

# *Circle of Life Assignment:*

## *12 Areas to Measure Your Balance*

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- 1. Place a dot on the line in each category to indicate your level of satisfaction within each area.**
  - a. Place a dot at the center of the circle to indicate dissatisfaction, or on the periphery to indicate satisfaction.
- 2. Connect the dots to see your Circle of Life.** (See example.)
- 3. Identify imbalances.**
  - a. Determine where to spend more time and energy to create balance in your life.

