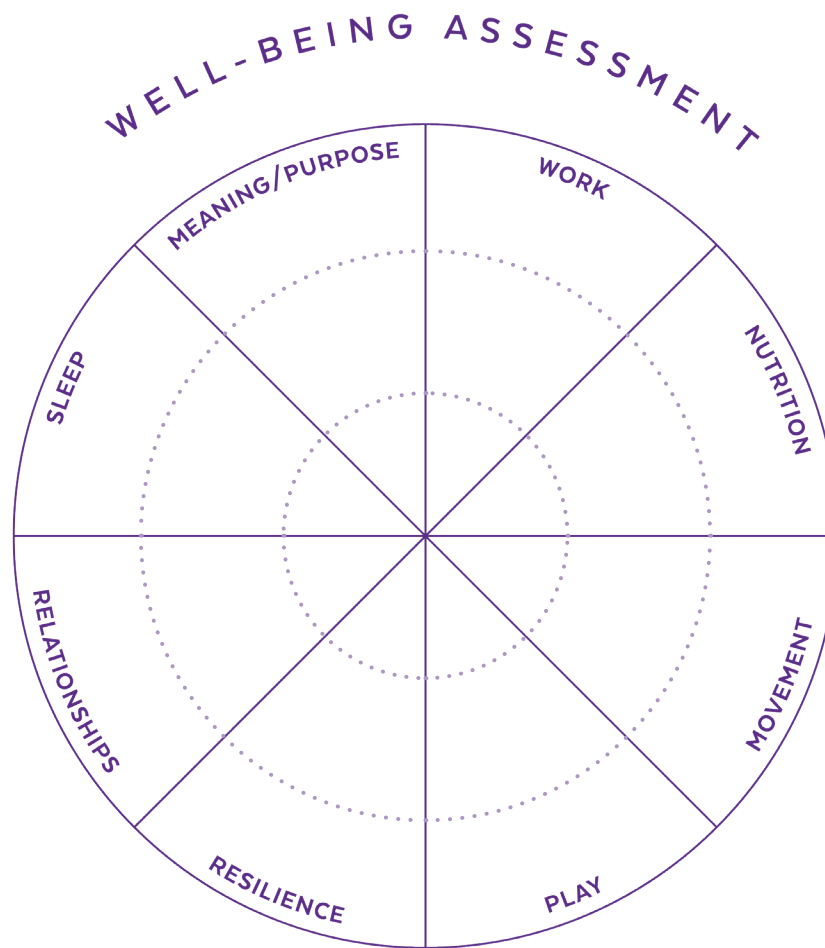




Consider each dimension and how satisfied or fulfilled you feel in that area of your life currently.

VITALITY SCALE

Using the vitality scale below, color in each segment of the diagram, starting from the center and working your way toward the outer ring.

