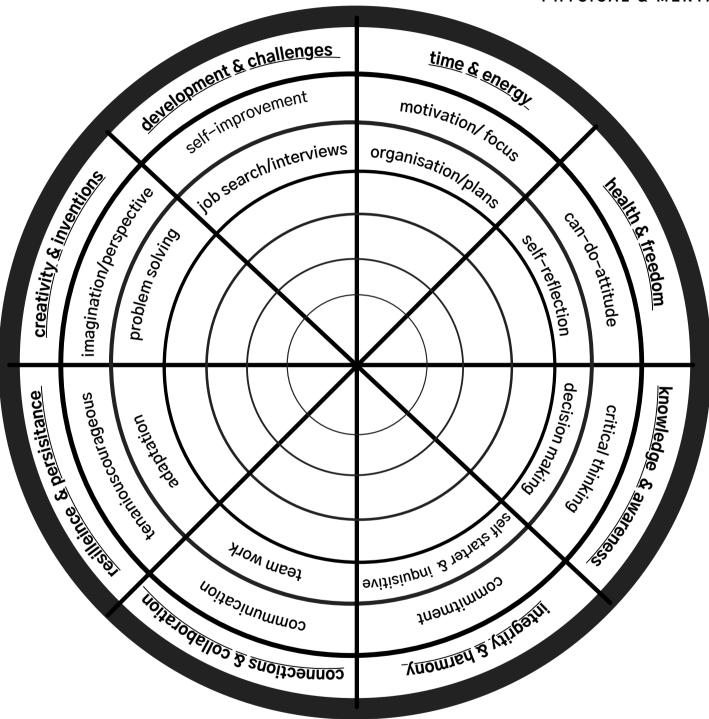


The wellbeing wheel aims to support you in managing your wellbeing. You can make a personal one for yourself; this is a tool to help you to manage the conversation for your individual needs.

EIGHT ESSENTIAL AREAS

#the_wheel_of_life exercises

PASSION & MISSION
VALUES & ATTITUDES
PERSONAL LEARNING & THINKING SKILLS
PROFESSIONALISM & VOCATIONAL SKILLS
PHYSICAL & MENTAL HEALTH & WELLBEING



EIGHT ESSENTIAL AREAS

Instruction:

Draw circles: 8 division 8 spaces
Pick one of your priorities to focus on
How satisfied are you now in each area?
Describe the 10/10 in this one area. e.g. Career plans
Three actions you could take to move you one step closer towards a 10
Pick one of the three that can do it in the 24/48 hours.

VALUES & PRINCIPLES THAT TRULY MOTIVATES YOU

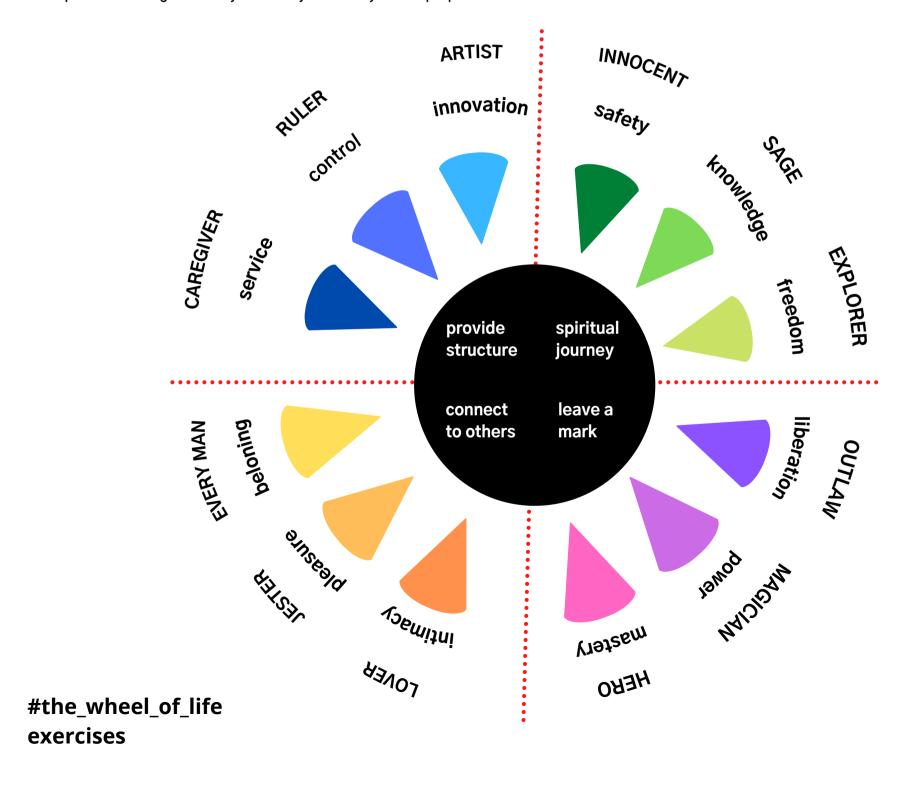
What is life means to you? Discovering yourself, living in the present moment, positive thinking, making progress, setting new goals, seeing people beyond their issues.

How much do you push yourself to deliver?

What makes you happy? Learning to unlearn?

What are the things that you love and that the world needs?

What pain would be gone from your life if you follow your life purpose?



Goal setting

What Values Truly Motivate You

Chose your top 3 priorities

Growth-oriented/progress-oriented, seeking out for personal development & improvement
Relationship Building, Collaborative, Engaged, Networking
Intense, Clear focused, Disciplined, Persistent
Tenacious, Full of grit, Assertive, Taking Initiatives,
Connected, In touch with wider world, Artistic
Creative & Innovative, Fresh ideas, New perspectives
Caring, Compassion, Empathic
Openness, Curious, Multi-cultured, Holistic
Integrity, Honesty, Loyalty
Kindness, Value-driven, Unbiased, Objective
Resilience, Courageous, Optimistic, Risk-taker



#the_wheel_of_life steps 2

Pay attention to:

• Commitments

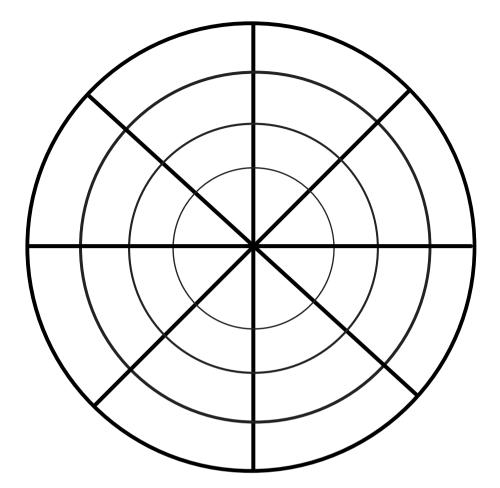
• Challenging tasks

• Realistic expectations

• Your Feedback/Score

• Clear ideas

Goal setting/ weekly planner



Score each week out of a maximum of 5 per week giving a total of 20 for the next 6 months

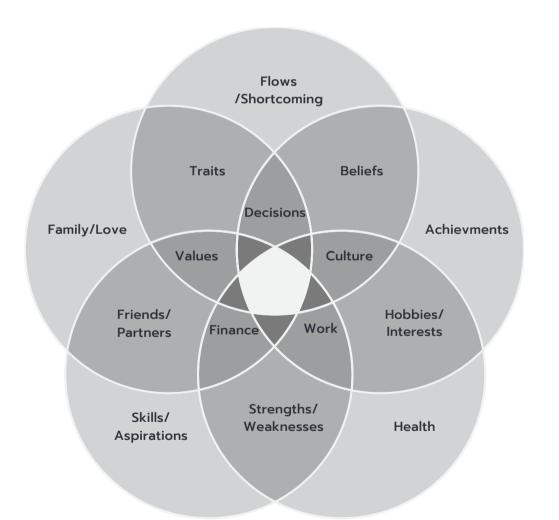
Put your actual score for each month in a monthly column.

EXPECTATIONS	COMITMENT	CHALLENGES	MANAGEMENT	CONFIDENCE LEVEL
Balanced life	Achievement orientation	Energy orrientation	Clear thinking	Confidence in abilities
Emotional control	Goal orientation &clear focus	Refusing mental barriers	Self reflection	Interpersonal confidence

Frame of references

Think through your past experiences and write them on a piece of paper.

Values & Motivations
Passion/ Aspirations
Unhelpful /Helpful habits
Skills & Successes
Fears/ Worries
Traits/ Challenges
Limited & Unlimited beliefs



Main areas

Family/Parents Sisters/Brothers Gender Nationality/Culture **Values Passion** Skills/Aspirations Friends/Boyfriends Marriage/Divorce Motherhood Health/Wellbeing Special events Socio-economic status **Ethnic Background** Childhood Adolescence Over 30+ Over 40+ Over 50+ Over 60+ Skills Hobbies/Interests

ESSENTIAL ENERGIES FOR BALANCED LIFE

EMOTIONAL ENERGY MENTAL ENERGY CLEAR THINKING MUDDLED; MIND CLUTTER **EASILY UPSET,** CALM, **EVEN-TEMPERED** ANGERED, **IMPATIENT** CAN'T DECIDE OR HIGH LEVELS OF **DECISION MAKING** MAKE WRONG SNAP-**OTHERS ARE DECISIONS SEEING THE UNREASONABLE** OTHER'S POINT OF AND DIFFICULT VIEW POOR SHORT-TERM SEEING IN SHADES **OF GRAY MEMORY AND RECALL** CAN'T DEAL WITH **FEELING STRONG** UNPLEASANT AND RESILIENT SITUATIONS, FEELING FEÁRFUL **SOCIAL ENERGY** PHYSICAL ENERGY **FULL OF GET UP FEELING** GOOD PEOPLE ARE AND GO LETHARGIC, RELATIONSHIPS **UNFRIENDLY AND NOT ILL** WITH OTHERS UNHELPFUL **BUT NOT 100% WAKING UP TIRED DEEP REFRESHING** NOT EASY TO MAKE **BUSINESS** AS WHEN YOU **NEW CONTACTS OR SLEEP CONTACTS WENT TO BED** ATTRACT NEW BIZ HELPFUL, SEEK YOU OUT **MISCELLANEOUS HIGH STAMINA AND** FINDING **ACHES AND PAINS** STRENGTH **INTERACTIONS OPEN MINDED & UNCOMFORTABLE PROMINENT AND LIMITED**

#the_wheel_of_life
exercises/essentials