

Consonance

# Spheres of Harmonic Influence

Dissonance

1 2 3 4 5 6 7 8 9 10

## Community Harmonics

Neighborhood, religion, country, world, etc.

## Occupation Harmonics

Work, school, hobby, sport, recreation, etc.

## Relationship Harmonics

Partner, spouse, children, closest friend, etc.

Harmonics is a range from "Consonance" to "Dissonance" in your life. Your Spheres of Harmonic Influence Score represents the range of harmony across three essential spheres. Think about your personal relationships, how you occupy your time, and your extended community. How would you rate your degree of harmony across these spheres of influence in your life? Record your scores on the right and total them below.



Core Self

Record a score of consonance or dissonance for each sphere below.

## Relationship Harmonics

Score = (1-10)

## Occupation Harmonics

Score = (1-10)

## Community Harmonics

Score = (1-10)

Total your Spheres of Influence Score

### SCORES

- 1= Extremely Consonant
- 2= Heavily Consonant
- 3= Generally Consonant
- 4= Slightly Consonant
- 5= Barely Consonant
- 6= Barely Dissonant
- 7= Slightly Dissonant
- 8= Generally Dissonant
- 9= Heavily Dissonant
- 10= Extremely Dissonant

