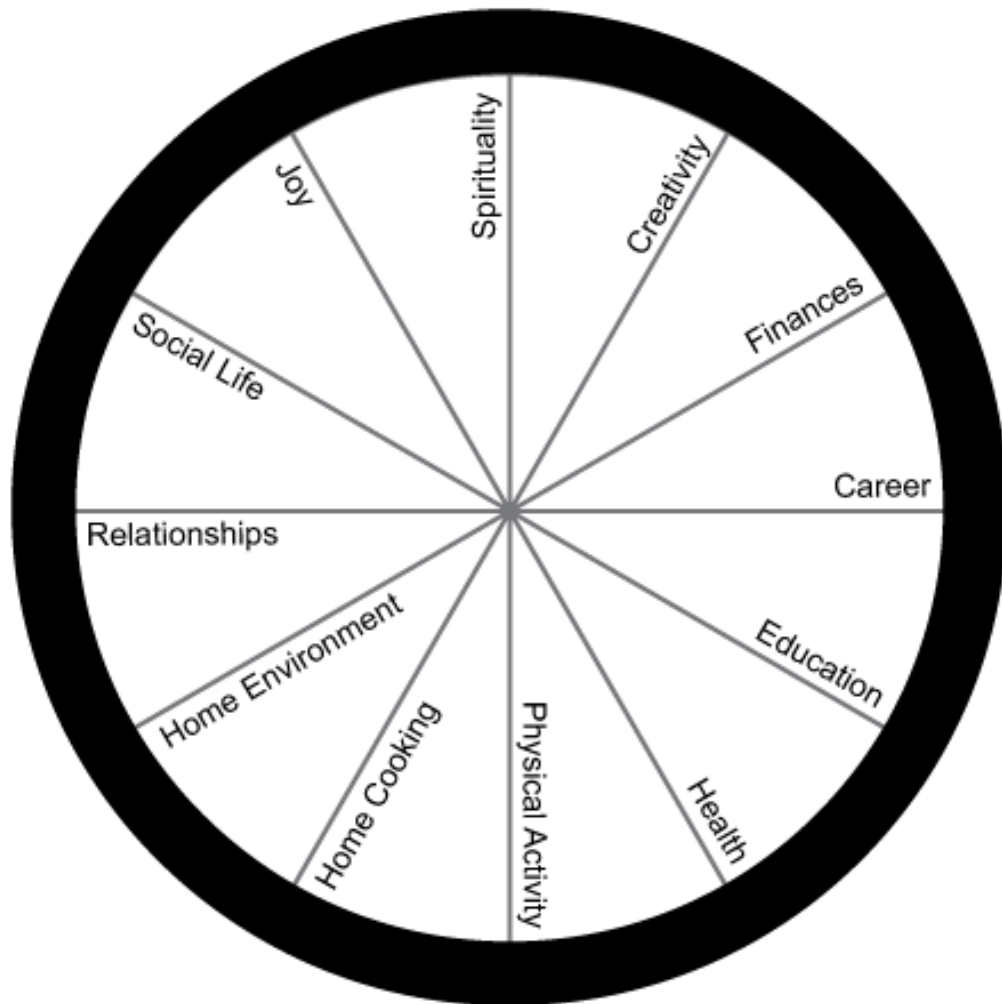


# The Circle of Life



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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.