

MY WELLBEING WHEEL AND PLAN

This tool is useful if you want to monitor your wellbeing in one or more areas and set goals to make changes that will impact your life for the better.

Based on published research and our experience of talking to people who are striving to make changes in their lives, you can assess where you are at in eight areas of your life and then decide on the changes you wish to make.

Simply give yourself a score of between 1 and 10 for each area marked on the Wellbeing Wheel, using our prompts if these are helpful. Most people will then find an uneven pattern with greater satisfaction with some areas of their life more than others.

Then, decide where you want to make changes.

- Do you want to change an area you have scored particularly low?
- Or an area you are happier with but some minor changes could now make all the difference?
- Or is there a particular issue that is affecting your overall wellbeing that needs addressing

When you are setting your goals and making your plans, don't forget to make them SMART: Specific, Measurable, Achievable, Relevant and Time-framed

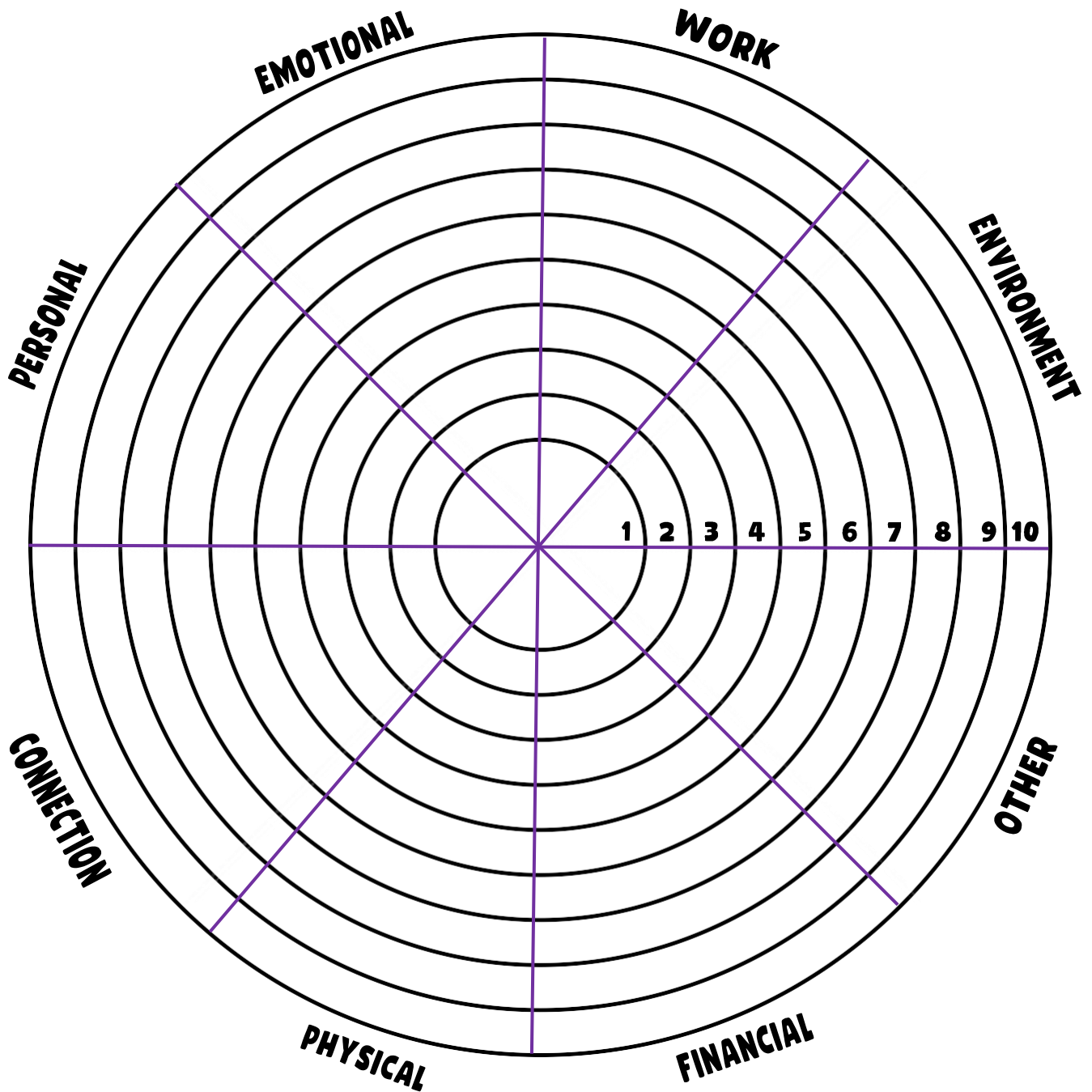
Set a date you want to achieve your goal and another date to review your wheel overall.



NAME: KATH CHEER

DATE: 22/09/24

MY WELLBEING WHEEL





MY WELLBEING PLAN

MY GOALS TO IMPROVE MY WELLBEING

My first goal is in the area of

My goal is.....

I will know I have achieved it when

I will complete this by

My second goal is in the area of

My goal is

I will know I have achieved it when

I will complete this by

My third goal is in the area of

My goal is

I will know I have achieved it when

I will complete this by

My fourth goal is in the area of

My goal is

I will know I have achieved it when

I will complete this by

REVIEW

I will review this plan on



WHAT MIGHT YOU INCLUDE IN EACH AREA ON THE WHEEL?

Physical Wellbeing Nutrition / healthy weight Exercise Sleep	Emotional Wellbeing Coping Skills Stress Management General resilience Satisfaction with your life
Wellbeing at Work Work satisfaction Work life balance Time management and breaks Work space Salary	Environmental Wellbeing Stable home Feeling safe where you live Personal space Access to outdoor space
Personal Wellbeing Hobbies, interests, creative outlets Personal goals Mental stimulation Nature, prayer, meditation Being in the moment	Connection and Social Wellbeing Meaningful relationships Intimacy Support network Clear boundaries Management of social media
Financial Wellbeing Enough money for what you need Budgeting Future planning Paying bills	Other Your choice

***THESE ARE JUST SUGGESTIONS - THINK ABOUT THINGS THAT MATTER OR MEAN SOMETHING TO YOU**

HINTS ABOUT SCORING

It's very much up to you how you do the scoring because this tool is just for you, but to help you here are a couple of examples of how you might think about it

Physical Wellbeing

10 = I do the recommended level of activity during the week, I limit my periods of being inactive, I am happy with my level of fitness



5 = I do some movement every day and some moderate exercise every week but I still sit for long periods of time and I want to be fitter

1 = I am very inactive

Wellbeing at work

10 = I am exactly where I want to be in my career and it doesn't affect my wellbeing

5 = There are some good things about my job but there are changes I need to make

1 = I hate my job and I feel really burnt out

Environmental Wellbeing

10 = I am safe and secure where I am living with enough space and access to outside space if I want it

5 = I am not unsafe or overcrowded but I will need to make changes soon

1 = My living situation is unsafe, unstable or overcrowded

THANK YOU.

