

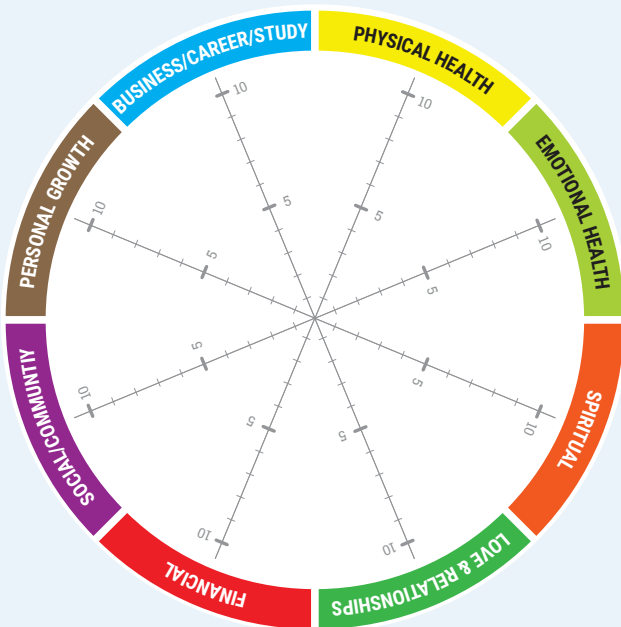
# WHEEL OF WELLBEING

A WHOLE BRAIN APPROACH



## 1. ASSESS

Where are you now?



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



## 3. SET GOALS

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

Goal 1

Goal 2

Goal 3



## 4. ACTION PLAN

What do you need to do?

Action Date by




## 2. REFLECT ON RESULTS

How do you feel about where you are at?

What wellbeing gaps are evident? ie. Below 6

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

How might this result affect your homelife/workplace?