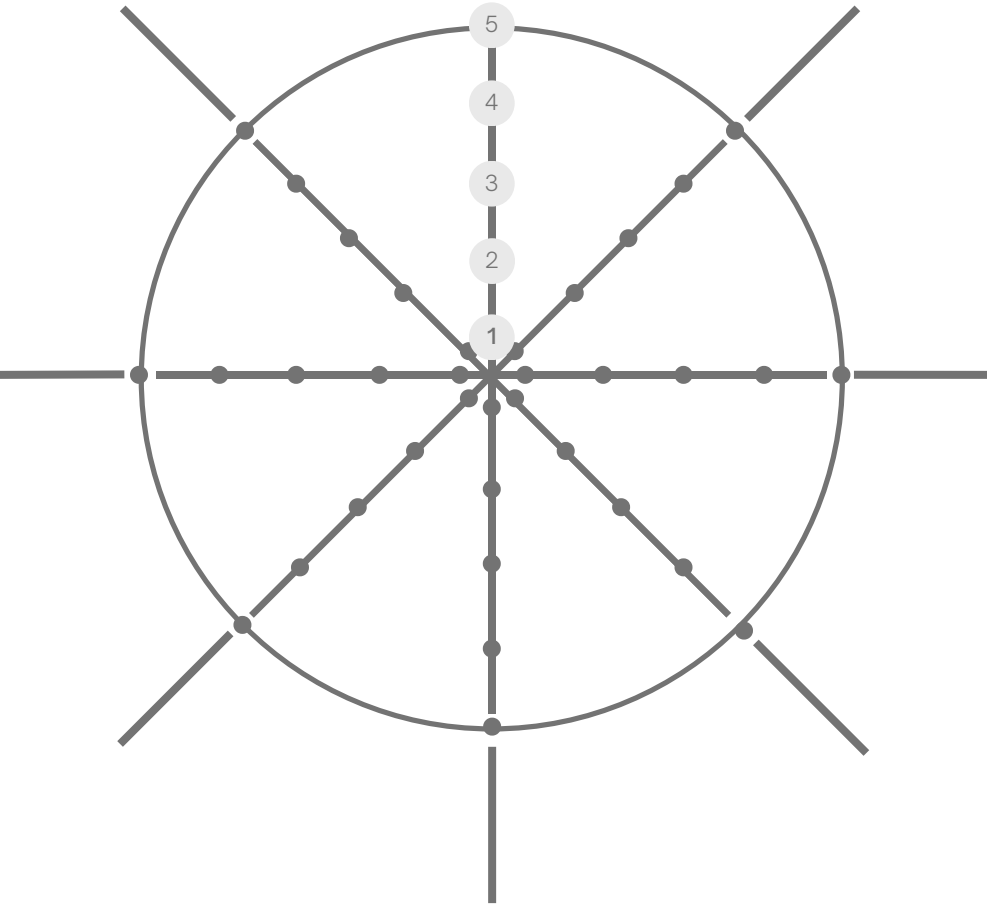


The Wellbeing Wheel



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!

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.