

The Categories for the Circles Exercise

Health and Fitness

- Weight, diet and appearance
- Chronic health problems or concerns

Personal Development

- Self-improvement in creativity, expression, confidence, etc.
- Developing skills such as languages, mastering computer software, cooking classes, time management etc.
- Spiritual evolution

Relationships

- Family and friends
- Romantic relationships
- Colleagues and other work relationships
- Teachers and mentors

Financial

- Living within your means
- Creating a larger income
- Saving for higher education or retirement
- Providing for your parents or children

Service

- Global concerns like UNICEF, CARE, or Amnesty International
- Local and national concerns like Red Cross, Salvation Army, Feed the Children, political involvement etc.
- PTA and similar school related activities
- Pro bono work in your profession

Career

- Job related issues like salary, promotions, time demands and job satisfaction
- Career development
- Higher education and certifications
- Switching careers

Recreation and Leisure

- Hobbies and personal studies
- Travel
- Sports
- Attending events in the arts