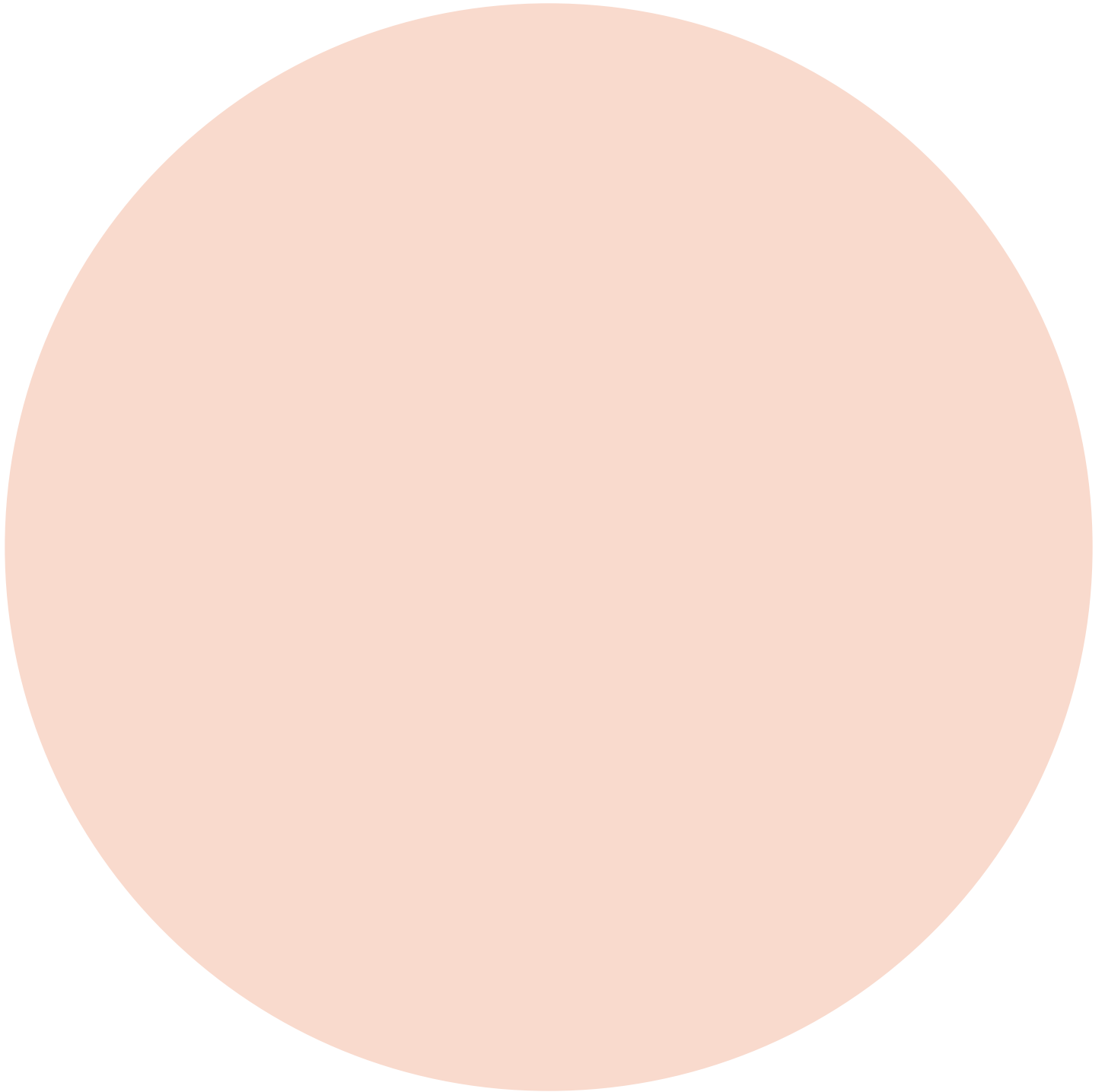




Living a Whole Life



Instructions: The large circle ideally represents your whole, balanced life and what is important to you. Consider the different roles and arenas that you occupy (work/career, family, leisure time, etc.). Use different shapes (circles, squares, triangles) of varying sizes for each to represent how important each one is to you.



When you complete this activity, reflect on how it compares to the way you *actually* spend your time and energy. What did you learn about what matters to you?