

Wheel of wellbeing

The wheel of wellbeing is a tool that enables you to make an assessment of where you are now in relation to where you'd like to be. It can help us gain perspective and see areas in which we are doing well and areas where we could focus more of our attention.

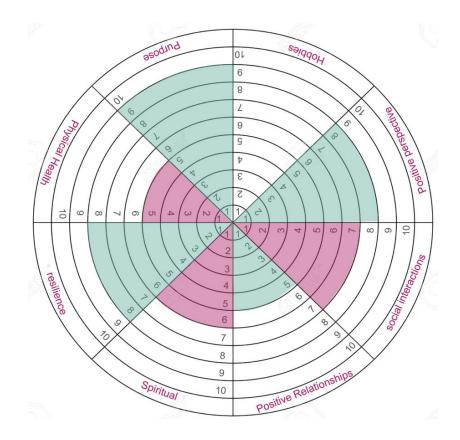
It's a simple tool to use and can be used as part of self-reflection or to help shape a conversation with a colleague.

For each segment spend a moment thinking about what excellence and success looks like for you and then where you are now. Score yourself between 1 (very dissatisfied) and 10 (fully satisfied) for each segment and colour that area in – see completed wheel below.

Once you have completed the wheel consider which area you would like to focus on and what actions you'd like to take to increase your level of satisfaction. Capture these actions to support you on following through to completion.

Committing to taking an action to develop/improve one of the areas will also have a positive knock on effect into other areas of the wheel.

You can complete the wheel of wellbeing every few months to help keep track of your progress.

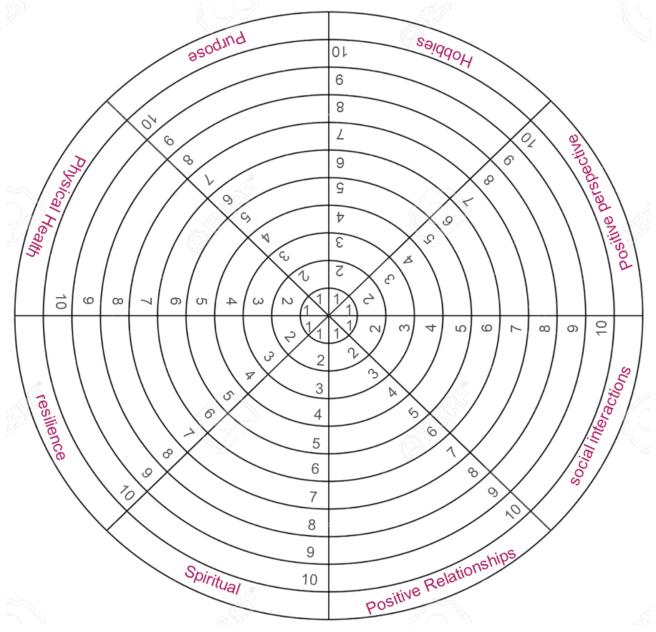


My Wheel of Wellbeing

Score yourself between 1 (very dissatisfied) and 10 (fully satisfied) for each segment and colour that area in.

Decide which area you'd like to focus on first.

Commit and write down any actions you've identified as being helpful.



My actions