

- HOW TO - Complete a 90 Day Wheel of Wellbeing Plan

Purpose

The purpose of your Wheel of Wellbeing Plan is to give you focus and direction over your wellbeing over the next 90 days. With the Wellbeing Challenge being 5 weeks long it's a great way to kick off a sustainable wellbeing plan.

- It is a one page, 90 day wellbeing plan
- Completed at the start of each 90 day period
- It enables you to be proactive - not reactive!
- It creates clarity and commitment
- It drives everyday wellbeing decisions
- It enables you to think about what is important in your life and how



Put aside a couple of hours every three months and REALLY think about your life, what's important and what is REALLY going on in each aspect of your life. It's time to be honest with yourself and what is important. It's for you only.



Important note: Set your Wheel of Wellbeing planning dates well in advance. Make it the 1st of the month or the nearest possible date so within a week you have a good working plan.

Step 1 – ‘Assess’ where you are ‘at’ on the Wheel of Wellbeing

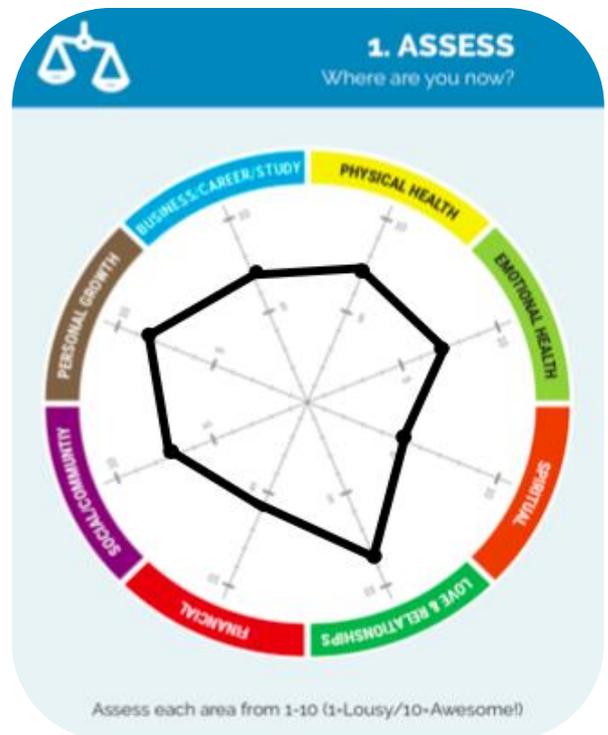
Start by putting a date on your Wheel of Wellbeing.

Under each category, think about how satisfied you are in this area of your life. Are you as happy as you could be, or could there be improvements?

Instruction: Put an x where you sit on the axis under each of the categories then connect all the x’s to create a spider graph.

Here are some ideas and a scale for each area:

- **Physical Health:** How healthy are you? Are you happy with your physical health? Are you happy with your weight and diet?
 1. Feeling in very poor health
 5. Tired and not exercising as much as I’d like
 10. Fit and well – absolute optimum health
- **Emotional Health:** How do you feel emotionally most of the time? Do you feel happy? Do you feel sad? Do you often have negative thoughts?
 1. Very depressed
 5. Feel pretty average most days
 10. Energised, engaged and happy every day

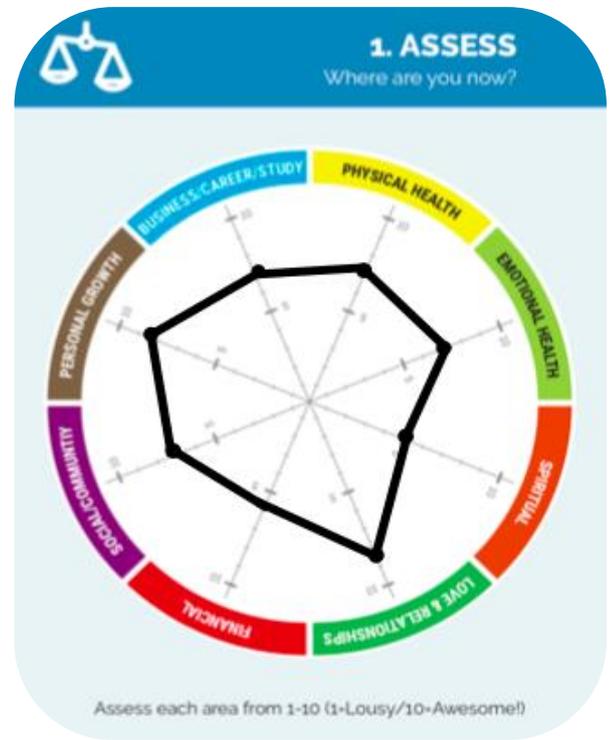


- **Spiritual:** How happy are you with your values and belief systems? Do you have meaning and purpose in your life? Do you have self awareness?
 1. Feeling lost and very distant from myself
 5. Not really sure where I am at spiritually – a long way from my full power
 10. Very happy spiritually and in myself
- **Love and relationships:** Do you feel loved? How often do you express love to others? (Partners, children, other important relationships)
 1. I have no functional relationships at the moment
 5. Personal relationships are a little strained
 10. All relationships are firing on all cylinders

(Continued)

Step 1 – ‘Assess’ where you are ‘at’ on the Wheel of Wellbeing

- **Financial:** Are you making enough money to meet your current needs? Are you set up for a financially secure future?
 1. I don't have enough money to meet my basic needs
 5. I struggle financially but meet my basic needs
 10. I have all the money I want or need
- **Social and community:** Are you engaging with friends and the community? How often are you socialising? Are you happy with this?
 1. I have no contact with others currently
 5. I have little contact with friends or the community
 10. I have lots of social and community contact
- **Personal Growth:** How focused are you on personal growth? Are you challenging yourself and learning? Are you seeking to educate yourself?
 1. I feel stagnant right now
 5. I continue to grow slowly but am not getting much traction
 10. I am learning and growing every day and love it
- **Business/Career/Study:** Is your career on track to where you want it to be? Is it heading in the right direction? Does your work/study energise you?
 1. I hate my job
 5. I'm treading water in my job – just turning up, doing my job and going home
 10. I love my job and would do it for free if I had plenty of money



Step 2 – Reflect on results

Looking at the results on your Wheel of Wellbeing, how do you feel about where you are at?

If your scores are between **8 and 10** in all categories, congratulations! Reflect on what this means and what you are doing to get these results. Ensure that your plan will help you to maintain these results. Make sure though, that you're not limiting your growth possibilities!


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?

If your scores are between **5 and 7** for any of the categories, you are reasonably satisfied but there is room for improvement. Use this opportunity to reflect on what you can do to improve this score and of course your satisfaction.

If your score is between **1 and 4** in any of the categories, there is work to be done! Understand what is most important to you and complete your plan.

Instruction: Answer the questions on your Wheel of Wellbeing

How balanced is your wheel? How might your wellbeing be affected if your wheel is a little or a lot unbalanced? Is there a cost to being more balanced in one category over another?

Example: Your career and money categories might be healthy, but what about your relationships and health as a result of this?

The idea is to grow your wheel – moving forward personally, challenging yourself and expanding your wheel while maintaining balance.

To really get the most out of this exercise, we recommend you complete the exercise on the next page.



Important note: Spend at least 10 minutes thinking and reflecting on your Wheel of Wellbeing to ensure the best possible plan and results.

Reflect on Results – Exercise

Why did you score each category the way you did? What is working well and what isn't?

Category	Score (0-10)	What is working well? What isn't working so well?
Physical Health: Are you happy with your physical health? Are you happy with your weight & diet?		
Emotional Health: Do you feel happy? Do you feel sad? Do you often have negative thoughts?		
Spiritual: How happy are you with your values and belief systems? Do you have meaning and purpose in your life? Do you have self awareness?		
Love and relationships: Do you feel loved? How often do you express love to others? (Partners, children, important relationships)		
Financial: Are you making enough money to meet your current needs? Are you set up for a financially secure future?		
Social and community: Are you engaging with friends and the community? How often are you socialising?		
Personal Growth: Are you challenging yourself and learning? Are you seeking to educate yourself?		
Business/Career/Study: Is your career heading in the right direction? Does your work/study energise you?		

Step 3 – Set Goals

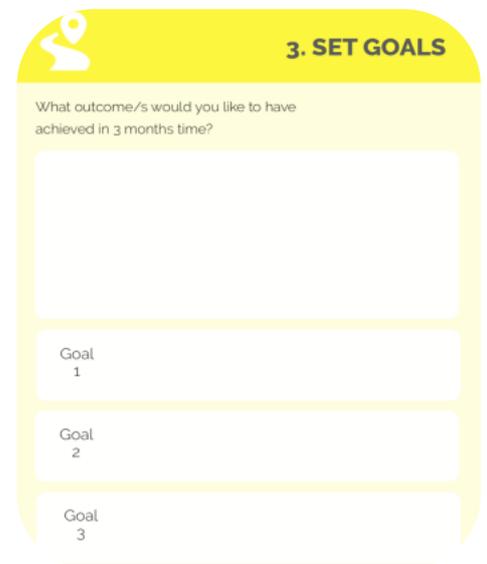
You have assessed where you are at now and you have reflected and highlighted where your biggest gaps are, now it's time to decide where you'd like to be.

What will it take to restore balance in your Wheel of Wellbeing and your life?

The best way to achieve this is to make sure your goals are inspiring and SMART:

- Specific
- Measurable
- Attainable
- Realistic
- Time bound

Instruction: Set goals on your Wheel of Wellbeing



3. SET GOALS

What outcome/s would you like to have achieved in 3 months time?

Goal 1

Goal 2

Goal 3

Step 4 – Action Plan

It's time to take action!

- What will you do in order to reach your wellbeing goals?
- Look at each of your goals, what do you need to focus on?
- What actions do you need to take?

Instruction: Write them down on your Wheel of Wellbeing Plan



4. ACTION PLAN

What do you need to do?

Action	Date by

Step 5 – Schedule you next 90 Day Plan

Schedule your next planning day in 3 month's time.

Next Steps...

Instruction: Write them down on your Wheel of Wellbeing Plan

