



A SELF-DISCOVERY EXERCISE

THE CIRCLE OF LIFE

Discovery which primary foods you're missing and
how to infuse joy and satisfaction into your life.

Presented By:

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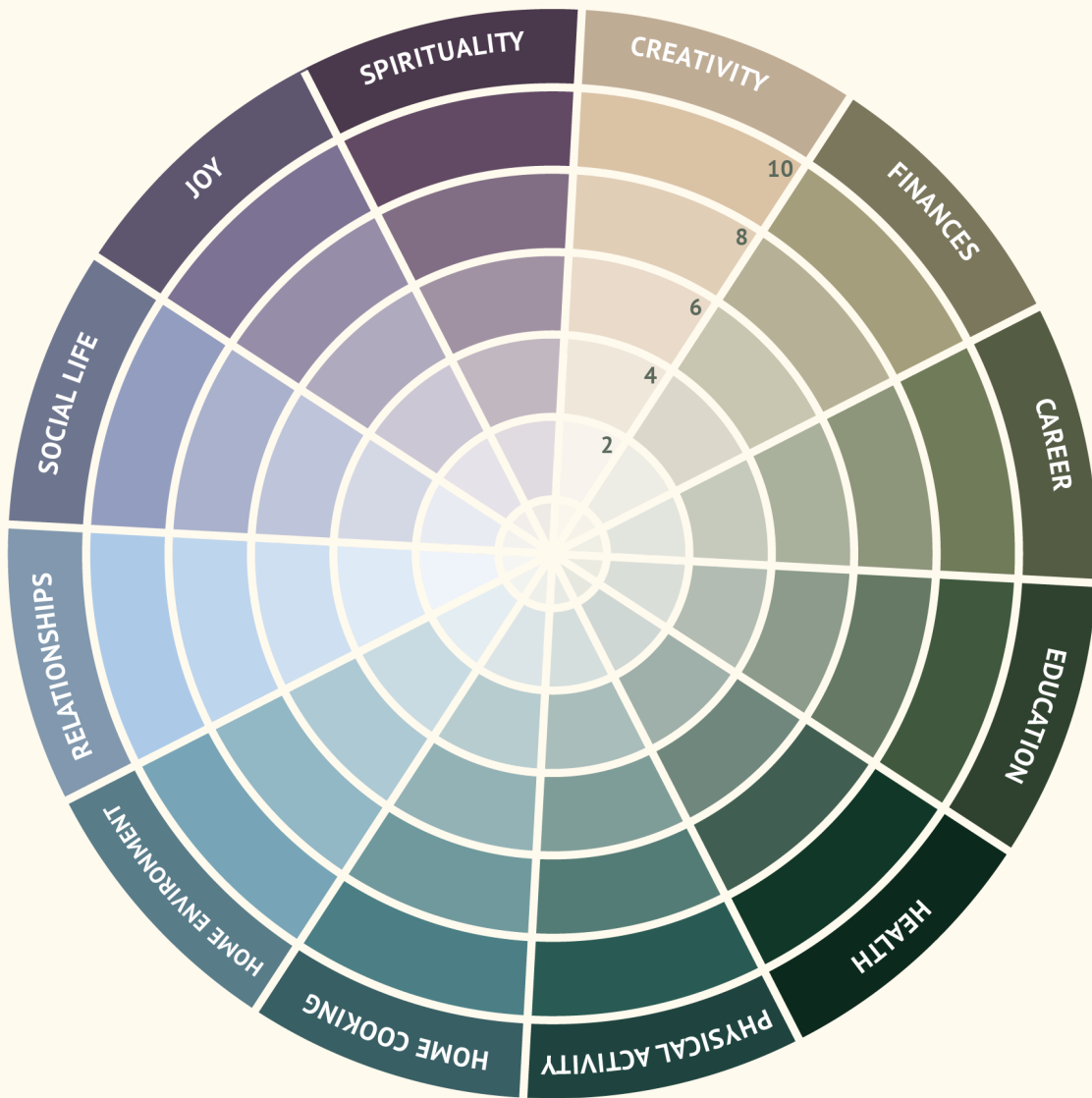
For additional resources, please visit:

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MASSAGE  WELLNESS

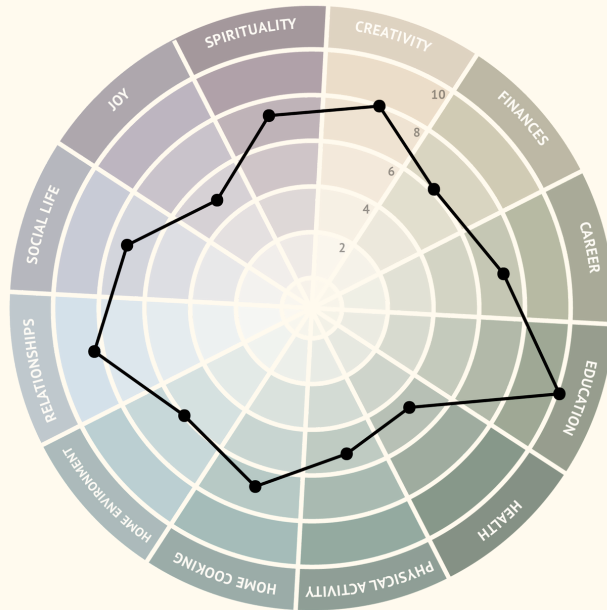
What Does Your Life Look Like?



Name:

Date:

Instructions:



- Place a dot within each category to indicate your level of satisfaction. (see scale)
- The closer your dot to the outside of the circle, the higher your level of satisfaction.
- The closer your dot to the center of the circle, the lower your level of satisfaction.
- Most people fall somewhere in between. (see example)
- Connect the dots to see your Circle of Life.
- Identify imbalances. Determine where to spend more time and energy to create balance.

