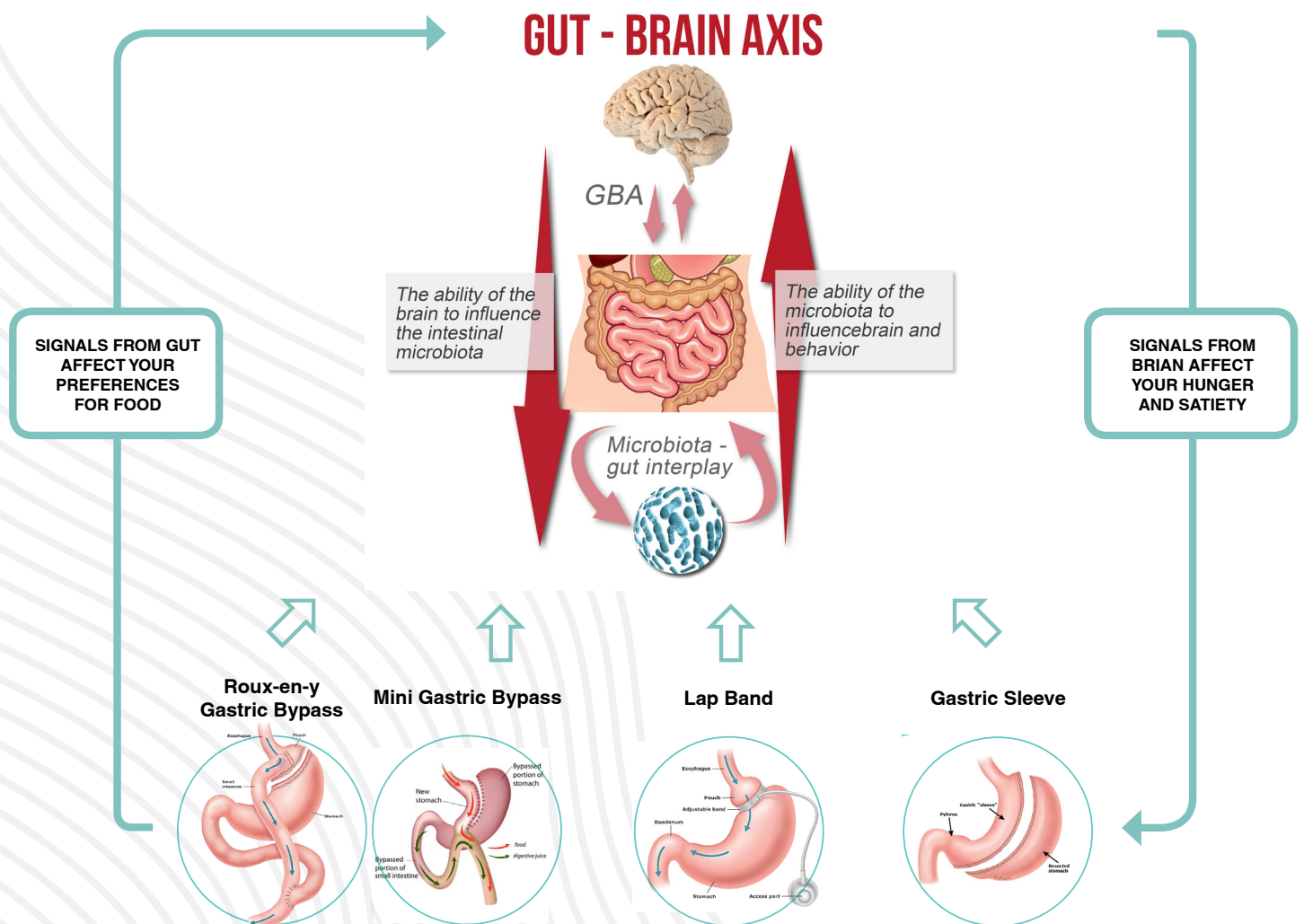
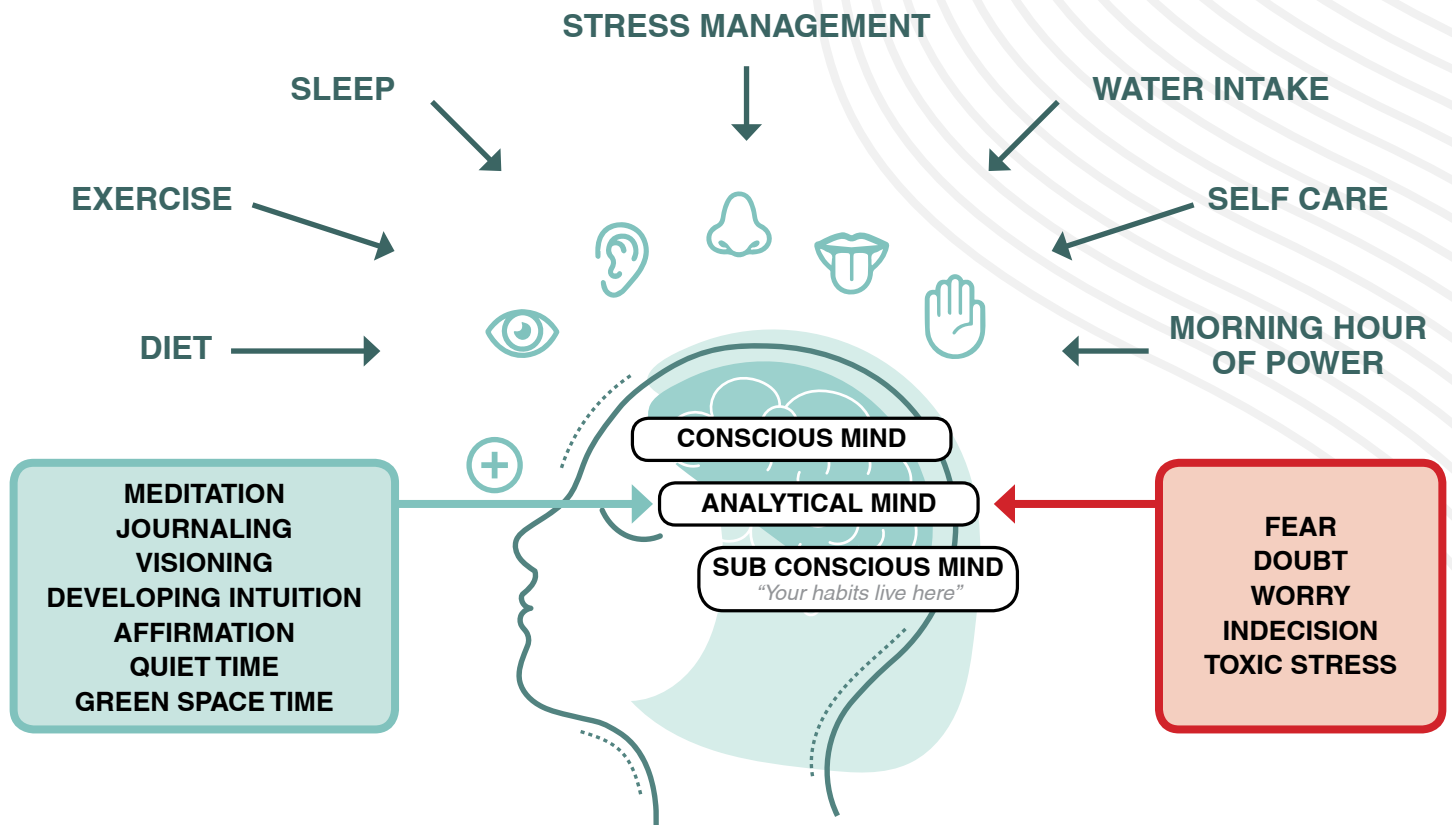


# CREATING LASTING BEHAVIOURAL CHANGE WITH WEIGHT LOSS SURGERY



# CIRCLE OF LIFE - 7 areas of a fulfilled life

In the space provided, write down the vision you hold for yourself for each area

The diagram is a circle divided into seven equal segments, each representing a different area of life. The segments are arranged in a clockwise direction starting from the top. Each segment is surrounded by a large area with horizontal lines for writing.

- CONTRIBUTION** (Top segment, light teal)
- PHYSICAL HEALTH** (Top-right segment, dark teal)
- MENTAL HEALTH** (Right segment, dark teal)
- FINANCIAL HEALTH** (Bottom-right segment, teal)
- VOCATION (Work)** (Bottom segment, teal)
- SOCIAL & FAMILY (Relationships)** (Bottom-left segment, teal)
- SPIRITUAL HEALTH** (Left segment, light teal)

**“Don’t wait for your feelings to change to take action.  
TAKE THE ACTION and your feelings will change.”**