

KATHLEEN KLUG

START
WITH
ONE



MODULE 1

INTEGRATED LIFE CIRCLE



Instructions:

1. Place a dot in each category to indicate your level of satisfaction or dissatisfaction within each area – closer to the center of the circle indicates dissatisfaction – the periphery indicates satisfaction. Connect the dots to see your Integrated Life Circle.
2. Identify imbalances, then determine what areas of your life you can spend more time and energy on to create balance.