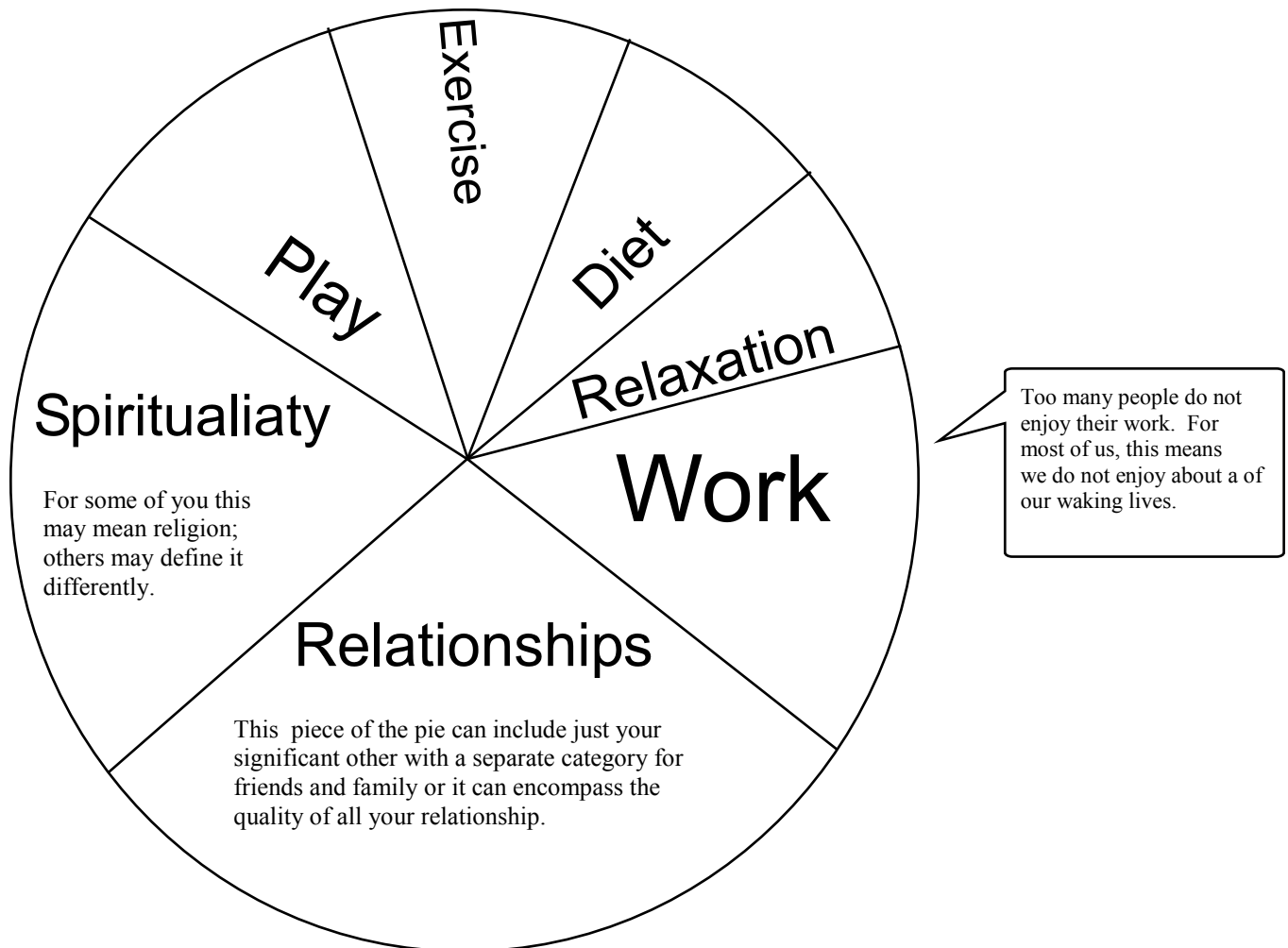


Life Needs Pie



Plants need the sun, water, air, the soil to anchor them to the ground, nutrients to feed them. A plant's needs are physical and fairly simple. Human beings' needs are more complex and include both physical and psychological dimensions.

The above pie is one example of what a person's needs might be. In this exercise, you will first design an **"actual pie"** (the way you live your life now) and then an **"ideal pie"** (the way you would like to live your life). You can include the attributes used above, delete some of them, add some of your own.

Use two pieces of paper for this exercise, one for each pie. We cannot do everything. This exercise will help you to make a list of the things important to you and then create a visual representation of what you are doing now (actual pie) and another visual representation of how you want it to be different.(ideal pie).

As you are doing this exercise, ask what affect would changing your life pie to a more ideal one have on you.