



Your Three Circles

A reflection activity to represent the different systems in your life right now.

Try representing in the space below your three circles. Draw the circles, assigning them the correct “proportion” to your life right now.

Inside each circle try writing:

- What current experiences and events are part of each of them
- What activities are part of each one
- What memories you have within each one
- How are they related to each other. Do they offset each other? Do they regulate each other?
- What people would you place within each?

Points for reflection:

- Was there a time when their conformation changed?
- Do you wish the proportions were different at this time?
- What do you wish for yourself from now on? What would you wish for another person you care about and cherish?

You can draw your circles in the space below, or use a separate blank page if you prefer.