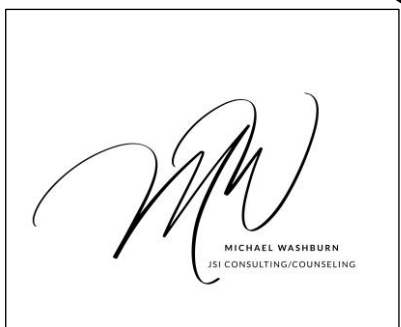
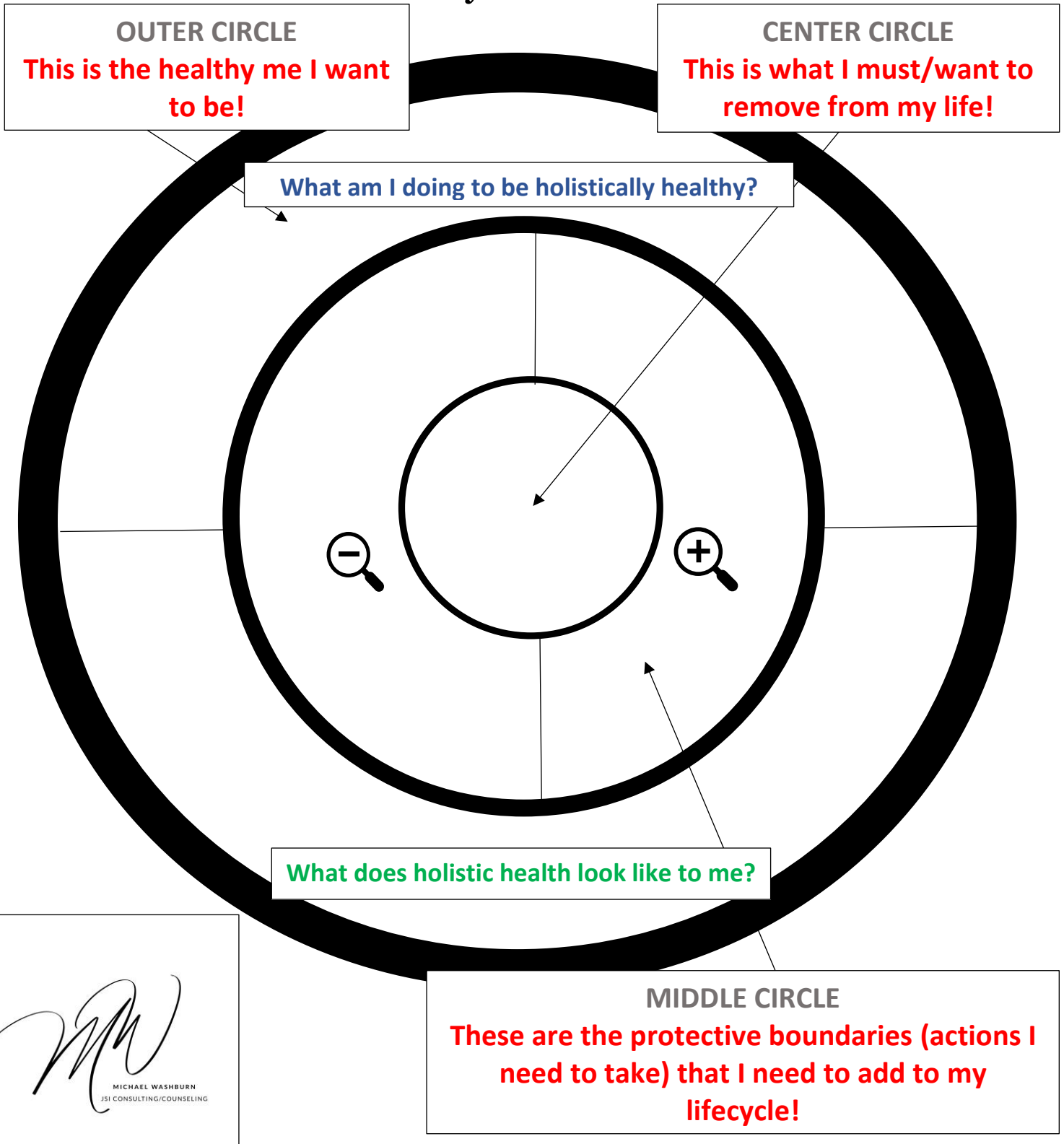


Lifecycle Circles



1. Lifecycle Circles either begin with untangling the negative (CENTER CIRCLE) traits, behaviors, habits, thoughts, memories or emotions that seem to cloud your thinking and feeling; or with the holistic outcomes (OUTER CIRCLE) you wish to see.
2. The protective boundaries (MIDDLE CIRCLES) can either be behaviors, habits, and traits you would like to add to your lifecycle or take away.