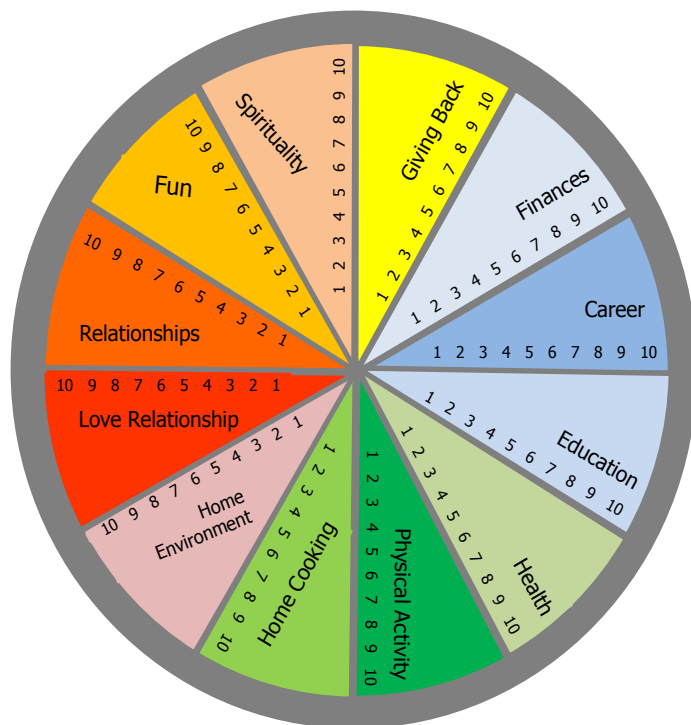


## *Did Imbalance In Your Life Create Health Issues?*

The following exercise will provide clarity and help you discover how everything in your life is affecting you and how you are affecting everything in your life. The following 12 sections represent specific areas of your life. Each section has a number from "1" to "10." Give each section a value where "1" indicates not satisfied/needs improvement and "10" represents very satisfied/minimal to no improvement and circle it. See the key for a description of the life traits. Rate yourself in each of those areas as you see your life NOW.

Connect the numbers you have circled for each section. What areas in your life need attention? What does the new circle look like? Is it closer to the outside or to the center? Is it lopsided? A lopsided circle means there is imbalance in your life. The closer it is to the center, the more work that needs to be done. Working in one area may change the number in other areas of your life. Once you have completed your health goals in the following section, use the same formula for the life trait areas that need attention. **How do you think the lowest areas are impacting your health today?**

### How Do I Rate Myself In These Areas Of My Life?



*Life trait keys*

- Giving back – tithe, volunteer work, community service, helping others
- Finances/money – are you a spender, saver or planner? Do you manage your money well?
- Career/work – fulfillment in and commitment to your current occupation
- Education/learning – college classes, seminars, community classes, learning something new regularly
- Health – as it relates to your body, energy, free of negative symptoms
- Physical Activity– working out, fitness classes, group workouts
- Home cooking – do you cook meals at home frequently?
- Home environment –is there organization at home? Is there harmony and peace in the home?
- Love relationship – is there a deep love connection and appreciation for your spouse or partner?
- Relationships – are you holding on to resentment or have not forgiven someone (family, friends, siblings, former business associate, coworker, former spouse)
- Fun – are you doing something fun and exciting (ski diving, boating, skiing, camping) on a regular basis?
- Spirituality – do you have peace and joy in your life?

*What is my WHY?*

**1. Why do you want to get healthy or lose weight?**\_\_\_\_\_

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**2. Why is it so important now?** \_\_\_\_\_

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**3. How do you plan on getting there?** \_\_\_\_\_

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**4. Who do you need to become to get there?** \_\_\_\_\_

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**5. By becoming that person, what is the emotion you feel?** \_\_\_\_\_

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**6. Why is it important to feel that way?** \_\_\_\_\_

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