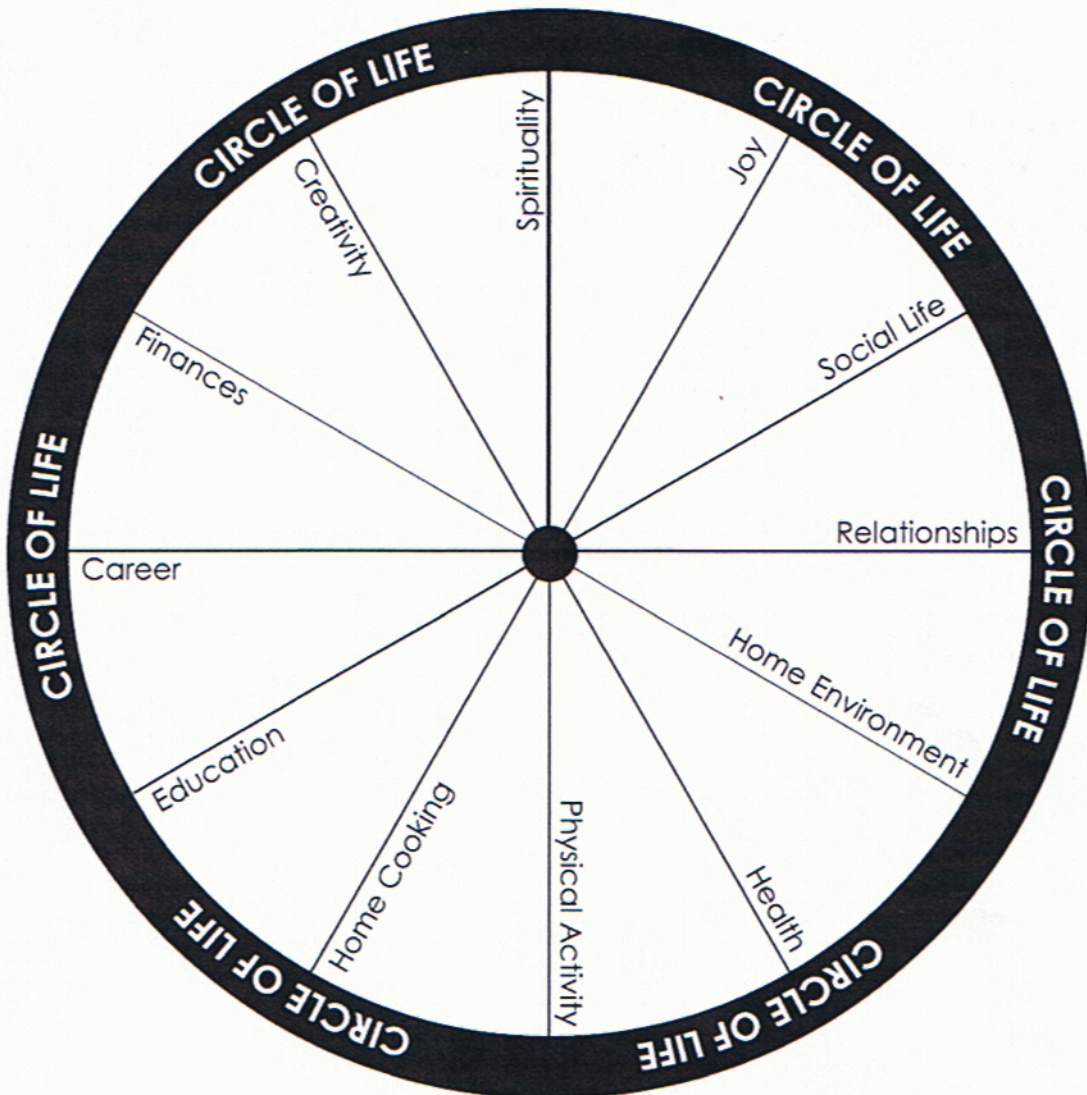


The Circle of Life



This exercise will help you to discover which primary foods you are missing most. The Circle of Life has 10 sections. Look at each section and place a dot on the line to designate how satisfied you are with this area of your life. A dot placed at the center of the circle, close to the middle, indicates dissatisfaction, while a dot placed on the periphery indicates ultimate happiness. When you have placed dots on each of the lines, connect the dots to see your circle of life. Now you 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.