

The Circle of Life

This exercise will help you to discover which primary foods you are missing the most. The Circle of Life has 12 sections. Look at each section and place a dot on the line marking how satisfied you are with each area of your life. A dot placed at the center of the circle or close to the middle indicates dissatisfaction, while a dot placed on the periphery indicates ultimate happiness. When you have placed a dot on each of the lines, connect the dots to see your circle of life. You will have a clear visual of any imbalances in primary food and a starting point for determining where you may wish to spend more time and energy to create balance and joy in your life.

