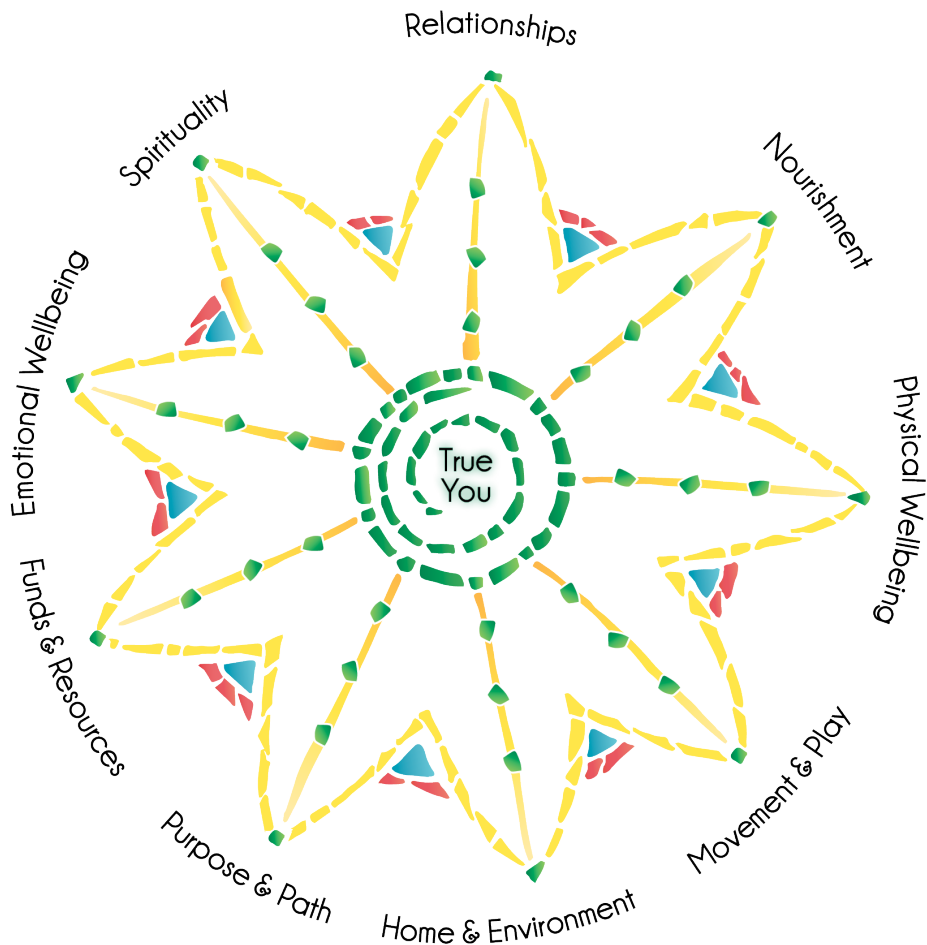


# Mosaic of Life

This simple self inquiry tool is designed to get you thinking about and investigating how you're feeling and showing up in your life. It's like a temperature gauge. There is no right or wrong. And no perfect composition. Would we all love to feel perfectly balanced in every aspect of life?! Sure! But, that's not how life works and it would not allow us opportunities for learning and growth. Settle in and explore for yourself how life is feeling for you. You may be surprised by what you find.



## Instructions:

1. Select a dot on the line in each category identifying your level of **satisfaction** in each area. We're looking for how satisfied you feel, not if you're experiencing perfection. Closer to the center means you're feeling in the flow, joyful, abundant, and connected to your truest self. As you move further away from center it means you're feeling less connected and less satisfied.
2. Connect your selected dots to see your Mosaic of Life composition!
3. Let's talk through what is feeling in and out of alignment for you. This simple tool is the first step in creating deeper awareness and a road map for change. [www.alyssa-clare.com](http://www.alyssa-clare.com)

## Category Considerations

(Suggestions for things to consider as you explore the categories)

**Relationships:** parents, children, siblings, other family, significant others, friends, colleagues, community

**Nourishment:** food, water, beverages, home cooking, eating out, quality of food, enjoyment of food, barriers around food or nourishment

**Physical Wellbeing:** physical health, sleep, sexuality, stamina, strength, stability, pain, disease, weight, body acceptance

**Movement & Play:** exercise, sports, movement, creativity, play, time to do things you love

**Home & Environment:** location, safety, comfort, cleanliness, supportiveness, work environment, nature

**Purpose & Path:** career, volunteer, sense of direction, vision, what lights you up

**Funds & Resources:** abundance, lack, finances, budget, money flow, debt, income, support, non-monetary

**Emotional Wellbeing:** stress, joy, mindfulness, grief, uncertainty, fear, emotional disease, gratitude, outlook, anxiety

**Spirituality:** rituals, practices, beliefs, connection, trust, faith, uncertainty, religion

## Sample of a completed Mosaic of Life

