

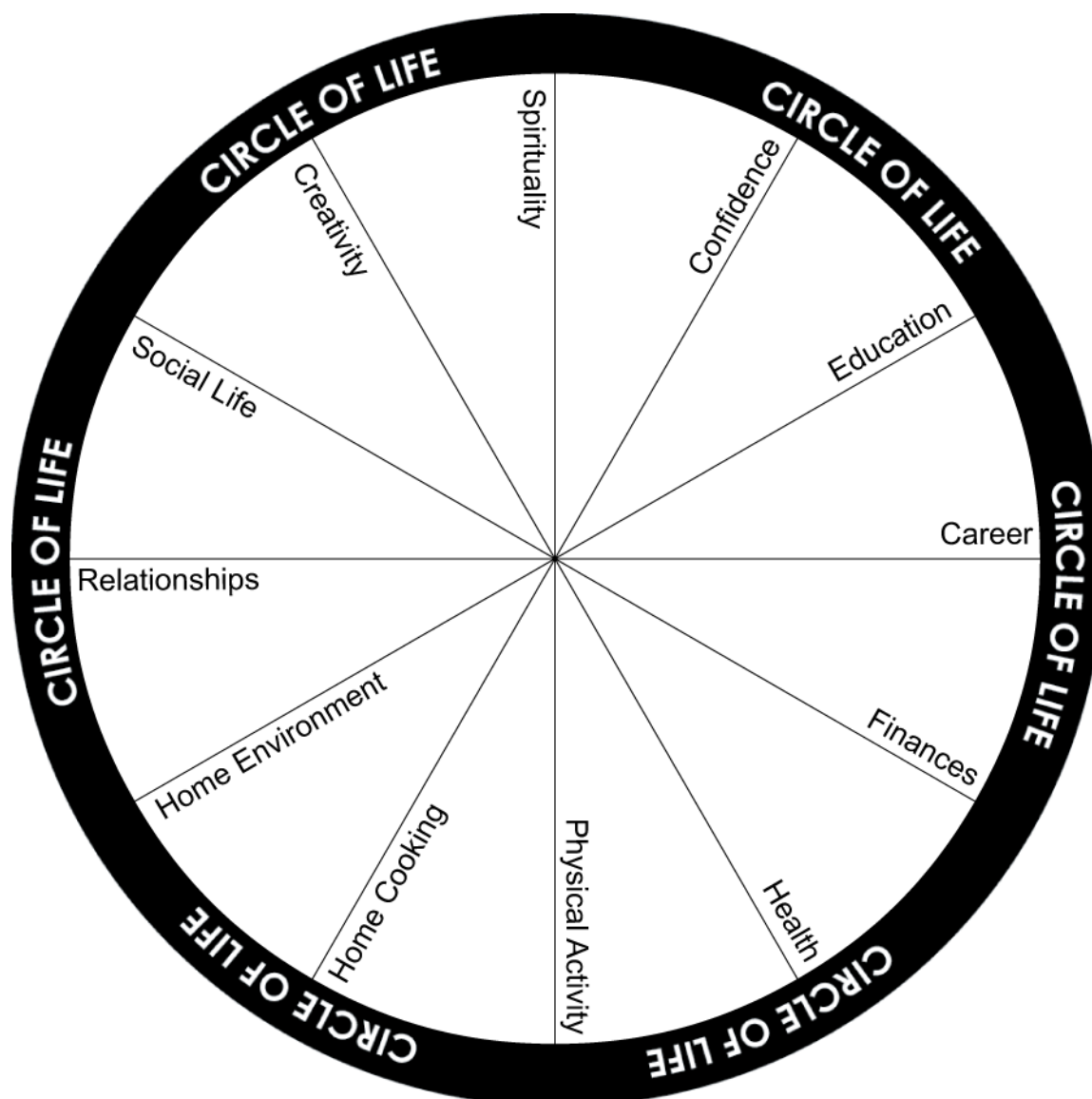
THE CIRCLE OF LIFE

This exercise will help you to discover which primary foods you are missing the most.

The Circle of Life has 12 sections.

Look at each section and place a dot on the line marking how satisfied you are with each area of your life. A dot placed at the center of the circle or close to the middle indicates dissatisfaction, while a dot placed on the periphery indicates ultimate happiness.

When you have placed a dot on each of the lines, connect the dots to see your circle of life. You will have a clear visual of any imbalances in primary food and a starting point for determining where you may wish to spend more time and energy to create balance and joy in your life.



THE CIRCLE OF LIFE



Confidence – Self-assurance, a belief in your ability to succeed

Education – Happiness with level and quality of schooling, life-long learning

Career – Fulfillment with your work or career path

Finances – Security and comfort with income and independence

Health – Both physical and mental

Physical Activity – Level, amount, and quality of moving your body

Home Cooking – Satisfaction with frequency and quality of cooked meals

Home Environment – Neighborhood, physical dwelling, living arrangements, etc.

Relationships – Quality and quantity of relationships, romantic, platonic, and familial

Social Life – Contact with supportive groups and the “outside world”

Creativity – Feeling fully expressed through any chosen medium

Spirituality – Any feeling of connection with something greater than yourself