



My Circle of Life Expander

A visual representation
of your life now and in
the future

MY CIRCLE OF LIFE EXPANDER™

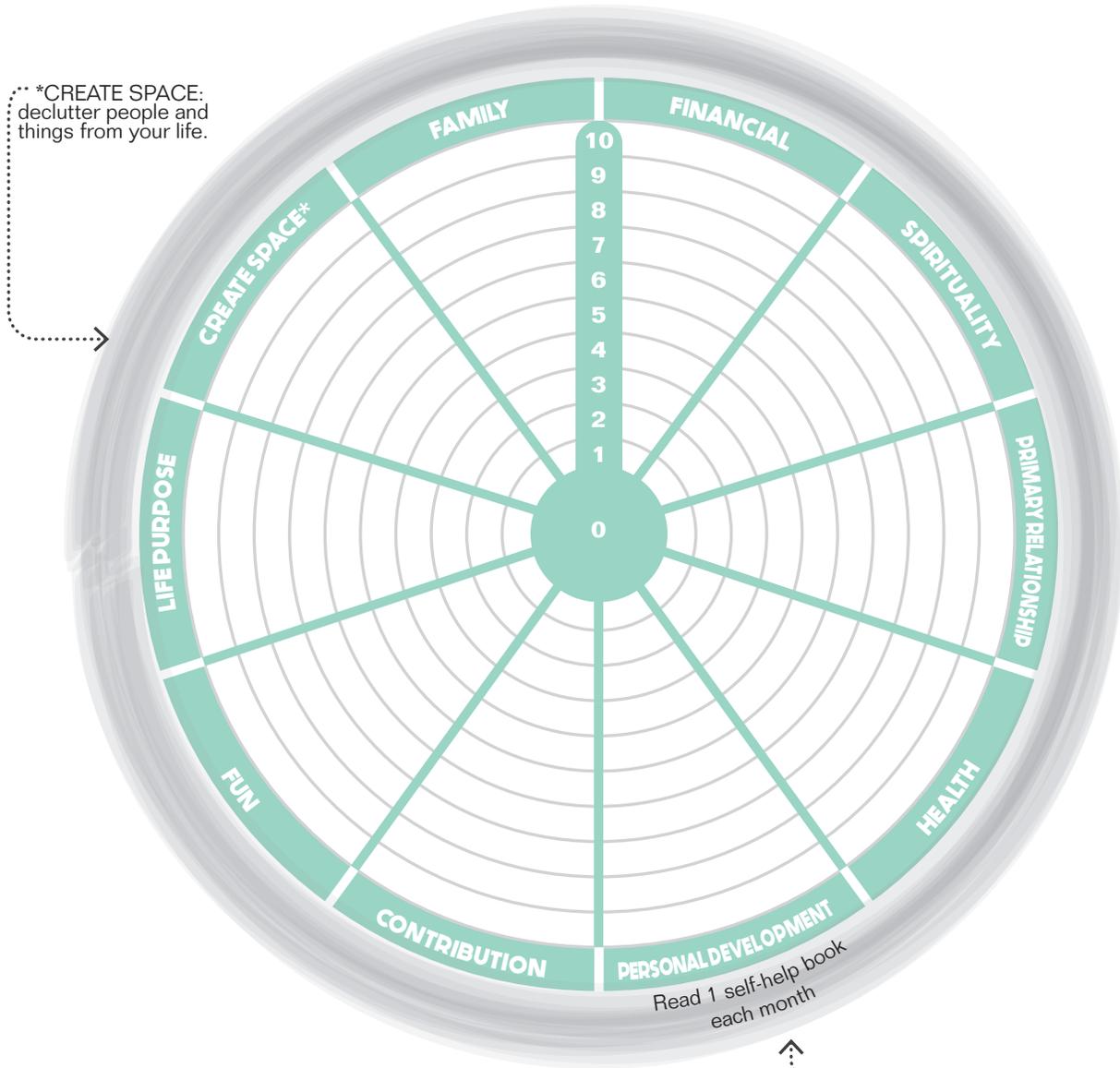
Sometimes, life gets so busy that we need to take a “bird’s eye view” of our life. This allows us to see the big picture and get our life back into balance. The CIRCLE below contains 10 areas of your life. Your fulfillment in these areas are the key to balance and happiness.

STEP 1 Each life area is represented on a scale of 0-10. In the SPACE below, rate (by coloring) how satisfied and fulfilled you are currently with each area.

Rating: **0=dissatisfied 10=completely satisfied**

For example, it may be that you are a 6/10 on your physical & health area of life so you will color in that SPACE to 6.

Once you have colored in each of the areas, you will see just how balanced or unbalanced your life is. If you have very high numbers on some and very low numbers on others, you may want to create focus on the areas of your life with the lower numbers.



STEP 2 Decide which areas you would like to have more focus over the next year, and use a different color to **EXPAND** that focus. Color in your desired score on a scale of 0-10 on where you want to be in that area of focus.

STEP 3 Once you have a colored picture indicating your **PRESENT** satisfaction with each area, and your **DESIRED** satisfaction, now you can set a commitment for each. This commitment will help to create focus for that area for the next year ahead. See example.

Share with us your email at www.lifepurposeplaybook.com to receive more free productivity tips, exercises and videos. This exercise was created by Judy Machado-Duque, Productivity Coach & Author.

5% of profits donated to Mercy For Animals, a non profit that has captured Judy's heart ♡