

Attitude

SELF REFLECTION CIRCLE

Starting from the center of the circle, color in sections 1-5 based on how fulfilled you feel (1 = unfulfilled 5= extremely fulfilled).
Write notes about each topic on the accompanying lines.

Positivity

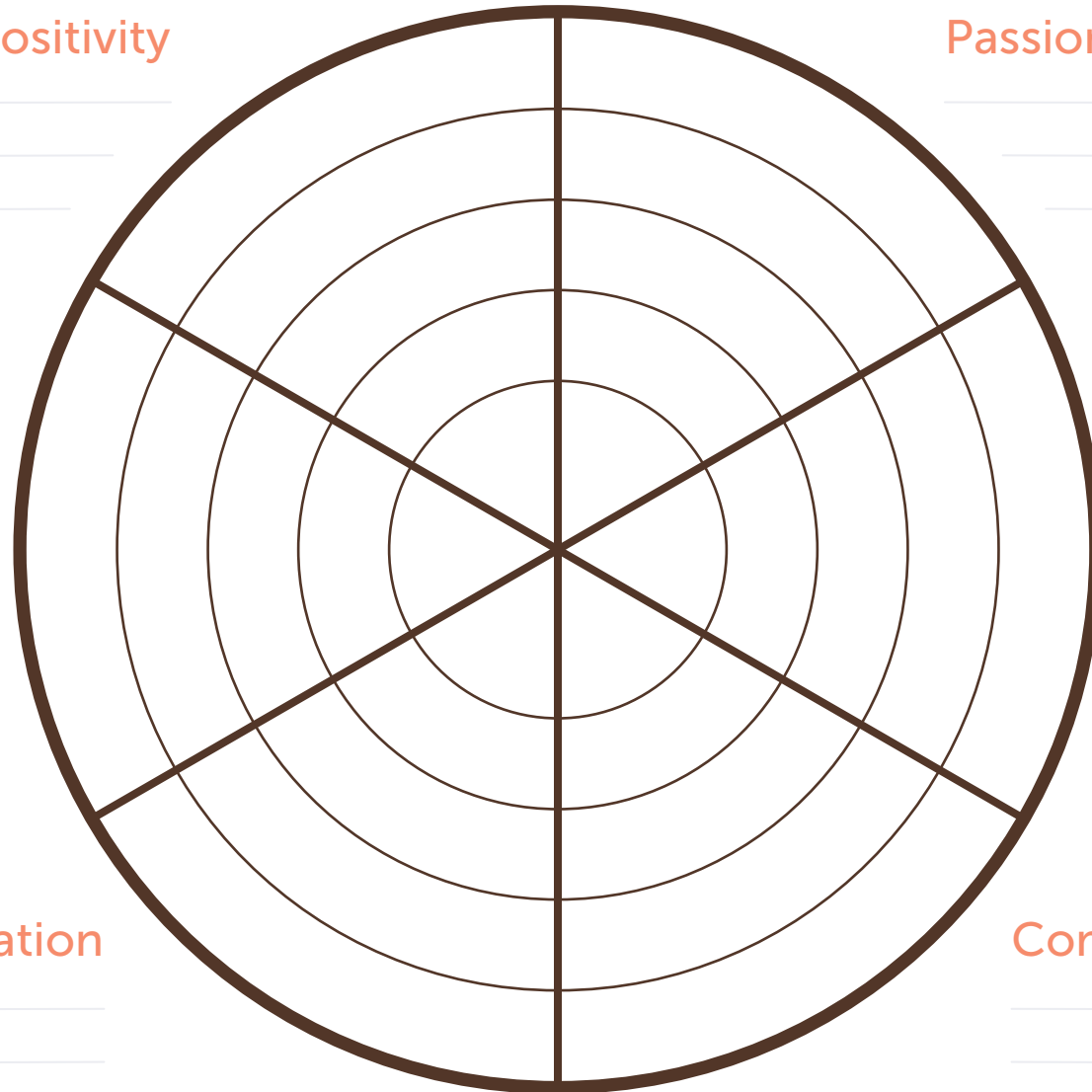
Passion

Flexibility

Decisiveness

Determination

Communicativeness



Lifestyle

SELF REFLECTION CIRCLE

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The diagram is a large circle divided into eight equal segments by four lines intersecting at the center: a vertical line, a horizontal line, and two diagonal lines. The segments are labeled as follows:

- Family** (top-left)
- Friends** (top-right)
- Fun** (right)
- Career** (bottom-right)
- Physical Health** (bottom-right)
- Mental Health** (bottom-left)
- Money** (left)
- Love** (top-left)

Each segment contains five concentric rings, with the center being the smallest and the outermost being the largest. To the left and right of each segment are horizontal lines for taking notes.

Self Reflection

CIRCLE

- PICK 6 TOPICS TO REFLECT ON -

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