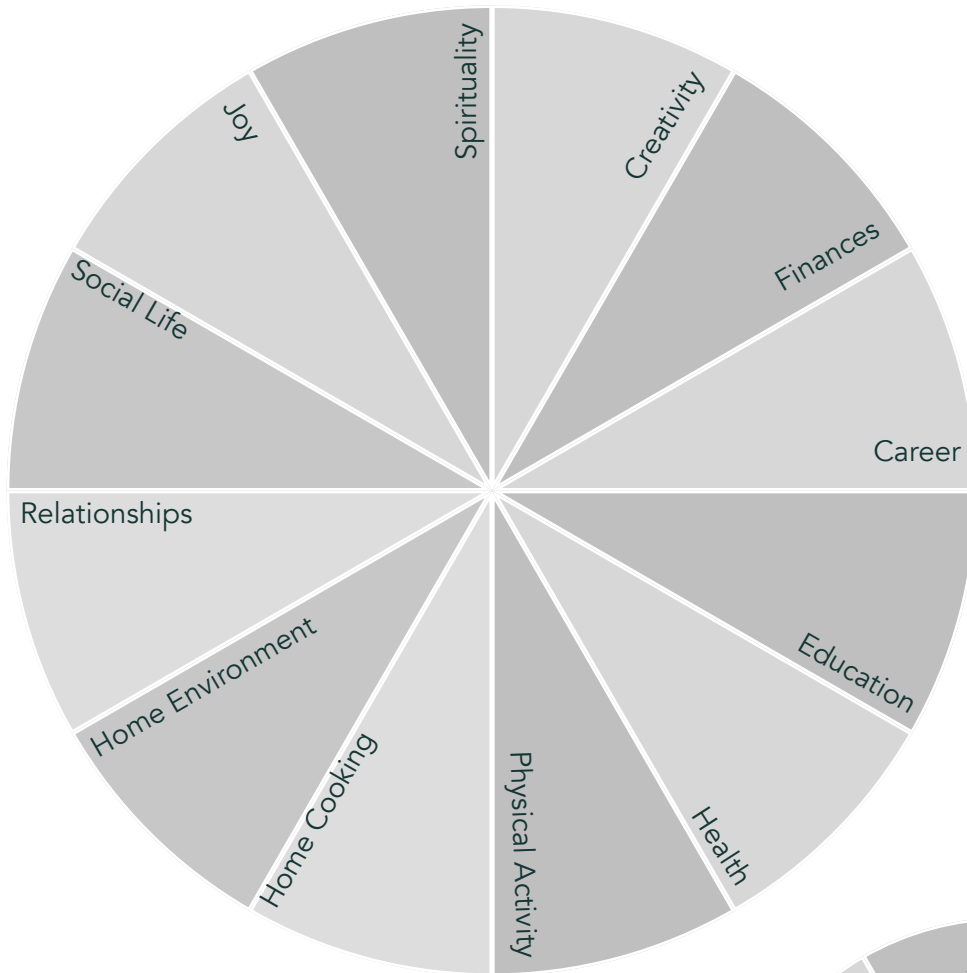


Use the Circle of Life to uncover which Primary Foods you're missing, and discover how to create a balanced, joyful life.



1. Place a dot on the line in each category to indicate how satisfied you are in each area. Place a dot at the center of the circle to note dissatisfaction or close to the outside of the circle in areas you are fully fulfilled.
2. Join the dots (as seen in the example) and look at how balanced your circle is. Your Health Coach can help you discuss how to create balance in the circle.

