFE CIRCLE

Our lives are always turning and evolving. When we are not happy with an area of our life there is always "spill over" into the others. Knowing where we are out of sync is the first step in feeling whole.

Imagine standing in the middle of your world and looking out and around at all the areas of your life divided into sections like slices of a pie. Use the image below to rate your level of satisfaction with each area by making a curved line between the centre point and outside edge in each slice. 0 in the centre is a point of least satisfaction and 10 on the outside edge is VERY satisfied.

How does the Circle look to you?  
What will it take to bring your Life Circle into balance?

