

Phase 1: Assess Your Life
The Circle of Life Self Assessment - Instructions
(phone / take home / in person)

Print a copy of this (from an E-mail attachment or use the printed copy provided).

The Circle of Life Self Assessment (use the circle graphic):

Here is your Circle of Life Assessment where you will be measuring your current (within the last month or two) satisfaction in 12 aspects of your life.

Rather than giving yourself a score based on how well you think you are performing (or how others might judge you), the purpose of this assessment is to measure *how you feel* or what *your level of satisfaction is* with each area of your life at this time. Allow 10-20 minutes in an undisturbed place, perhaps with relaxing music, while you fill in your circle assessment. Your responses are just for you and your use in the Circle of Life Process.

Using colored pencils or crayons, shade in each section measuring your satisfaction in each area on a scale of 1-10 with 10 being the highest.

Notes:

- See Jean's sample in **page 11 of your participant guide / or attachment.**
- You can use the **Circle Keywords** as you are filling out your Circle Assessment if you would like more descriptions. (You can find the Keywords on **page 55** of your participant guide, or in the attachment I am sending you.)

When finished please write on the back of your assessment your top 3 highest scores and 3 lowest scores.

Note to yourself:

- What makes this area of my life with the highest score (your strength) work so well in my life?
- What am I doing to make it successful?