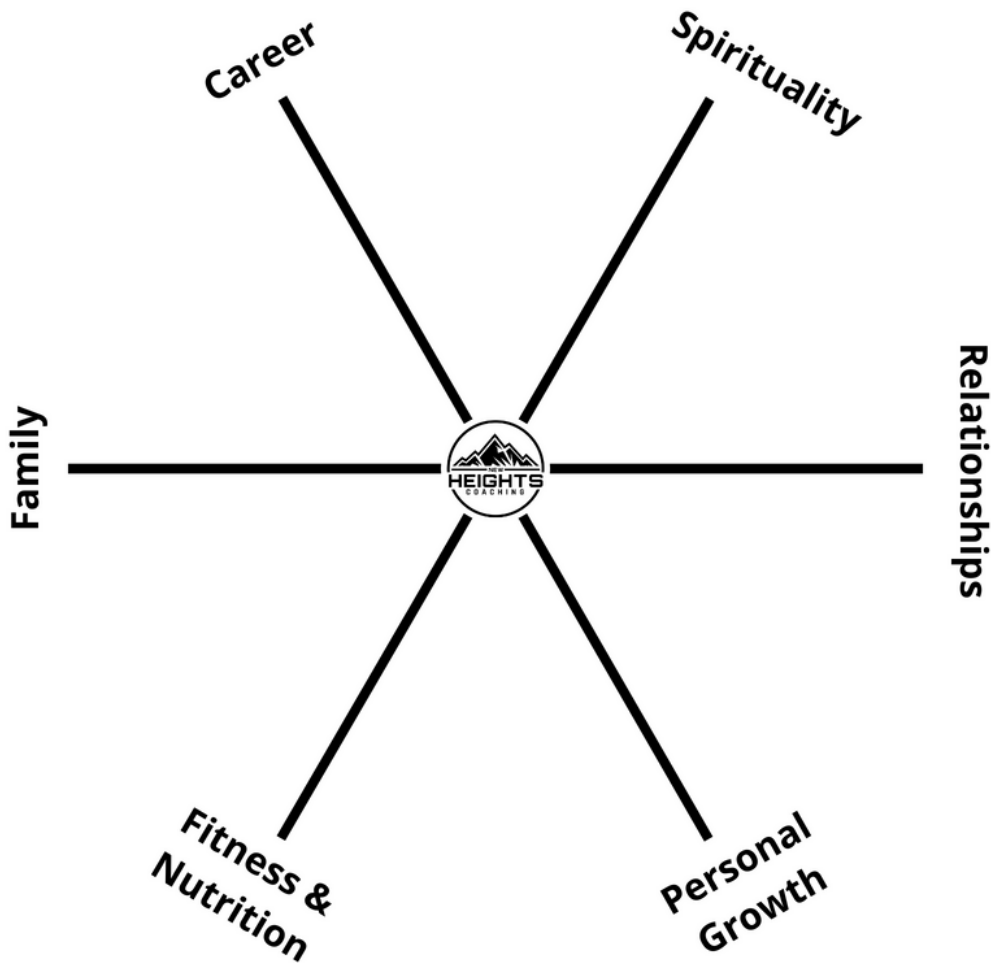




Finding Harmony

Complete this self-assessment to help identify an area of your life, that if it had appropriate focus, would help bring more harmony into your life.

1. On the lines below, mark a dot to indicate your level of satisfaction in each area of your life. The center circle represents "no satisfaction" and as you move outwards on the lines the level keeps increasing to "maximum satisfaction" at the end of each line.

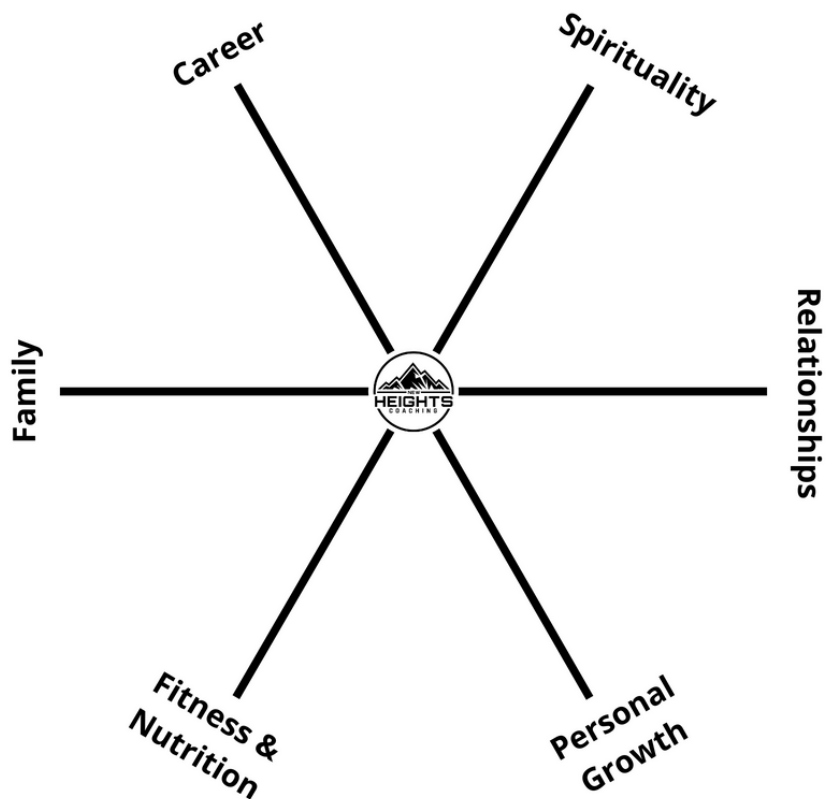


2. Connect the dots. You may have a obvious circle, you may not.

3. What do you observe? Imagine this circle was a wheel on your car. How smooth of a ride do you have?

4. If you could make an adjustment to the circle on the previous page, what would you like more/less of? _____

5. Redraw your circle with this adjustment factored in.



6. What one action could you take to move towards this new circle? What would it take for you to live this way for a week, two weeks, a month?

7. Open your calendar/schedule and add that action in. Begin to notice how this action in your routine impacts the harmony of your life. Is it congruent with what you want? What changes do you notice in other areas?