

## REFLECTION OF YOUR LIFE

Take a moment to reflect on your life in relation to the four circles: First, start with your body and lifestyle, then proceed to the mental, followed by the social and finally the spiritual aspects of self. After reflecting on each circle, allocate a value ranging from **1 (very poor) to 5 (excellent)**.

### CIRCLE 1: BODY BRAIN AND LIFESTYLE

What is your lifestyle like: eat three meals a day; get enough sleep; alcohol, smoke? Do you look after your health; mental and physical? Are you in good physical health?

1-----2-----3-----4-----5

### CIRCLE 2: MIND

- How good is your concentration?
- Does your mind feel sharp during a typical day?
- How good is your memory?
- Are you an optimistic person?
- Do you often experience negative thoughts?
- Do you often experience negative moods?
- During a typical week would you often lose your temper.
- How motivated are you in what you do?
- Do other people say that you are a fun person to have around?

1-----2-----3-----4-----5

### CIRCLE 3 THE SOCIAL CIRCLE: RELATIONS WITH OTHER PEOPLE, WORK AND LEISURE

- Do you typically have good relationships with other people?
- Are you a good listener? Is it your experience that other people consider you as a good listener?
- Are you happy in your work? Do your colleagues consider you to be a happy colleague?
- Are you happily married, or do you have a satisfying relationship with someone?
- Do you have a supportive circle of friends that you can count on in an emergency?
- How well do you manage conflict at home?

- Do you have a satisfying sex life or is there somebody in your life that loves you?

1-----2-----3-----4-----5

#### **CIRCLE 4: SPIRITUAL AND EXISTENTIAL SELF**

- Your spiritual life. Are you a religious person? If not – Do you want to be?
- Are you satisfied with your allocation of time spent on activities that are of value to you? Draw a circle and then divide your circle (like a cake) into the amount of time you devote to work, sport leisure etc.
- Are your physiological (need for good food), physical and psychological safety needs being met?
- Need for love and family? Need for recognition at work etc.? Need for knowledge (do you need to study further or improve your education etc.)?
- Need for self-actualisation? Are you at present making full use of your potential – mind, body and spirit?

1-----2-----3-----4-----5

#### **CONCLUSION**

Consider all the questions relating to a circle and then give yourself a general mark. Be brutally honest with yourself. If you are not honest with yourself the exercise is meaningless.