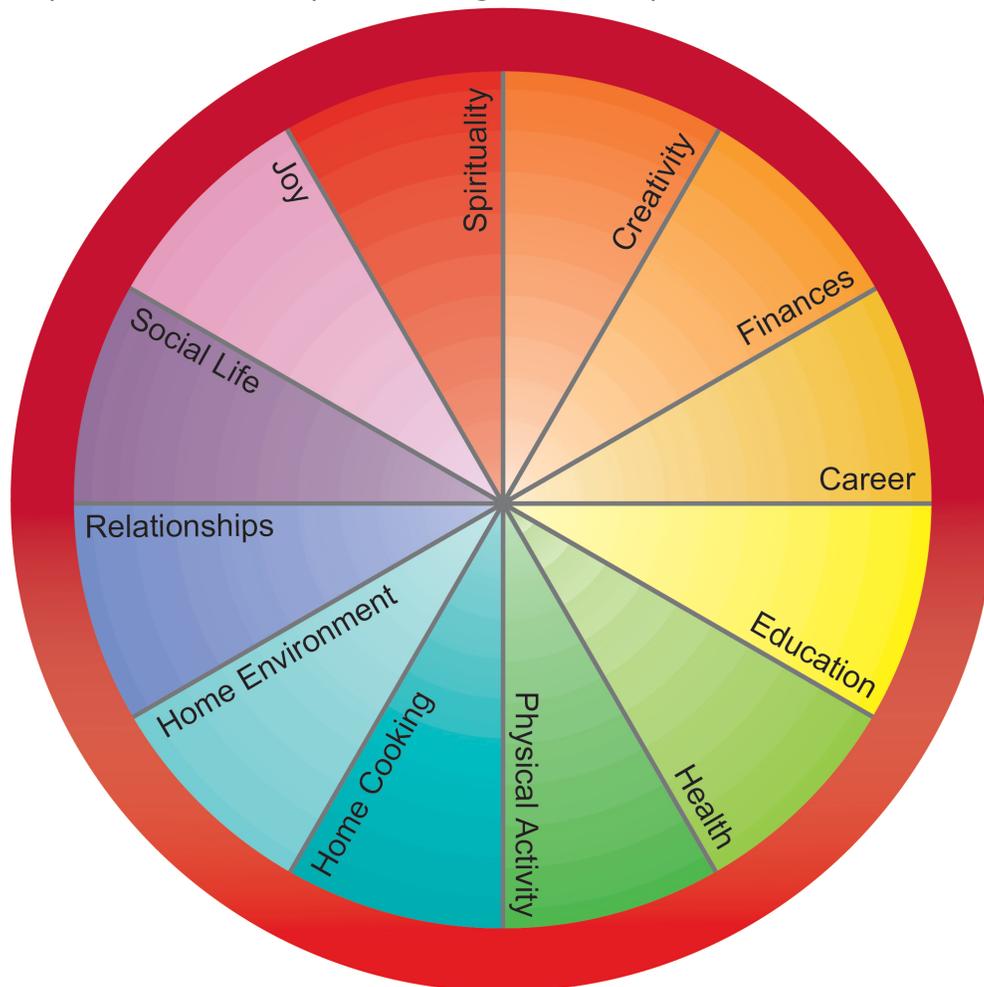


THE CIRCLE OF LIFE

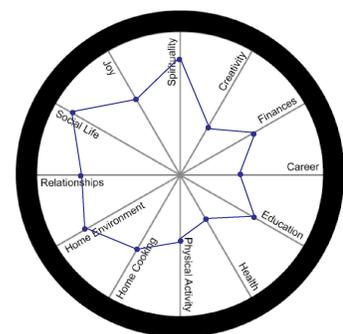
These areas in your life are your PRIMARY FOODS. The food you put on your plate is your SECONDARY FOOD. Complete this exercise to discover which primary foods you are missing. I can help you work to improve the areas you marked low so you can bring balance to your life.



HOW WELL DOES YOUR WHEEL/CIRCLE ROLL?

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

If you would like to schedule a free discovery session with me, Abby Mason, Certified Integrative Nutrition Health Coach, please contact me at 614-620-7420.



Example