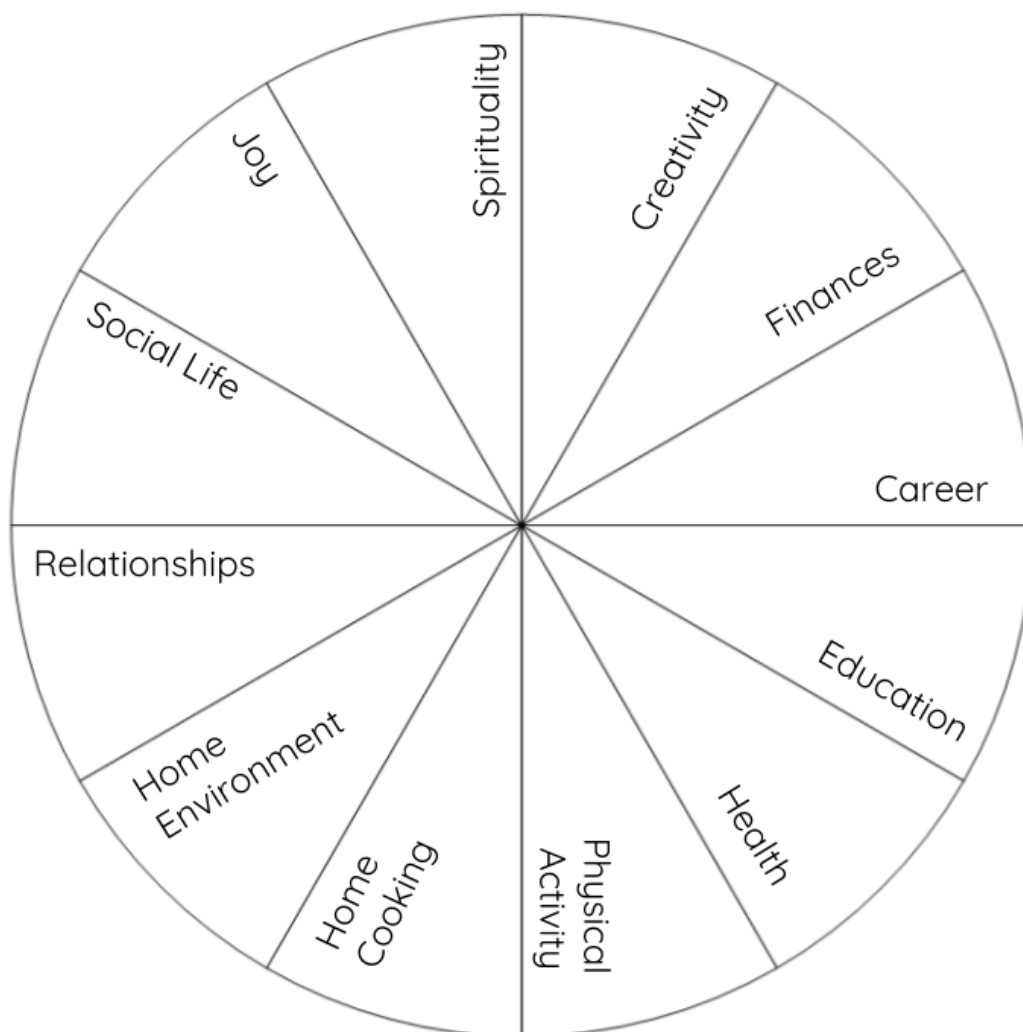


Circle of Life Exercise

This exercise will give you a clear visual picture of where you're satisfied in your life - and what areas could use a little more attention and work. .

How it works: The center represents dissatisfaction and the outer circle represents full satisfaction. Place a dot on the line of each section that shows you level of satisfaction, then connect the dots.



Use the visual representation to determine where to begin your personal development work.