

Circle Keywords and Descriptions

Nutrition	Exercise	Stress Mastery	Relationships
<p>Keyword: Diet</p> <p>The kind, quality and quantity of food and drink you consume; How (fast, slow), why (hungry, bored, sad) and when (before bed, while driving) you eat. Your knowledge of the right diet that you will need to meet your goals.</p>	<p>Keyword: Fitness</p> <p>Your knowledge of the exercise or fitness program that is appropriate for you to meet your goals. The kind of exercise you do (aerobic, strengthening, flexibility), how often and for how long you exercise.</p>	<p>Keyword: Stress Management</p> <p>Your knowledge, skills and integration of stress management practices such as deep breathing, positive self-talk, relaxation techniques, etc. Assessment of your current life stresses and how you cope with them.</p>	<p>Keywords: Communication, Sex, Family, Social</p> <p>Your social connections, communication, conflict resolution family and parenting skills. Evaluation of the quality of your relationships: are they “draining” – or healthy, honest, loving and supportive?</p>

Finances	Work	Play	Healthcare
<p>Keyword: Money</p> <p>Your ability to create the financial resources that you need, as well as your awareness of feelings and beliefs about money. Reflection on your money management skills and your financial planning for the future.</p>	<p>Keywords: Career, Jobs (paid and volunteer)</p> <p>Rating of your work or career satisfaction, as well as evaluating your satisfaction with the organization, management and interactions with your co-workers and supervisor.</p>	<p>Keywords: Creativity, Humor</p> <p>Play can refer to your sense of humor, as well as how much time you spend doing what you enjoy. It can also mean creativity (i.e., how much creative energy you allow to be expressed in your home, in the arts, at work or in your daily life.)</p>	<p>Keywords: Medical or, Complimentary Medicine, Wellness</p> <p>Health screenings, prevention, education and treatment in any area (e.g., dental, eye / ear care, counseling, acupuncture, massage, physical therapy, chiropractic, naturopathy, etc.)</p>

Environment	Life Purpose	Self-Esteem	Spirituality
<p>Keywords: Nature, Home and Office, Environmental Work</p> <p>Larger environment (ecosystem) and smaller environments (home and office) Reflection on how your actions affect the ecosystem (which in turn affects your life and health.) Evaluation of your environments in terms of order, beauty, health and harmony.</p>	<p>Keywords: Service, Contribution</p> <p>Living and fulfilling your reason for being here. Your way of being (supportive, positive, spiritually-focused, high integrity, etc) or working from a life calling, passion or gift. Can refer to service or contributions you make to the world around you.</p>	<p>Keywords: Emotions, Attitudes, Self-Acceptance</p> <p>Your level of self-esteem (i.e., your self-acceptance, self-love and self-respect) Can refer to what your beliefs and perceptions are about yourself and about life in general. Also refers to your attitude or relationship with your feelings: Are you driven by emotions? How do cope with your feelings?</p>	<p>Keywords: Intuition, Faith</p> <p>This refers to the fulfillment of your spiritual life, and the frequency and quality of your spiritual practices (meditation, prayer, spiritual gatherings, selfless service, connection to nature, time with spiritually focused people, spiritual readings, etc.). Intuition measures your ability to “tune into” your deeper self and listen to its messages.</p>