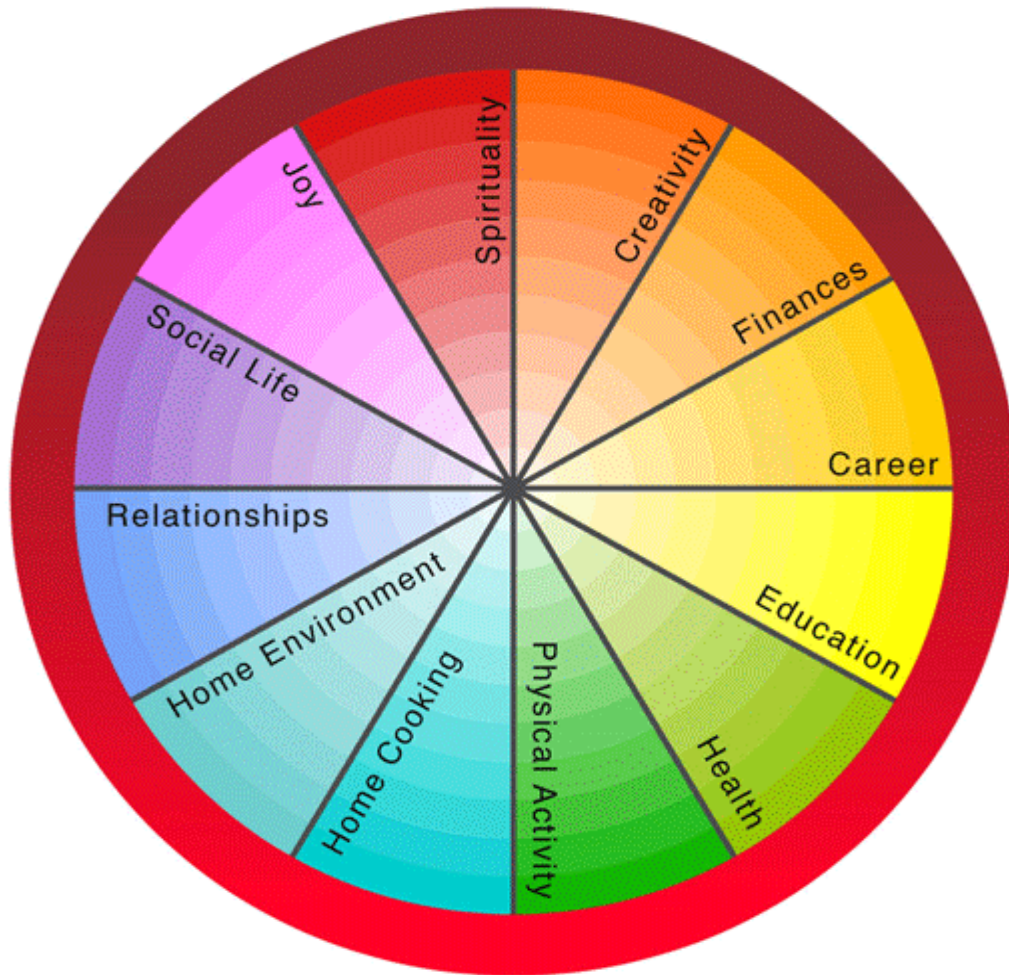


The Wheel of Life



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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.

Follow up questions

1. Are there any surprises for you?
2. How do you feel about your life as you look at your Wheel of Life?
3. How do you currently spend time in these areas?
4. How would you like to spend time in these areas?
5. How is dissatisfaction in some areas of your life affecting the way you feel?
6. Which of these elements would you most like to improve?
7. How could you make space for these changes?
8. What help from others might you need?
9. What would make that a better circle?
10. What would a balanced circle look like to you?

Action Steps

What wants to be nourished in my life?

Action steps I'm going to take to up-level my life to get it into more balance:

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