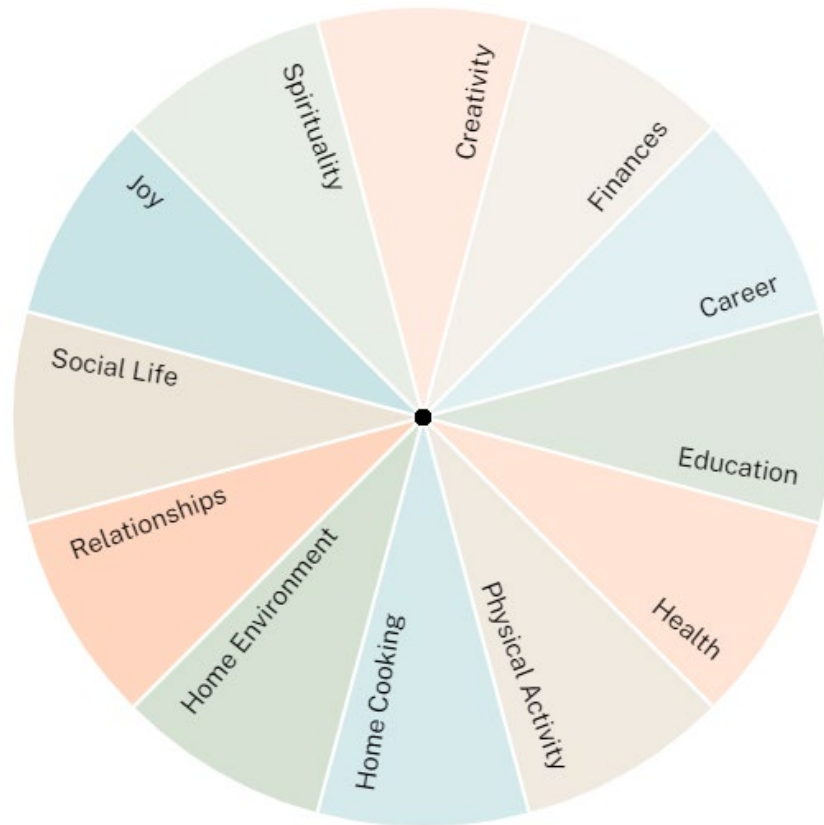


The Circle of Life

Discover which primary foods you are missing, and how to infuse joy and satisfaction into your life.

Take the assessment online at: <https://www.integrativenutrition.com/circle-of-life>.



Example

What does YOUR life look like?

1. Place a dot on the line in each category to indicate your level of satisfaction within each area.
A dot near the center of the circle indicates dissatisfaction, while a dot closer to the outside of the circle indicates satisfaction. Most people fall somewhere in between. See example.
2. Connect the dots to see your Circle of Life.

Identify imbalances. Determine where to spend more time and energy to create balance.

