

Gain Clarity through the Circle of Life

Take a moment to score yourself on your current level of satisfaction in each of the 9 areas of your life below. 10 is complete fulfillment, 0 is nowhere near happy. Draw a dot for each area: for example, you might rate your Career an '8' and your Health a '6.' Connect the dots to see how balanced (or unbalanced) your wheel of life is... and how bumpy your ride may currently be.

