

7 Steps to Vibrant Living



By

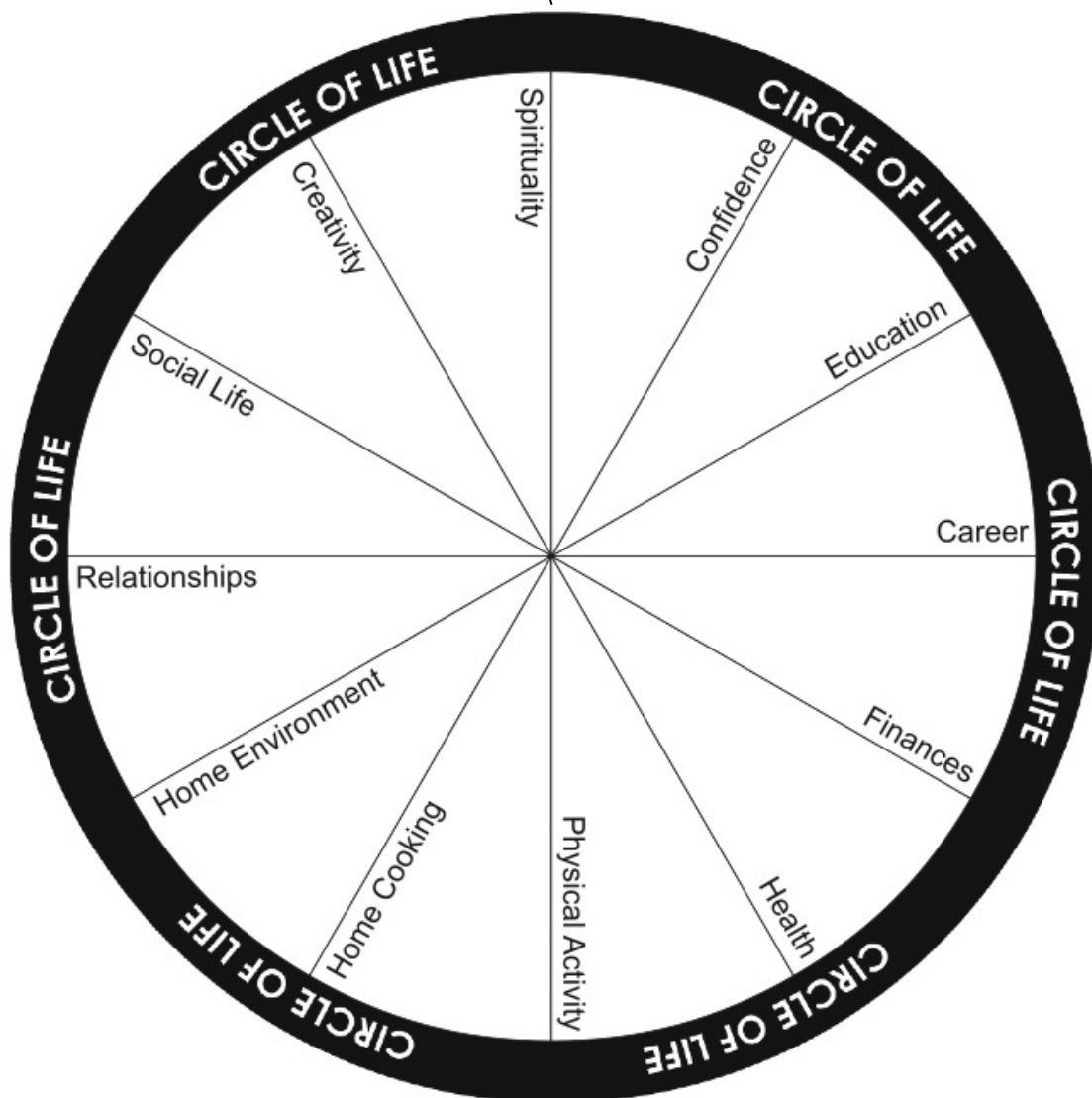
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The Circle of Life

The Circle of Life has 12 sections. Look at each section and place a dot on the line marking how satisfied you are with each area in your life. A dot placed in the center of the circle indicates dissatisfaction, while a dot placed towards the outside of the circle indicates ultimate happiness.

Then, connect your dots to see your circle of life. You'll have a clear visual of any imbalances and have a starting point for determining where you may wish to spend more time and energy to create more joy and balance in your life.



In the left column, list 3 stumbling blocks you have in your life right now. If you could master them, your life would go more smoothly. Now, on the right column, turn those stumbling blocks into stepping stones. Make a list of 3 things you could do to turn each stumbling block into a stepping stone.

STUMBLING BLOCKS

STEPPING STONES

7 Steps