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How to Complete Your Circle.

Use a colored pencil to shade each segment of the circle from the center outward, up to the percentage that reflects your level of satisfaction.

For example, if you rated a segment as '7', shade 70% of that segment.

Level 1-3

Far from what you desire. You feel disconnection or emptiness in this area.

Level 4-6

In progress. Some aspects are working while others require attention.

Level 7-9

On the right track. You feel overall satisfaction, though there is still room to grow.

Level 10

Fully aligned and at peace. This dimension reflects your essence and values.

After coloring each segment, how do you perceive each area of your life?