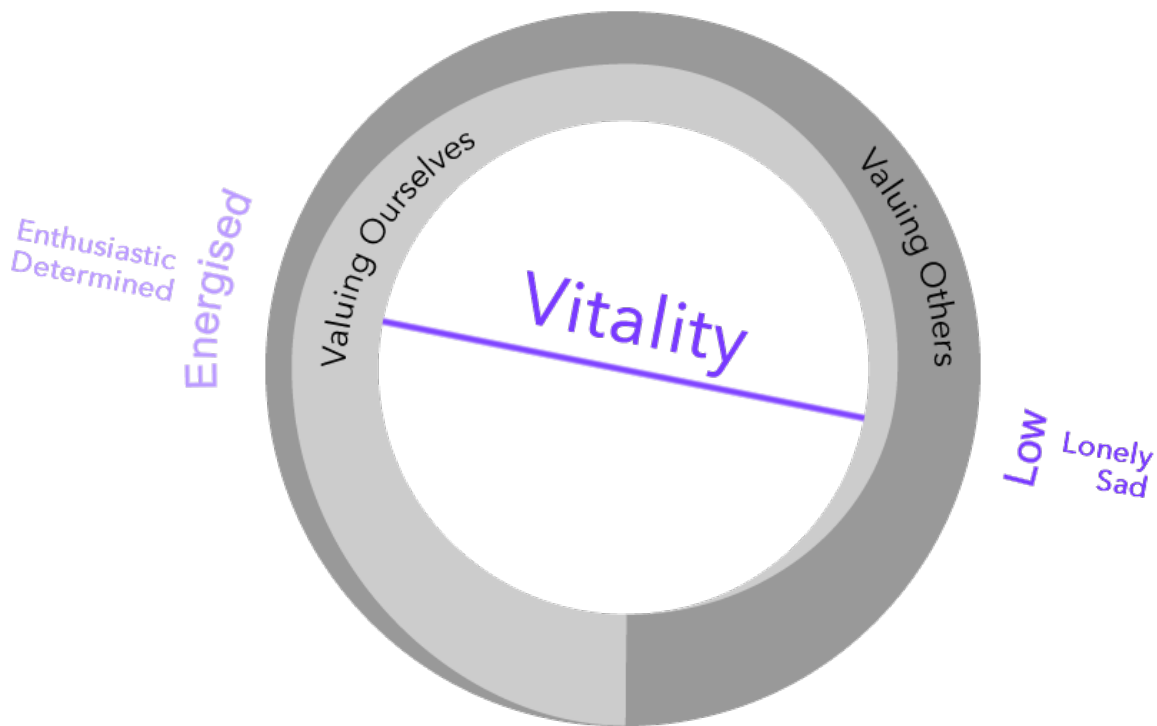


Low Zone

feeling lonely, sad

Things aren't going well for me. I've lost any sense of purpose. I feel cut off from others; I think no-one else is like me, or nobody is there for me. I have no-one to share things with. I don't enjoy things as I did before. I have no choice but to get used to my life as it is.



Vitality

The drive that comes from our sense of purpose and powers us to achieve our important goals. It gives us energy as well as clarity about what we want to achieve.