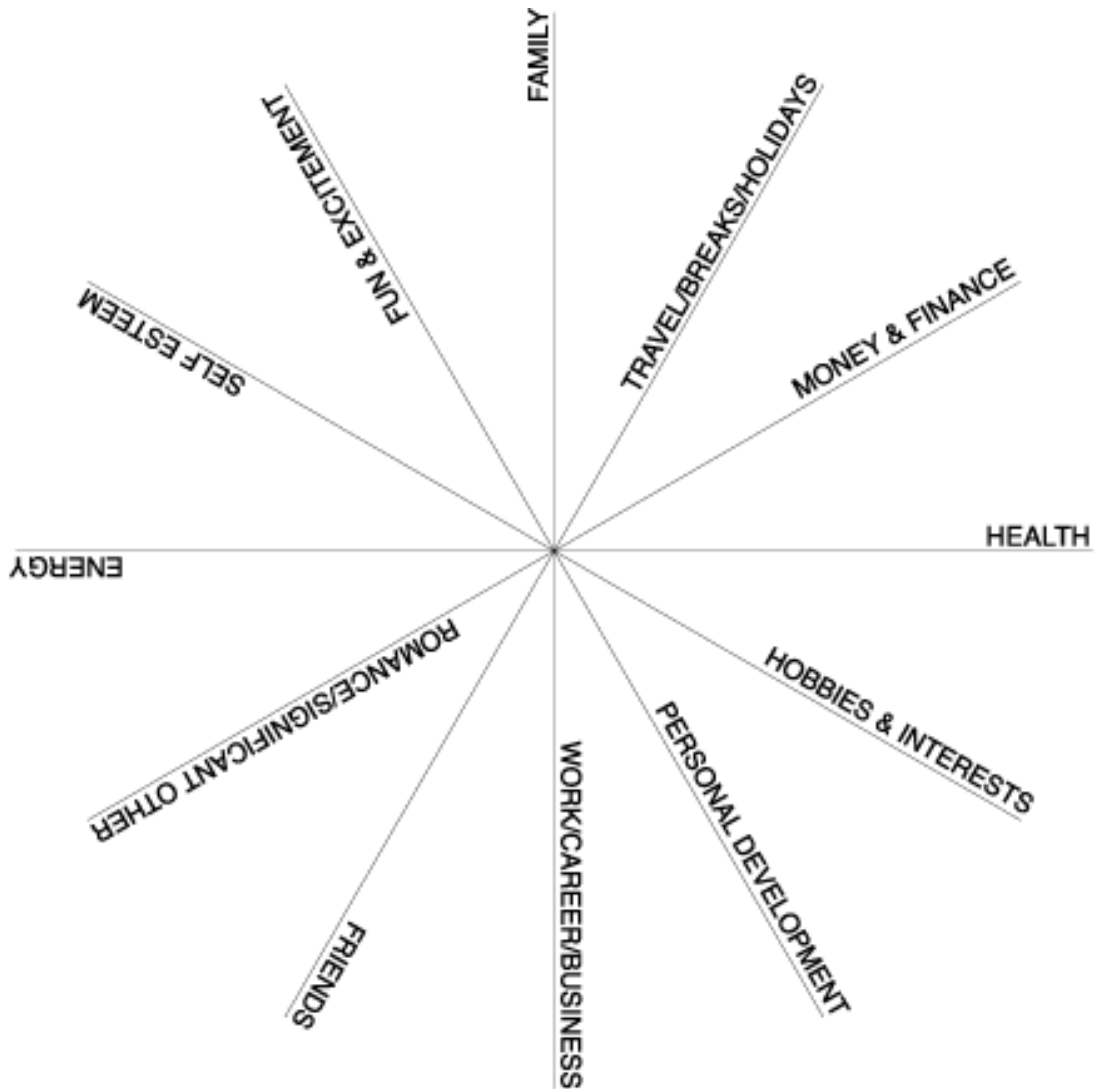


Star of Life Exercise

Take an *honest* look at where you are on the 'Star of Life' below. Use the centre of the wheel as a zero and the outer point of each spoke as a 10. Put a small cross as to where you feel you are at the moment on each spoke and then join up the crosses to get a sense of balance in some of the areas of your life.



By doing this exercise you will gain a clearer picture of how balanced or how unbalanced your life is. Ultimately it will give you some idea of the areas you need to work on to create more balance and satisfaction in your life.