



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. Note: this is how *satisfied* (or at peace) you are, not how *ideal* your life is in each area. A dot placed at the center of the circle or close to the middle indicates dissatisfaction, while a dot placed on the periphery indicates real 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 the imbalances in your 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.

What short spoke can you start addressing today? We can't typically solve our entire dissatisfaction today. But we can commit to making step-by-step smaller changes to make your life overall more fulfilling. **Most importantly, realize that food (or other addictions) will never make up for short or missing spokes of satisfaction in your life.** Start to become aware of where you are using food or other distractions (e.g. excessive exercise, alcohol, medications, work-a-holic schedule, compulsively saying Yes to others' demands) to "stuff down" your feelings, especially feelings of disappointment, insecurity, anger, or resentment.

Alas, the biggest enemies of sustained health and happiness are usually continued inaction and passive acceptance of what's not working for you.