

Your Life Star

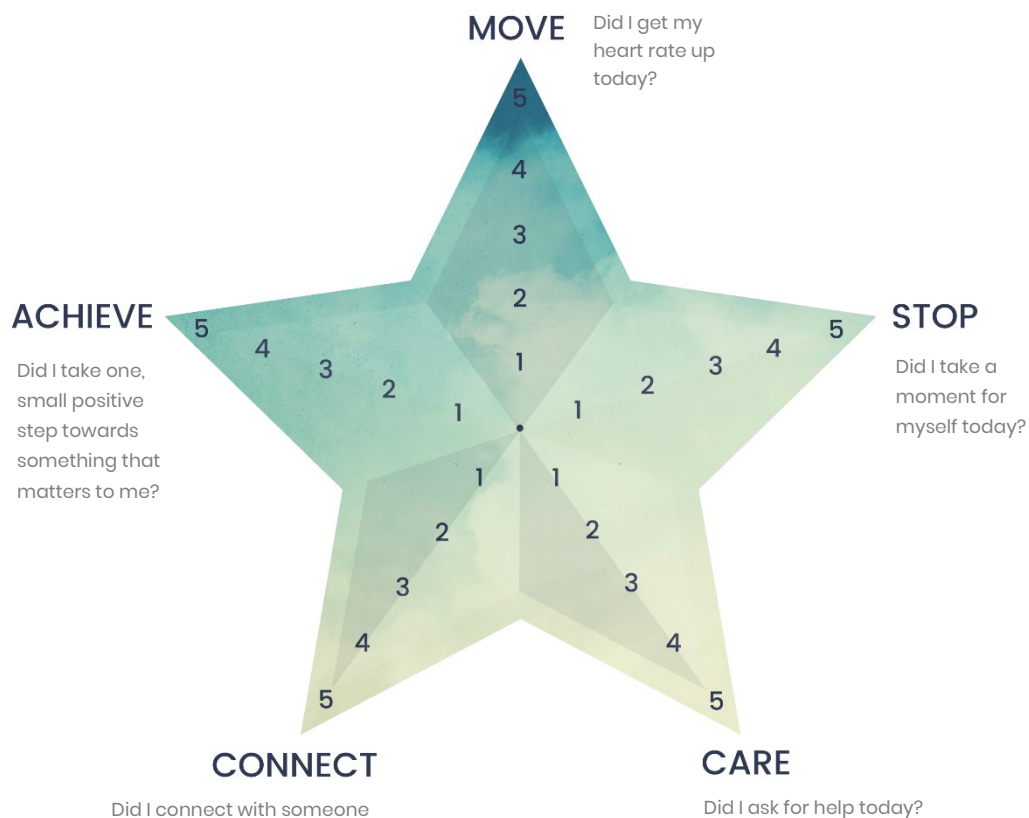
Each point of the star is an area that contributes to us living well. The star connects all these areas so you can take a closer look at what you do to live well. It's about striving for balance between all the points of the star.

How is your life star looking today?

Plot on the star where you sense you are today and draw lines to join the dots.

1 = low

5 = high



REFLECT ON YOUR STAR:

1. When you look at it, how in balance does it look?
2. What areas look like strengths for you?
3. Which points of the star, just 1 or 2, feel like the most important areas in which you want to give attention to?

TRY MAPPING OUT A WHOLE WEEK OF STARS:

How do your daily
patterns change?

