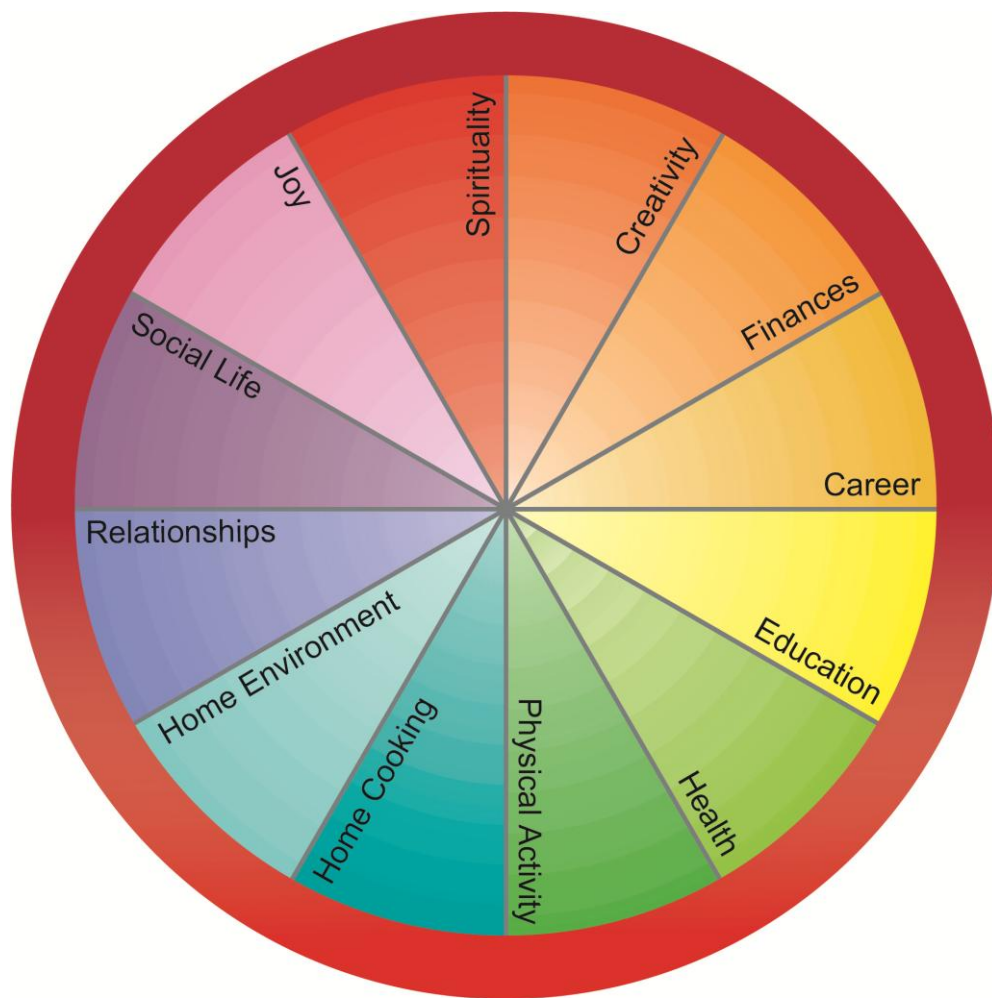


THE CIRCLE OF LIFE

The areas listed below are your PRIMARY FOODS. The food we eat is our secondary foods. Complete this exercise to discover which primary foods are off balance in your life. My mission is to help you work to improve the areas that are marked towards the center of the wheel, so you can reboot and live deliciously.



How well does your wheel (life) roll?

1. Place a dot on the line in each category to indicate your level of satisfaction within each area.
Place a dot at the center of the circle to indicate dissatisfaction, or on the periphery to indicate satisfaction. Most people fall somewhere in between. (see example)
2. Connect the dots to see your Circle of Life.
3. Identify imbalances. Determine where to spend more time and energy to create balance.

If you would like to schedule a chat with me, Jamie Sossamon, Certified Holistic Health Coach, please fill out this simple form: www.rebootwithjamie.com/schedule-chat

Example

