



The Wonderful Life Well-Being Wheel

The Wonderful Life Well-Being Wheel is a fantastic tool to help you and your members understand what area of your well being you really want to focus on.

Here's how it works:

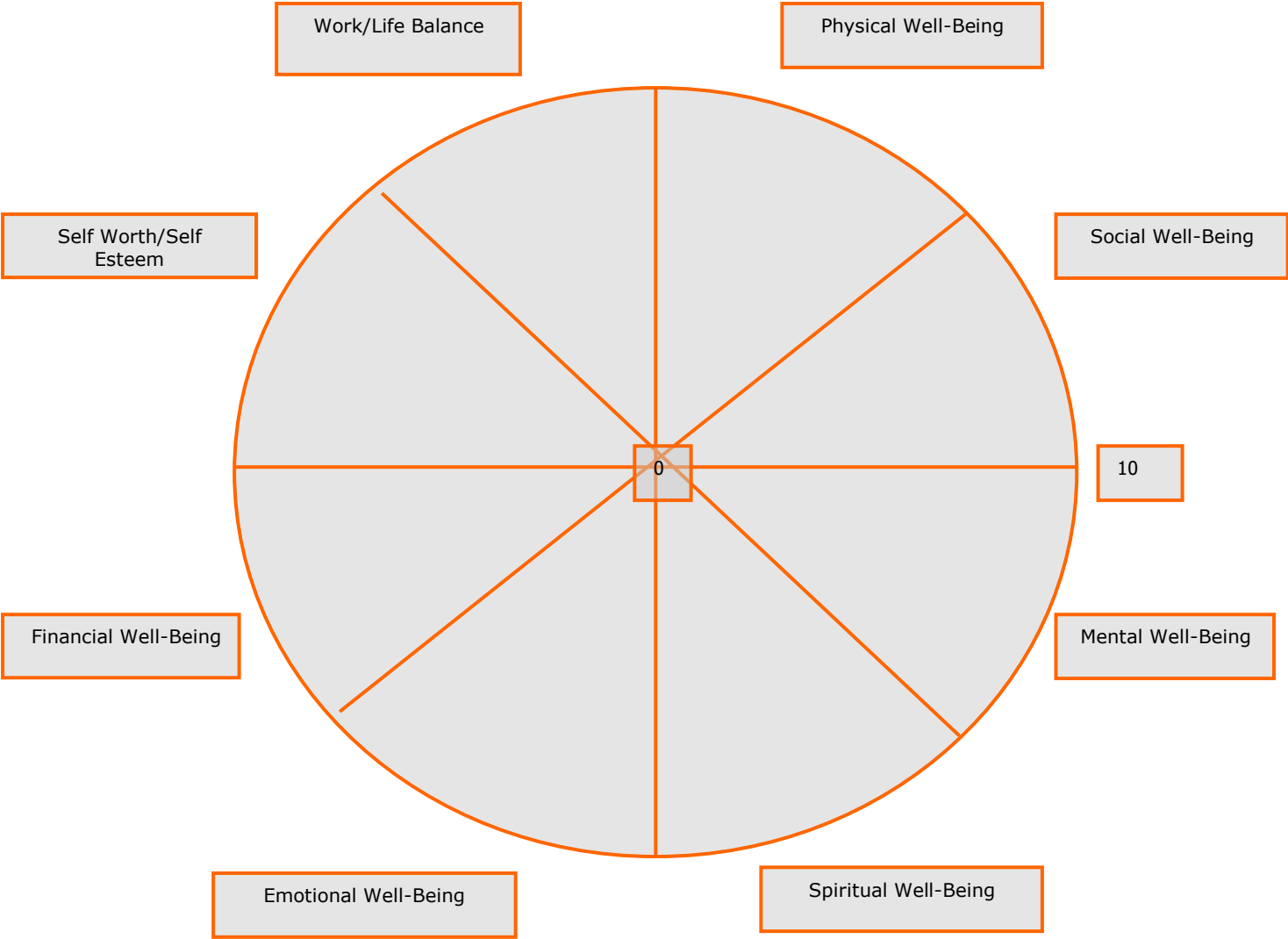
The wheel is divided into 8 segments.

Each segment is labelled for a particular area of your Well-Being:

- Physical well being,
- Mental well being,
- Spiritual well being,
- Emotional well being,
- Social well being (relationships)
- Financial well being,
- Work life balance
- Self worth /esteem.

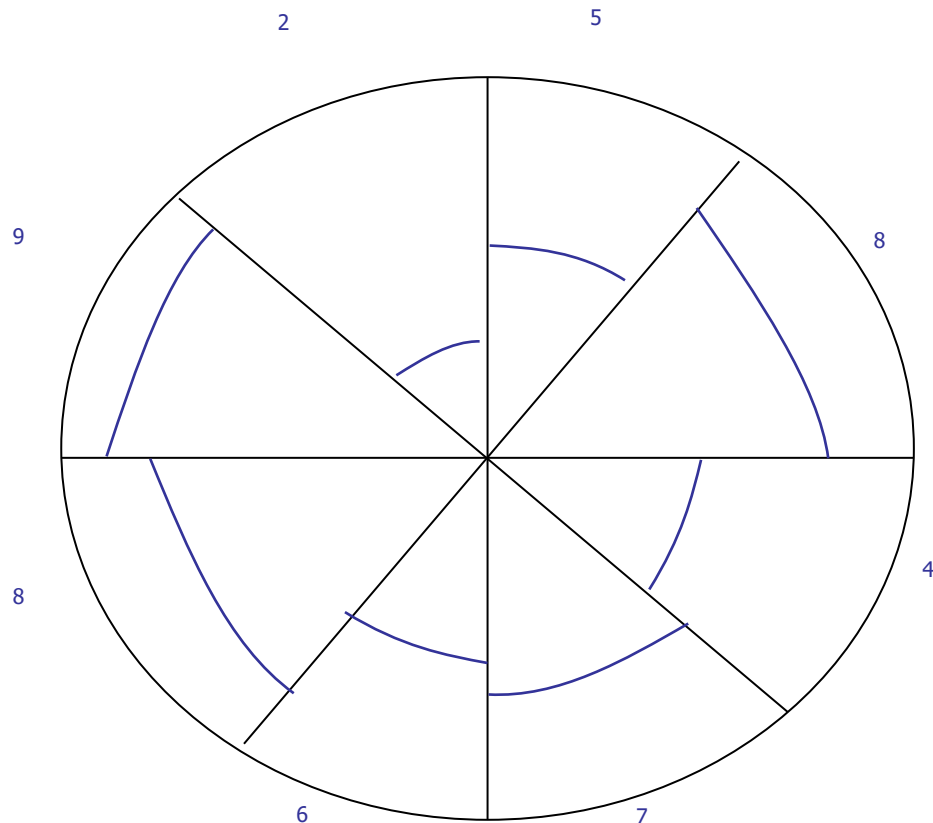
You need to consider each one in turn and decide on a scale of 1-10 how fulfilled each area is. (0=completely unfulfilled and 10=totally fulfilled).

Wonderful Life Wheel



Then draw a line across each segment to show how fulfilled it is with 0 being the centre and 10 being the outer edge.

EXAMPLE



Now look at the areas where you have the largest gaps and consider what a score of 10 would look and feel like in that area.

Now consider what steps you would have to take to achieve a 10 in that area.

Write these steps down and use them to begin to shape the goals you would like to work on.

Once you have done this for each area you should consider which areas you would like to work on first.