

This interactive exercise will give you a clear visual picture of where your life is thriving – and what areas could use a little more work.

How it works:

Using the circle provided - place a dot within each section to mark how satisfied you are with that area of your life. A dot placed towards the center of the circle indicates dissatisfaction, while a dot placed towards the outside indicates happiness. The dot can be placed anywhere on the line, depending on where you feel it is the truest representation of that category.

Once you've placed a dot within each section, draw a straight line from one dot to the next to connect the dots and see your Circle of Life.

