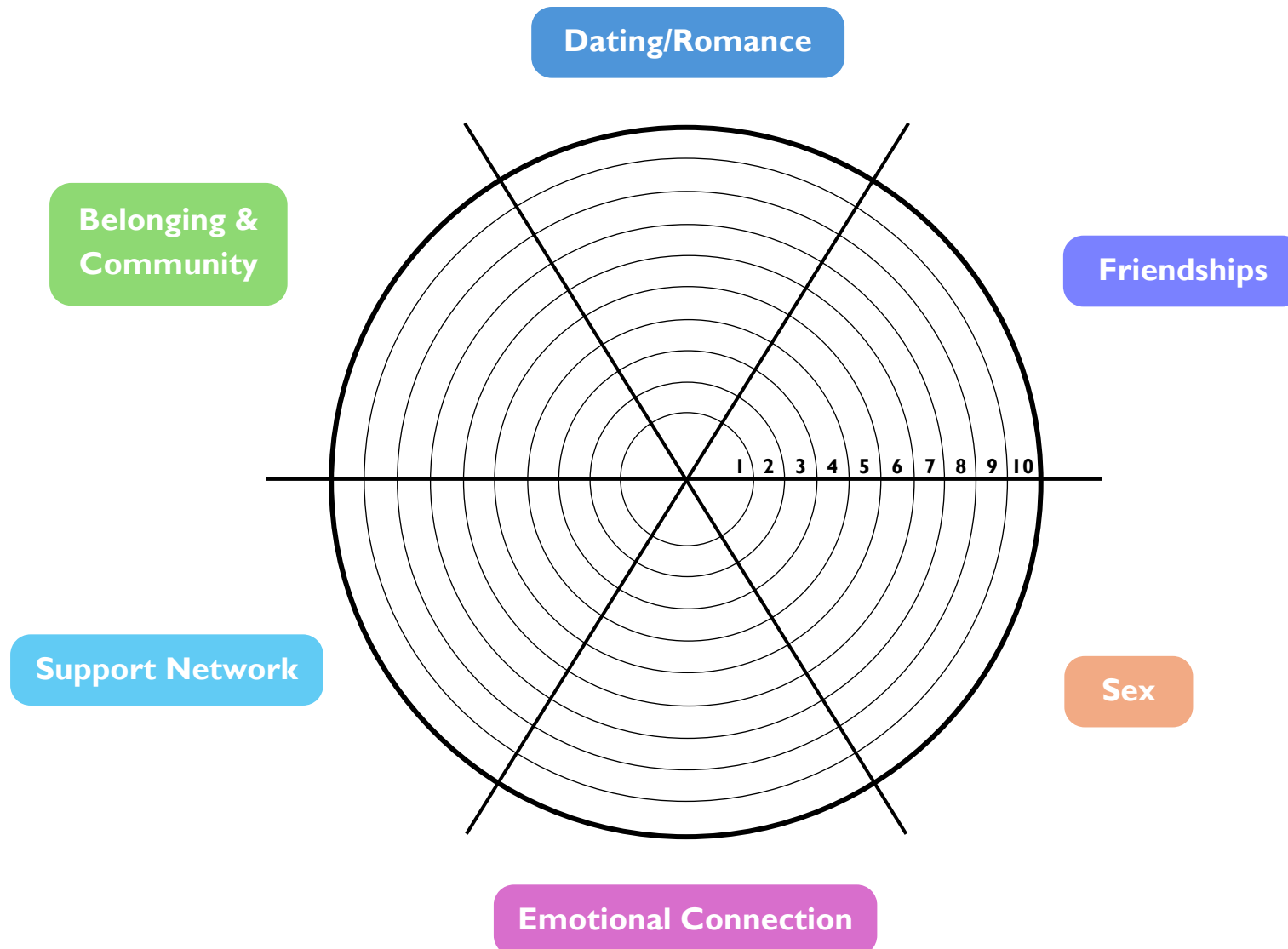


DAY 1

Where You Are

Exercise I Complete Your “Wheel of Life”



START CONNECTING

Why did you choose your answers?

Dating/Romance	Friendships	Sex
Emotional Connection	Support Network	Belonging & Community

Three bonus reflection questions:

- Where do you feel most satisfied?
- Where do you feel most stuck or frustrated?
- Where does it feel like something is most missing?