

# Circle of Life Exercise

If you're looking to make changes in your life, it's helpful to first bring awareness to areas that are currently out of balance and then devise a plan to course-correct. A simple tool called the Circle of Life can assist on your wellness journey.

One key philosophy is that while it's important to eat whole and healing foods, nutrition is only a part of holistic health. The other parts are "primary foods," which include joy, spirituality, creativity, finances, career, education, physical activity, home cooking, home environment, relationships and social life.

## **PRIMARY FOODS**

Food is more than what you find on your plate. Healthy relationships, regular physical activity, a fulfilling career and a spiritual practice can fill your soul and satisfy your hunger for life. When primary food is balanced and satiated, your life feeds you, making what you eat secondary.

It simply explained that our diet and therefore health is quite literally controlled by Primary Foods (relationships, career, physical activity, spirituality, finance, confidence to name some). So, if we're in a negative relationship or if we hate our job, we're more inclined to eat unhealthily.

**After taking 3-5 minutes to complete your Circle of Life, here are some follow-up questions you can ask yourself:**

– Are there any surprises for you? – How do you feel about life as you look at your Circle of Life? – Which of these elements would you most like to improve? – How could you make space for these changes? – What help from others might you need? – What would make it a better circle? – What would a balanced circle look like to you?

## **WHAT THE CIRCLE REPRESENTS**

Circles represent the full circle of our lives – our whole life and the full spectrum of our being. Additionally, circles represent nature's recurring cycles: the days, seasons and years of our lives. Finally, the circle is a power symbol in all original cultures that represents connection with the entire natural world, the universe. Sacred mandalas, the medicine wheel, the Chinese Yin/Yang symbol as well as the horizon, the planet earth, the solar system and the expanse of the heavens are all circles.