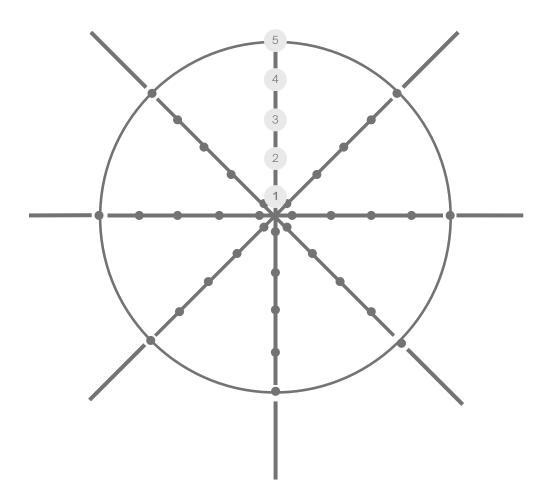
The Wellbeing Wheel



Key to our wellbeing is having a life that feels well balanced in the areas we most value. The following exercise gives you an opportunity to reflect on your overall life satisfaction in key areas.

Pick eight categories from the list below and place each on around the wheel scoring between 0 and 5. (0 = low - 5 = high)



Choose from: Finances, Health, Mental Wellbeing, Personal Growth, Spiritual Growth, Fitness, Friends, Relationships, Career. Fun & Adventure. Or choose your own!

The Wellbeing Wheel —

How did you score?
What scored the lowest? How can you improve this score? What scored the highest? How can you maintain this? How did you score overall? Which areas would you most like to improve?
It is up to you how you interpret such results. If an area scores low but you do not wish to improve this are there is no need to. If an area requires immediate attention then you can set actions in place to work on this.
Use the following space to give the wheel an overall assessment using the guidance provided.