



### The Artist's Way Life Pie

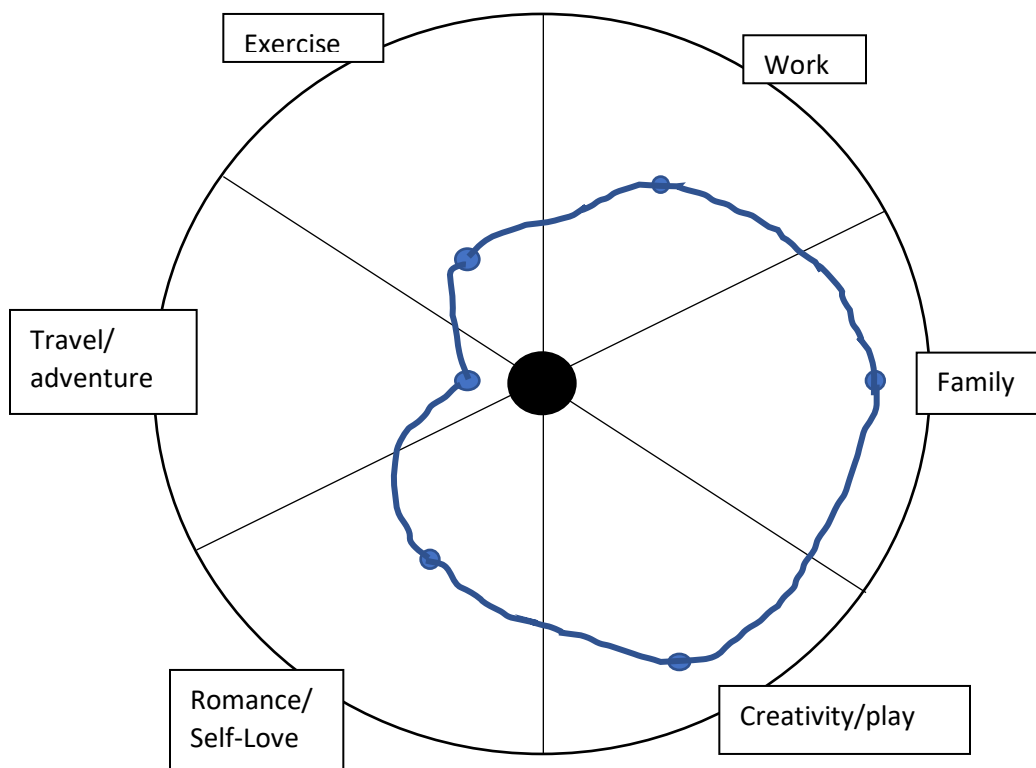
Draw a circle. Divide it into six pieces of pie. Label one piece *spirituality*, another *exercise*, another *play*, and so on with *work*, *friends* and *romance/adventure*\*. Place a dot in each slice at the degree to which you are fulfilled in that area (outer rim indicates great; inner circle, not so great). Connect the dots. This will show you where you are lopsided.

As you begin the course, it's not uncommon for your life pie to look like a tarantula. As recovery progresses, your tarantula may become a mandala.

Working with this tool, you will notice that there are areas of your life that feel impoverished and on which you spend little or no time. Use the time tidbits you are finding to alter this. Even the slightest attention to our impoverished areas can nurture them.

\*If you feel any of these "slices" are not relevant for your life, feel free to make up your own! Retired? Change *work* into *projects*. Single and loving it? Think of romance as *self-love*. One thing we noticed in class discussions is this pie doesn't include creativity! So why not call one slice *travel/adventure* and another *creativity/play*. It's your pie; slice it how you like!

**Here's an example.** Note the lack of exercise & travel, but abundance of family & creativity!





Name: \_\_\_\_\_

