



## WHAT DOES YOUR LIFE LOOK LIKE?

Place a dot in each category to indicate your level of satisfaction within each area. A dot at the **center of the circle** to indicate **dissatisfaction**, or towards the **outer edge** to indicate **satisfaction**. Most people fall somewhere in between. (see example)

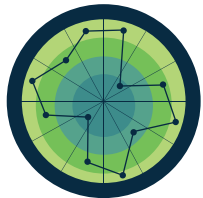
Connect the dots to see your **M3 Circle of Life**.

Identify imbalances. Determine where to spend more time and energy to create balance. **This will help you create a better balance for your best Badass Life.**

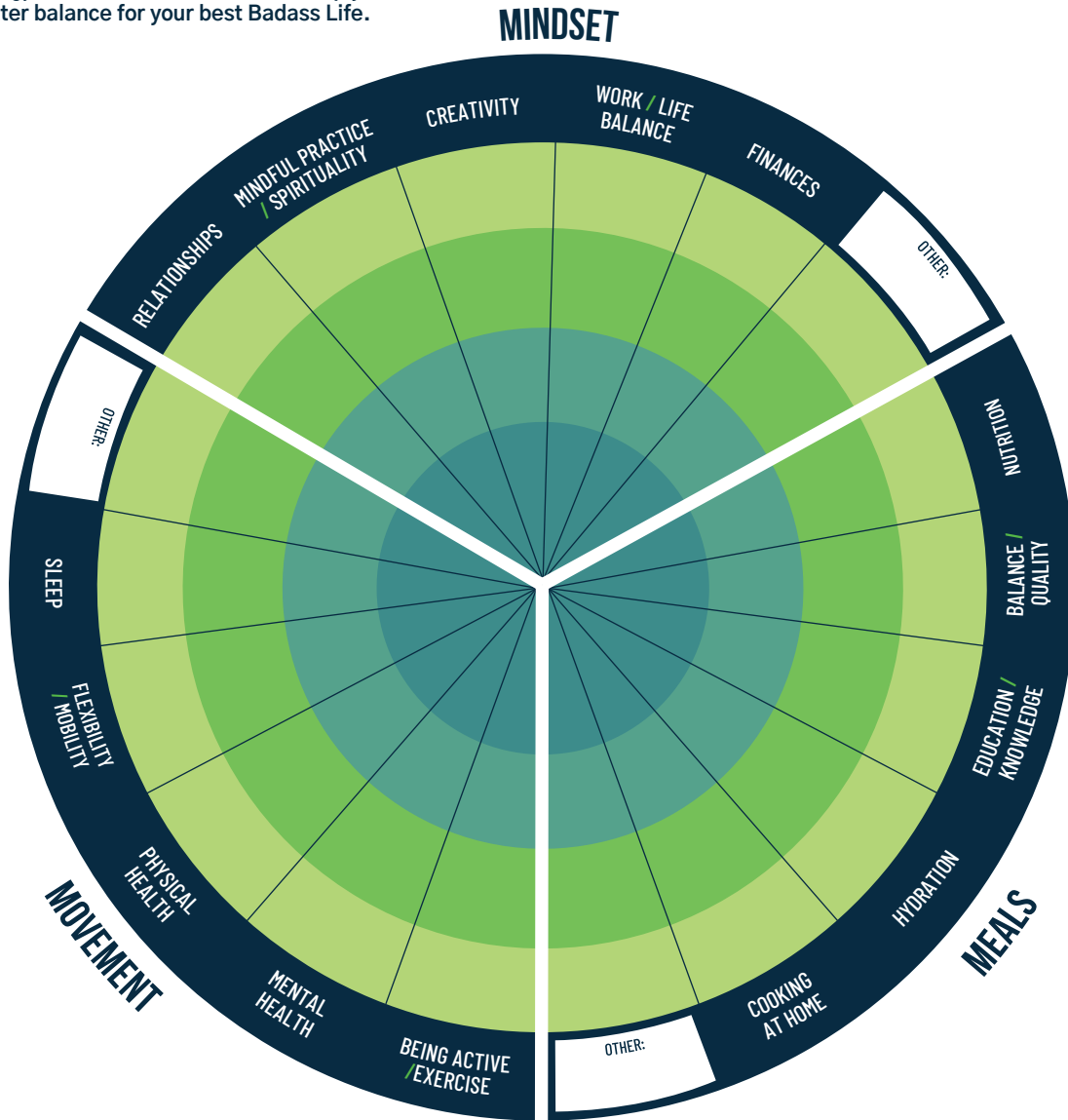
SATISFACTION



DISSATISFACTION



EXAMPLE



Using the diagram above, fill out this worksheet to focus on a specific area of your life you want to work on.

1 What area of your life do you want to focus on:



2 What is your Mindset around this area? What holds you back or inspires you?

3 What is the Movement/change you want in this area? This doesn't have to pertain to just physical movement as with exercise, but it could.

4 Ask yourself and write down, how will this feed and fuel my life? This can be food on the plate or off the plate. Those other areas of our life that Nourish us.

5 YOU get to decide what is the **BADASS** Action Step you are going to commit to to help make what you want a reality. **What is my next best move?**

**Next Step? REPEAT** This exercise with other areas of your life!