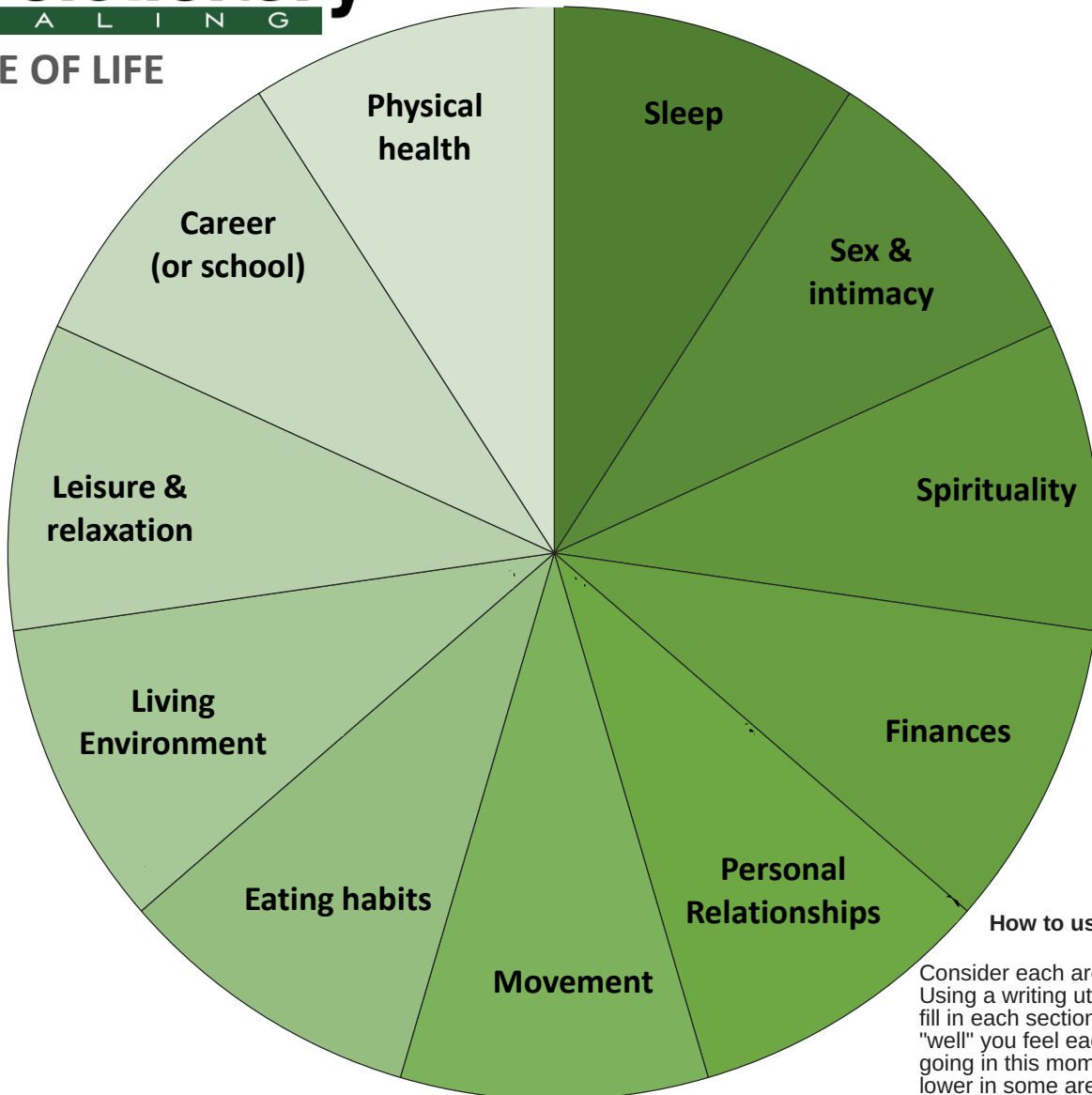


CIRCLE OF LIFE



How to use the Circle of Life

Consider each area of life represented. Using a writing utensil or pdf editor, fill in each section according to how "well" you feel each area of your life is going in this moment. It is normal to rate lower in some areas than others. This can and does shift over time. It can be helpful to use this tool regularly to check-in with yourself.

1. What surprised you about your Circle of Life results, if anything?
2. Choose one area you are feeling depleted in. Can you recall a time when you felt more aligned in this part of your life? What small change(s) could create more support for yourself in this life area?
3. Choose one area you are feeling the fullest in. What are some of the factors that contribute to this being an area you thrive in?