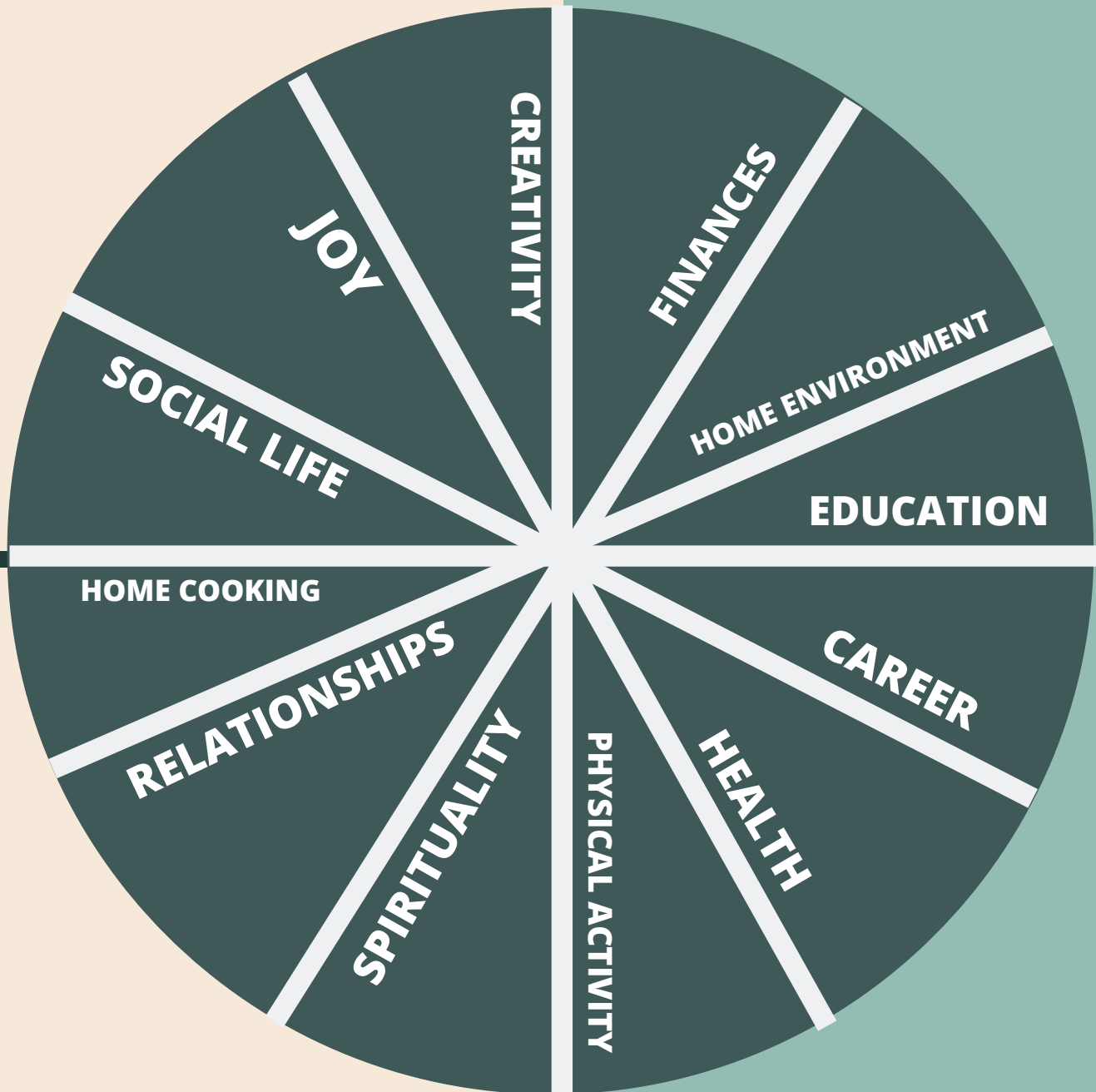


Date: \_\_\_\_\_

# CIRCLE OF LIFE



Which areas of your primary foods are you most satisfied? The least?

Identify imbalances. Determine where to spend more time and energy to create balance.

# MY PRIMARY FOODS

As you reflect on your past year in each of these areas, jot down any notes or key words.

You can also use these spaces to write down your summary of each area.

**JOY**

**SOCIAL LIFE**

**SPIRITUALITY**

**RELATIONSHIPS**

**HOME ENVIRONMENT**

**HOME COOKING**

**PHYSICAL ACTIVITY**

**HEALTH**

**EDUCATION**

**CAREER**

**FINANCES**

**CREATIVITY**