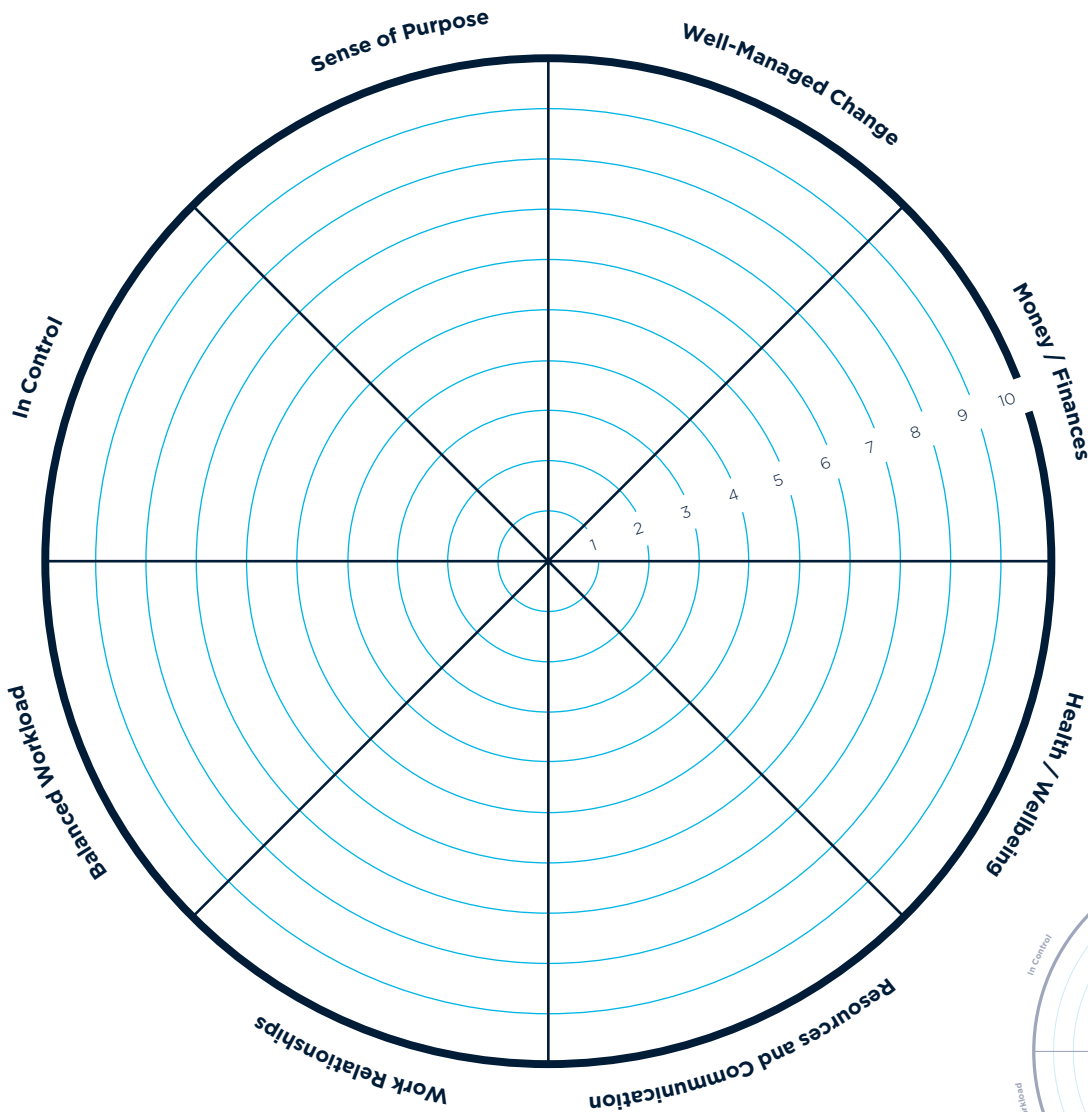


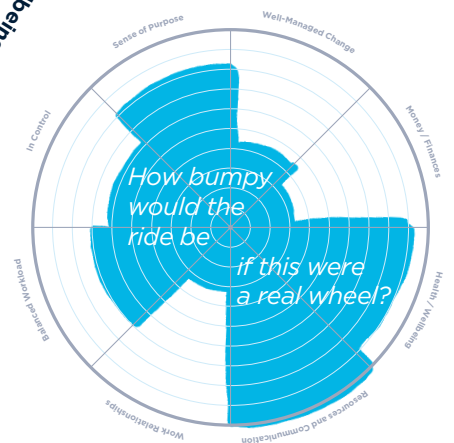
Wellbeing wheel

What is it?

When life is busy it is easy to become absorbed by just getting by. Your energy and mind are focused on completing each task and you don't have time to think about you or wellbeing. This can lead to feeling overwhelmed, unappreciated or stressed. This tool is an opportunity to look at the important aspects of wellbeing and see the big picture.



Example



How to use it

The eight sections in the wheel of life represent balance.

With the centre of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each area by drawing a curved line.

If you want, you can make up new sections, change the number of sections or change the names of the sections shown.

The new perimeter of the circle represents the wellbeing wheel. How bumpy would the ride be if this were a real wheel?

Now what?

The next stage is to take action on the results. You might want to think about:

What areas require attention and what can I do to feel better about this area?

- What is going well and what can I learn from that to help me with areas that are not going well?
- What resources are available to me?
- What do I need to stop / start / continue doing?
- Who can support me with this?

Tips on the tool

- ✓ Don't spend too long assessing a score – your gut instinct is usually right
- ✓ Don't look for excuses when scoring – be honest with yourself
- ✓ Be consistent on your scoring
- ✓ Repeat the exercise after a few weeks to see what has changed
- ✓ Look for themes – do you tend to focus on the areas you enjoy and ignore other areas? For example some people find it challenging building collaborative relationships, especially with senior people.