

# whole life assessment

In order to feel whole, to be whole, you need to assess all aspects of your life. You may fixate on some areas while neglecting others. Change begins first from a state of awareness. Once you examine your current level of satisfaction in each of these categories, you will have a visual representation of any imbalances.

Place a dot on the line marking your level of satisfaction with the outermost edge of the circle representing ultimate satisfaction. The closer you move to the center, the more you are struggling. Now connect the dots.

Your circle might resemble a star, or perhaps an amoeba squishing out in all wayward directions.

No worry. You need to see yourself clearly and compassionately so you can reclaim the crown of personal responsibility. Refrain from weaponizing the insight. Each indent is an opportunity for growth. Embrace it as such, and in no time, the rough edges begin to soften. You become whole.

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