

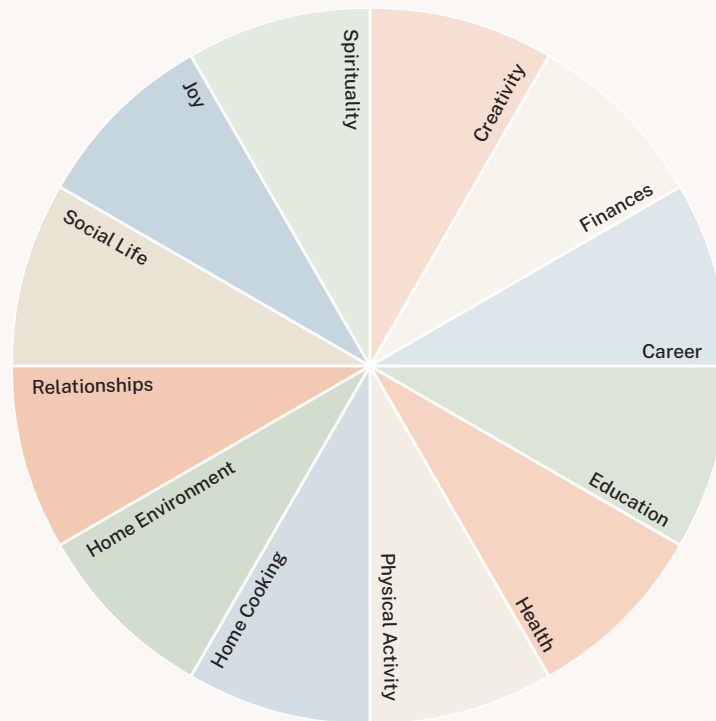


# The IIN Circle of Life Tool



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IIN's Circle of Life tool is a wonderful way to explore and assess each of the 12 areas of primary food. Noting areas that are balanced creates an opportunity to celebrate what's working well for you, while actively focusing on areas that feel out of balance can infuse more satisfaction into your life. Remember that your Circle of Life won't look like anyone else's; primary food is highly bio-individual and your needs will shift over time, so return to this tool as often as you'd like.

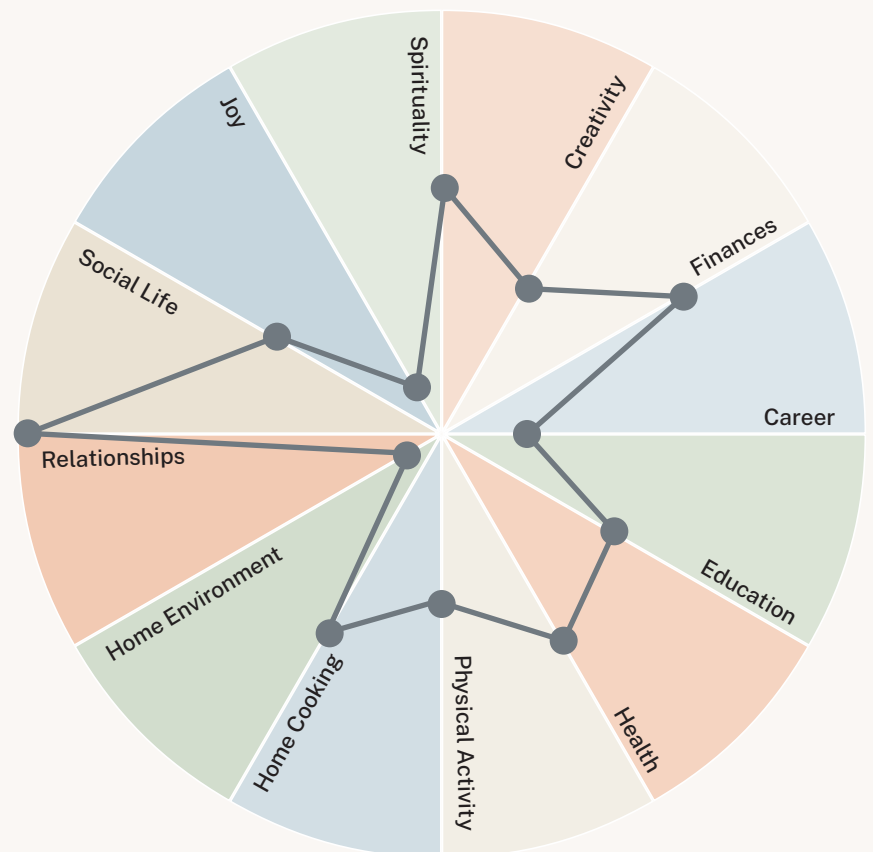


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## WHAT DOES YOUR CIRCLE OF LIFE LOOK LIKE?

- 1| Place a dot in each section to indicate your level of satisfaction in that area. A dot toward the periphery indicates satisfaction, and a dot closer to the center indicates dissatisfaction. For example, if your health is feeling great, place a dot toward the outer edge of the circle.
- 2| Connect the dots to see *your* Circle of Life.
- 3| Identify your current areas of focus. Determine where to spend more time and energy to cultivate balance.

### Example of a completed Circle of Life



If you do not have access to a printer, you can try our interactive version on desktop or mobile: [integrativenutrition.com/circle-of-life](https://integrativenutrition.com/circle-of-life)

## THE IIN CIRCLE OF LIFE

