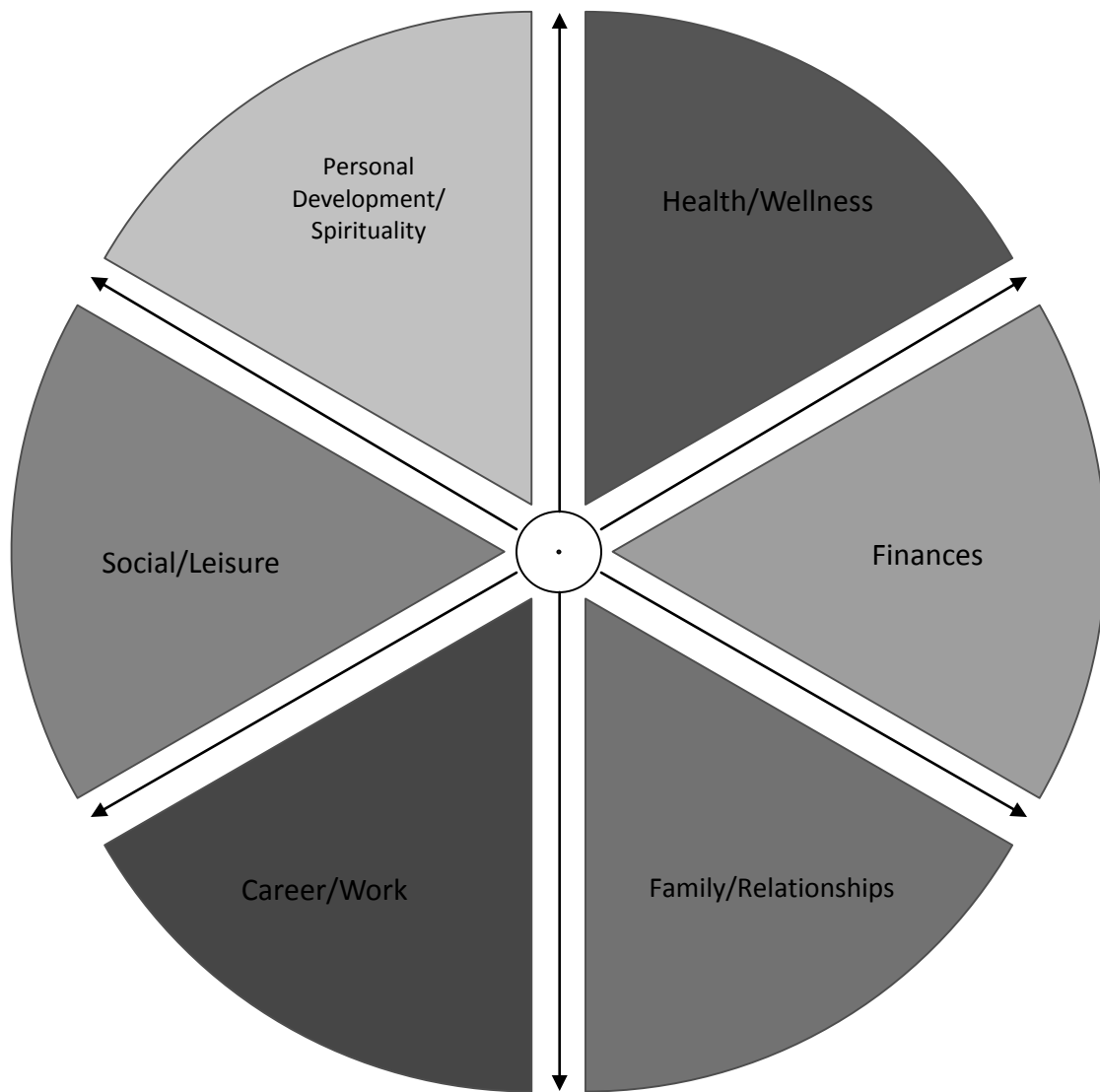


Life Arenas



To the right of each pie section, there is an arrow. On this arrow, place a mark that corresponds to where you feel you are at in your development. The middle of the pie is your start point with a value of 0 and a value of 10 is found at the tip of the arrow. After you have made your marks, connect all of the dots together. Ideally you should see a round circle once connected. If not, this will give you a very quick visual representation of where you need to spend some time to get things back into alignment.