

4 Circles of Wholeness & Healing Exercise

Spend some time completing this exercise and review it with your Licensed Brain Trainer.

Biological Circle

In order for your biology to operate at peak efficiency, all the components (cells, chemistry, etc.) need to work right; otherwise you may be more likely to suffer with various symptoms. For each aspect of the Biological Circle below, write down anything which may be positively or negatively affecting that item. For example:

Brain health:

+	<i>I take Omega-3s everyday</i>
-	<i>I got 3 concussions playing rugby; I am increasingly forgetful.</i>

My Biological Circle

Brain health:

+	
-	

Physical health:

+	
-	

Nutrition:

+	
-	

Exercise:

+	
-	

Sleep:

+	
-	

Hydration: (daily water consumption)

+	
-	

Hormone balance:

+	
-	

Blood sugar level:

+	
-	

Supplements/vitamins:

+	
-	

Genetics: (family history)

+	
-	

Physical trauma/injuries:

+	
-	

Allergies:

+	
-	

Toxin exposure:(environment, mold, drugs, excessive caffeine, alcohol, smoking)

+	
-	

Infections: (Lyme disease, bacterial meningitis, frequent strep, etc.)

+	
-	

Physical illness:

+	
-	

Medication:

+	
-	

Psychological Circle

The psychological circle is about the processes in your mind and the experiences you have that influence the way you see and think about life.

For each component of the psychological circle below, write down anything which may be positively or negatively affecting that item. For example:

Body Image:

+	<i>I feel strong and fit from working out.</i>
-	<i>I hate my widehips.</i>

My Psychological Circle

Self-talk:

+	
-	

Self-concept:

+	
-	

Body image:

+	
-	

Upbringing:

+	
-	

Development:

+	
-	

Past emotional trauma:

+	
-	

Past successes:

+	
-	

Past failures:

+	
-	

Sense of worth:

+	
-	

Sense of power or control:

+	
-	

Grief/loss:

+	
-	

Hope:

+	
-	

Generational histories/issues: (such as immigration, trauma survivors, child/grandchild of alcoholic)

+	
-	

Social Circle

When we have great relationships with others, a job or school work we really care about and enough money, our brains tend to be much healthier than when any of these areas are troubled. Dealing with difficult life circumstances elevates stress hormones and makes us more vulnerable to illness and other problems.

For each component of the social circle below, write down anything that may be positively or negatively affecting that item. For example:

Relationships:

+	<i>My wife and I have a loving and stable marriage.</i>
-	<i>I haven't spoken to my brother in several years.</i>

My Social Circle

Quality of current living environment:

+	
-	

Sense of connection to family, friends and community:

+	
-	

Work or school:

+	
-	

Relationships:

+	
-	

Stresses:

+	
-	

Health:

+	
-	

Finances:

+	
-	

Current successes or failures:

+	
-	

Information:

+	
-	

Health habits of friends and family:

+	
-	

Spiritual Circle

To fully heal and be your best, it is important to recognize that you are made up of more than just your body, mind, brain and social connections; you are also a spiritual being. And whether your personal spiritual nature is a deep religious conviction or simply a sense of awe and wonder about nature, understanding what it is and nurturing this aspect of yourself will help create a feeling of wholeness in your life.

Having meaning and a sense of purpose in life helps us to be healthier and to live longer.

For each component of the Social Circle below, write down anything which may be positively or negatively affecting that item. For example:

Why does my life matter?

+	<i>I need to take care of my family.</i>
-	<i>Without my family, I don't matter much to others.</i>

My Spiritual Circle

What is my sense of meaning and purpose?

+	
-	

Why does my life matter?

+	
-	

Values/Morality:

+	
-	

To whom am I accountable?

+	
-	

What are my connections to past generations?

+	
-	

What are my connections to future generations?

+	
-	

What is my connection to the planet?

+	
-	

What is my connection to a higher power?

+	
-	