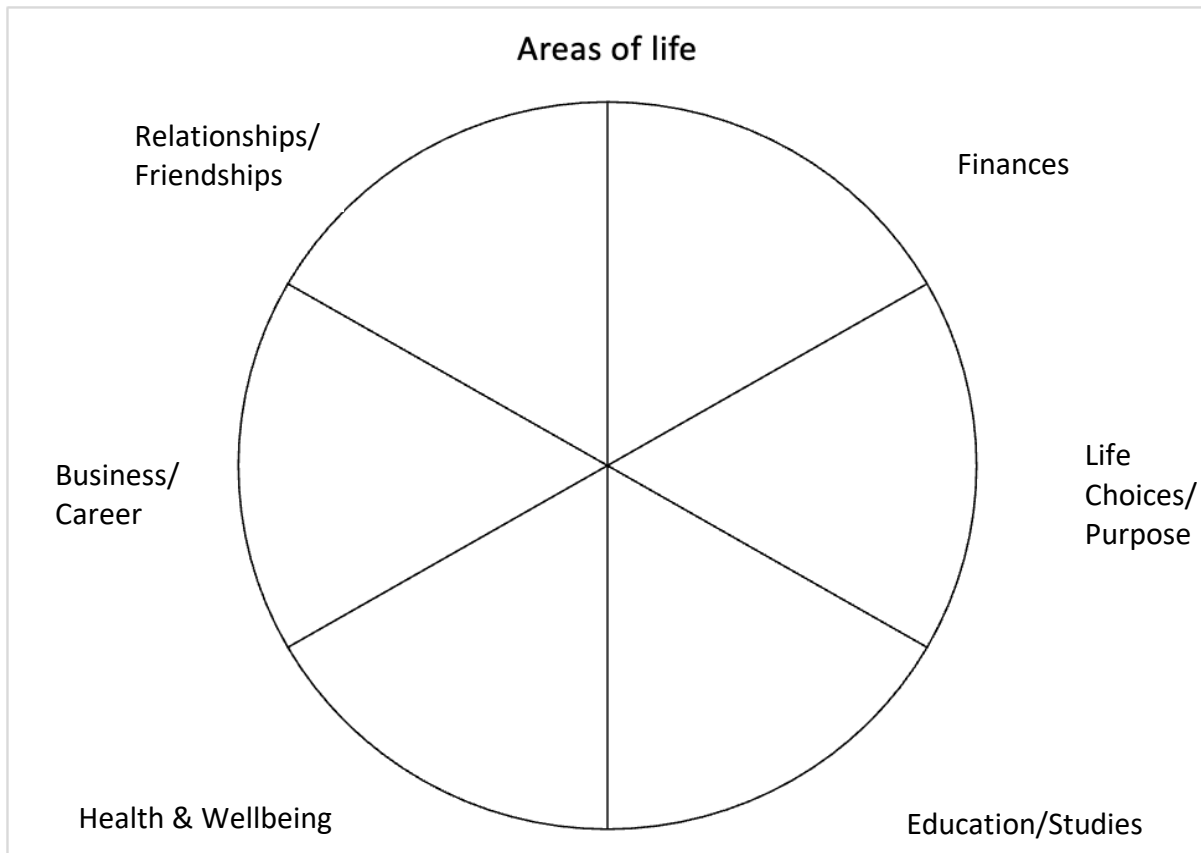


Lesson 1. Exercise 1. Areas of Life Pie Chart



Exercise Instructions: This exercise will give you an insight into the areas of your life where you have yet to reach empowerment, your full potential. Areas that the SEJ Process can help you with.

Shade in any areas of the pie chart where you feel you are NOT realising your full potential.

E.g.

If you have concerns about your studies, or passing your exams then shade in Education/Studies.

If you have money worries, need a job to get through university, or struggling to pay your bills, then shade in Finances.

Student Notes: Keep this exercise as you will need to refer to it for Exercise 2.