

**CIOFFREDI
& ASSOCIATES**

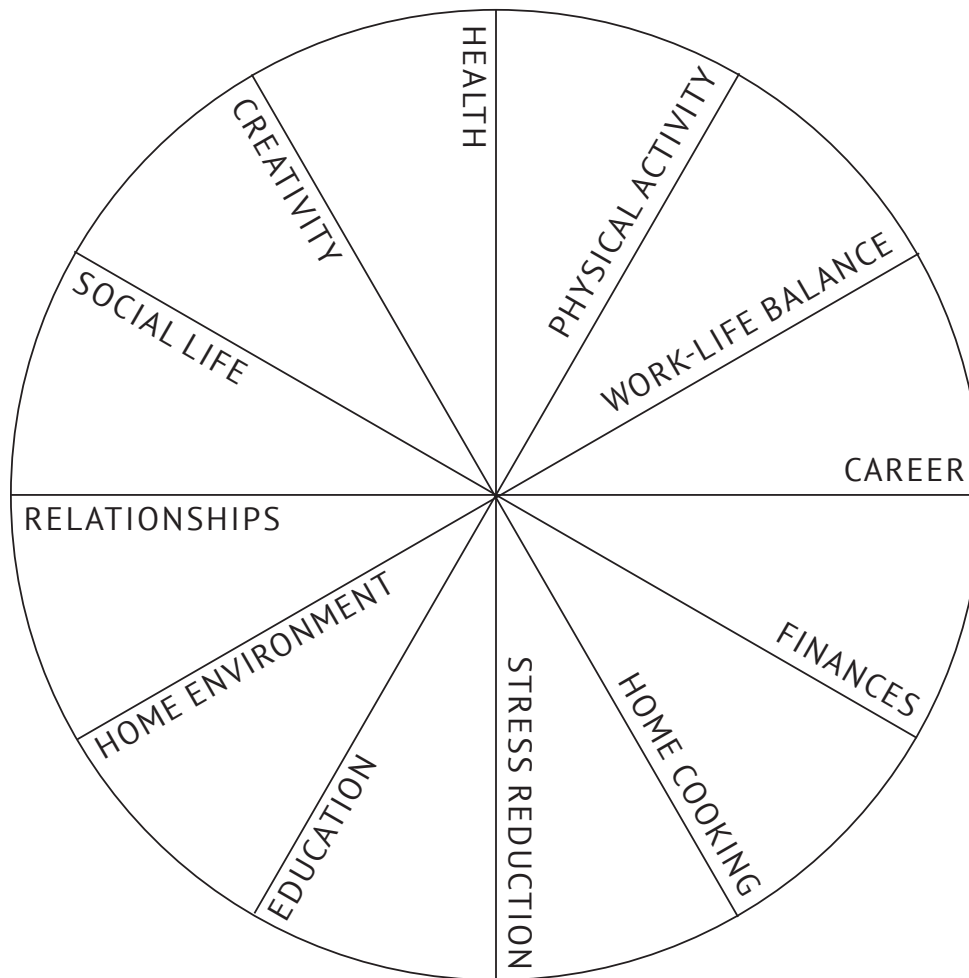
THE INSTITUTE FOR HEALTH & HUMAN PERFORMANCE

THE CIRCLE OF LIFE

PRIMARY NUTRITION

What if nourishment only came on a plate; how happy and in balance would you be?

Healthy relationships, regular physical activity, fulfilling career, and socially connecting can nourish your soul and satisfy your hunger for life. When the various parts and pieces that make up your life satiate you, your life feeds you, making what you *eat* secondary.



This exercise will help you to discover which primary nourishment 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 nourishment and a starting point for determining where you may wish to spend more time and energy to create balance and joy in your life.

MOVEMENT FOR LIFE