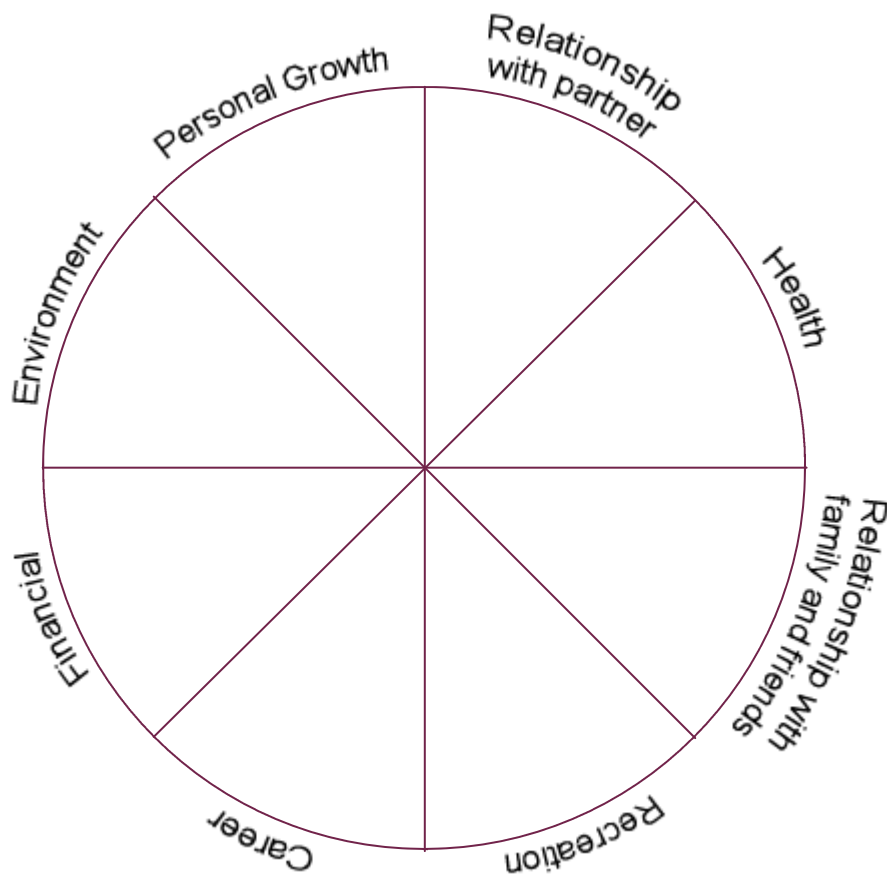


## How fulfilled are you ?

Shade in the segments of the circle below to find out.

Taking one segment at a time think about that particular area of your life and if you feel that you are completely happy shade in the whole segment, if however you are not completely satisfied with that part of your life shade in a part of it. So, shaded areas are positive and blanks are negative.

For example if you are very happy with your partner you would shade in the whole segment but if you are unhappy with the house you live in or the area you live in you would shade in only part of the 'environment' segment, or if you are really unhappy with that area of your life you would leave it blank.



The blank spaces illustrate the areas of your life that you need to address in order to feel fulfilled. The blank area may only be a small proportion of the segment so might be easily remedied. There are of course some things we cannot change in life but we can find ways to help us deal with the things we cannot change. Please contact me to discuss your chart if you would like assistance in finding a way forward.