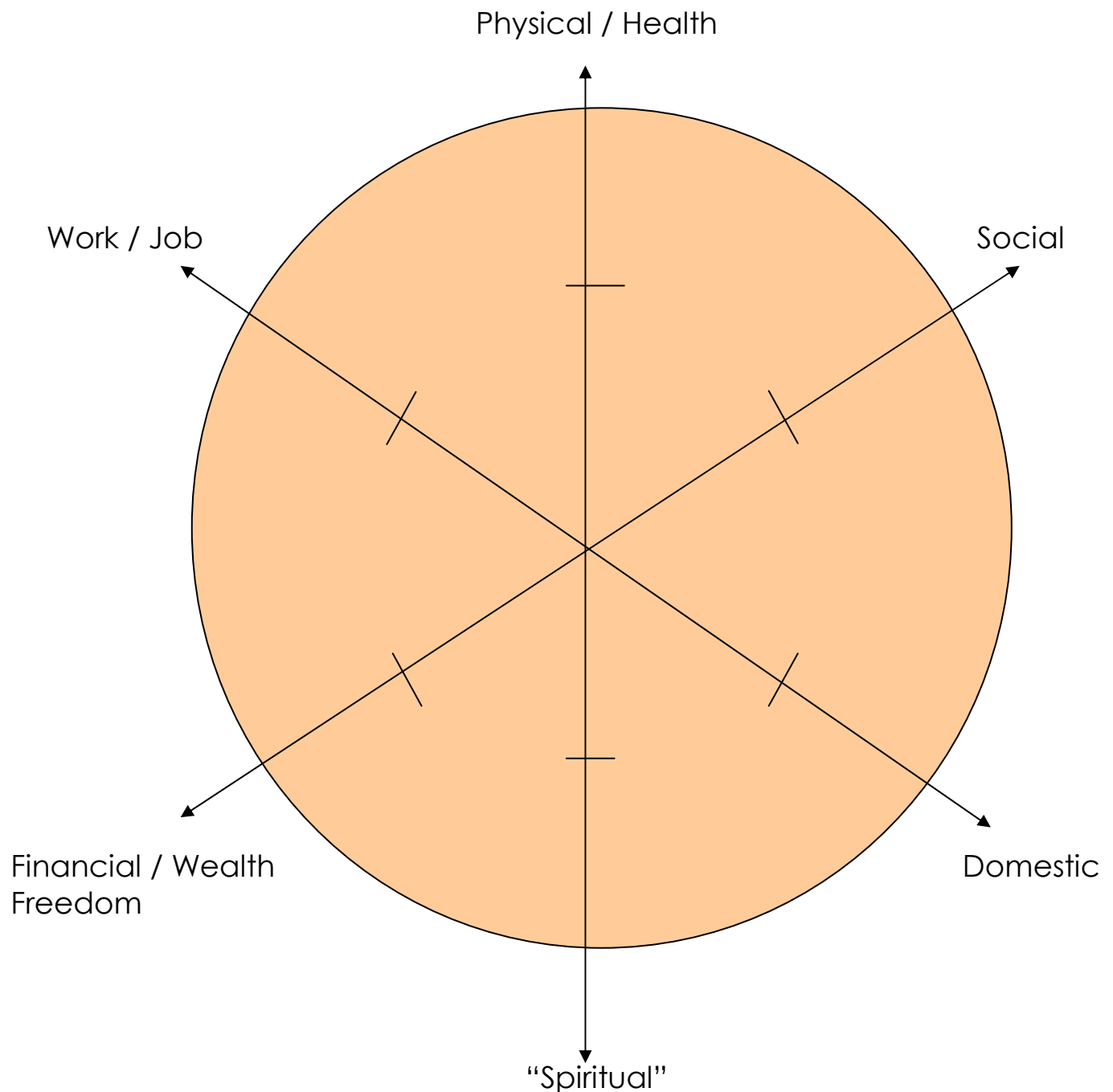




## LITTLE SATSUMA'S HOLISTIC CHART

The centre of the chart is Zero. The edge is Ten. For each aspect of your life place an 'X' to represent your level of contentment in each aspect. Zero is very discontent, Ten is very content. Once you have scored each aspect – connect the crosses to see if any imbalances exist. This can help identify where your stress emanates from, then you can start to plan to overcome it!



How does this make you feel?