



# CIRCLE OF LIFE

**Divide the circle into several sections** so it resembles a sliced pie. Each section represents an area you feel is an integral part of a fulfilled life, such as career, family, health, fitness, friendship, romance, finance, relationships, etc. Aim for at least six categories and write them in each pie slice.

**Next, ask yourself how everything is going in that area** -- and be brutally honest. Going well, write a positive sign: not so well, make a negative sign. Examine the slices with a negative sign. How could you improve that area? What is something you can do every day to stimulate positive change? Write at least one item in each section that you can do right now to improve that category, and then commit yourself to it.

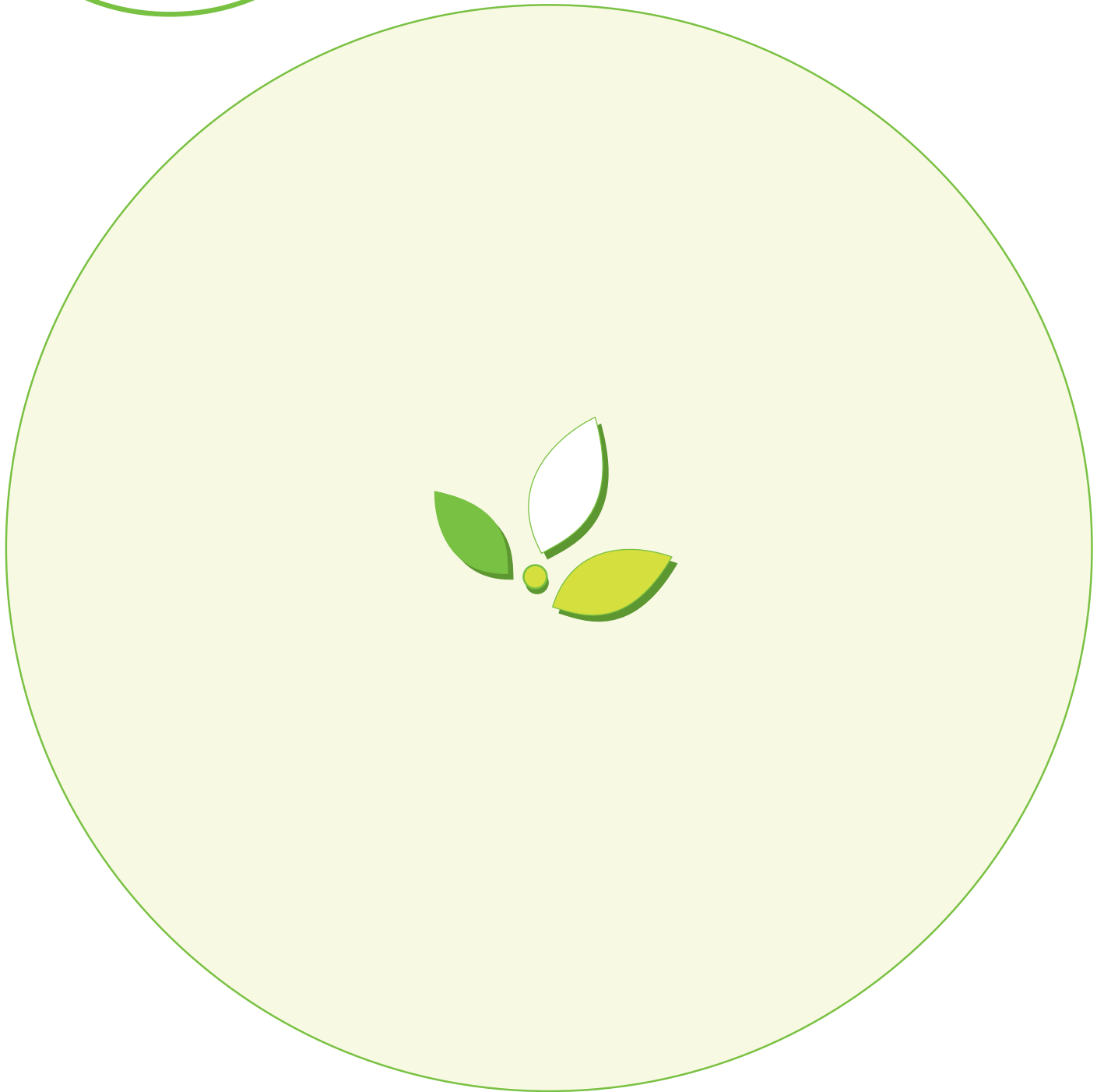
**Some examples:** If a friendship has soured, write a letter, send an e-mail, or pick up the phone. If your fitness has stalled, rejuvenate it: Begin an exercise journal, buy some new workout clothes. Not eating healthy enough? Clean out the refrigerator and fill up with fruit and vegetables.

## Category Suggestions:

- Family
- Career
- Health
- Fitness
- Friendship
- Romance
- Finance
- Relationships
- Create your own



# CIRCLE OF LIFE



“People who struggle with weight gain often want instant gratification. But if you're patient and take small steps every day, the results can be powerful.”

*Bob Greene*

**TheBestLife.com**