

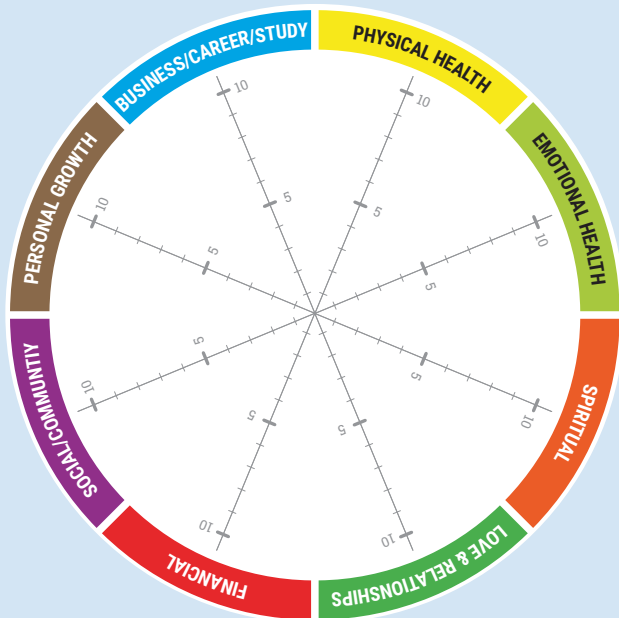
Wheel of Wellbeing

A Whole Brain Approach



1. Assess

Where are you now?



Assess each area from 1-10 (1=Lousy/10=Awesome!)



3. Set Goals

What would you like to achieve with your wellbeing over the next 3 months?

Goal 1

Goal 2

Goal 3



4. Action Plan

What do you need to do?

Action	Date by
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2. Reflect on results

How do you feel about where you are at?

What wellbeing gaps are evident? i.e. below 6

What specific area/areas do you feel you want/need to work on?

How might this result affect your homelife/workplace?