

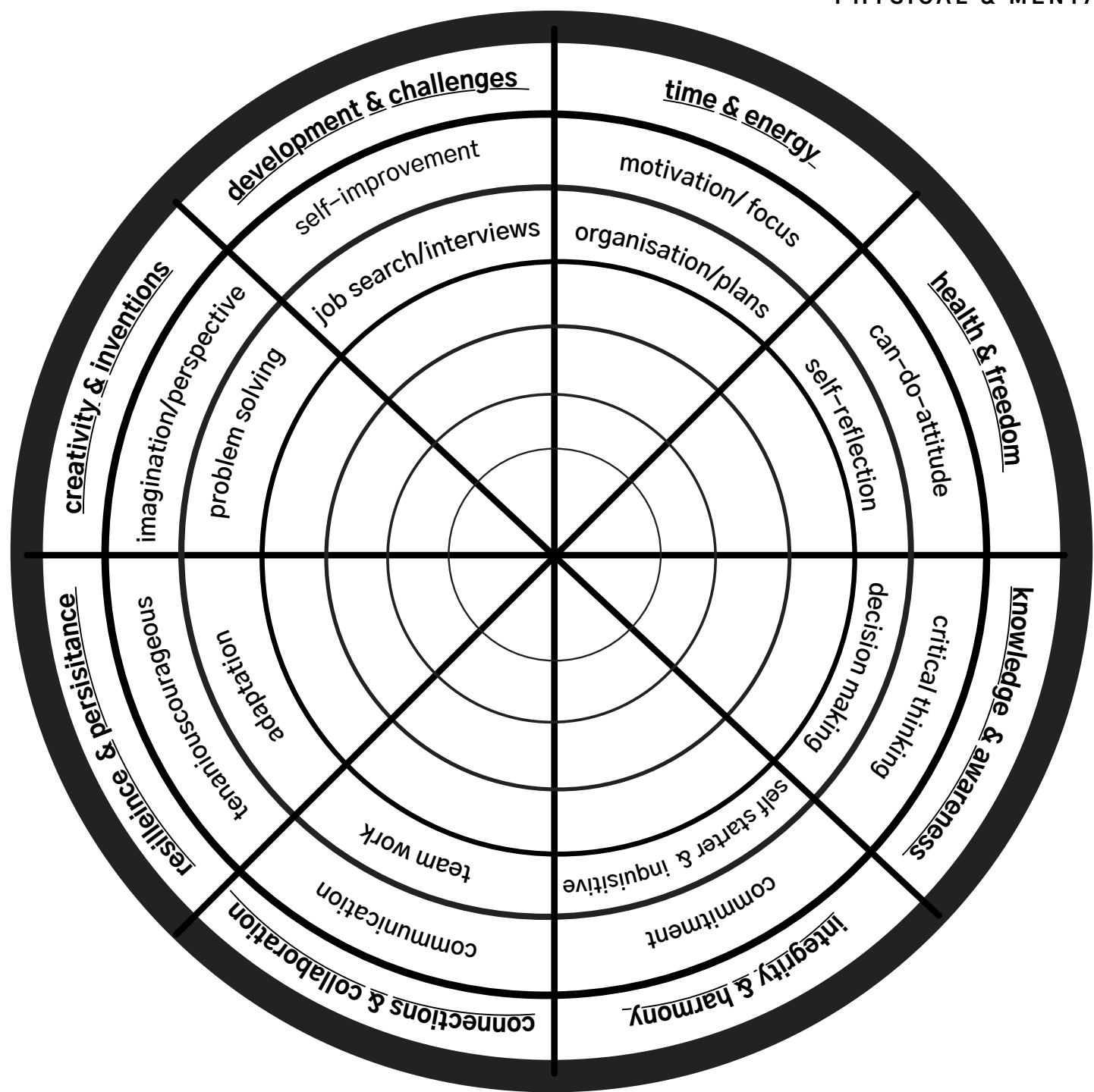
The wellbeing wheel aims to support you in managing your wellbeing. You can make a personal one for yourself; this is a tool to help you to manage the conversation for your individual needs.

EIGHT
ESSENTIAL
AREAS

By Olcay Morreale
Tutor/ Mentor/ Trainer

#the_wheel_of_life
exercises

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



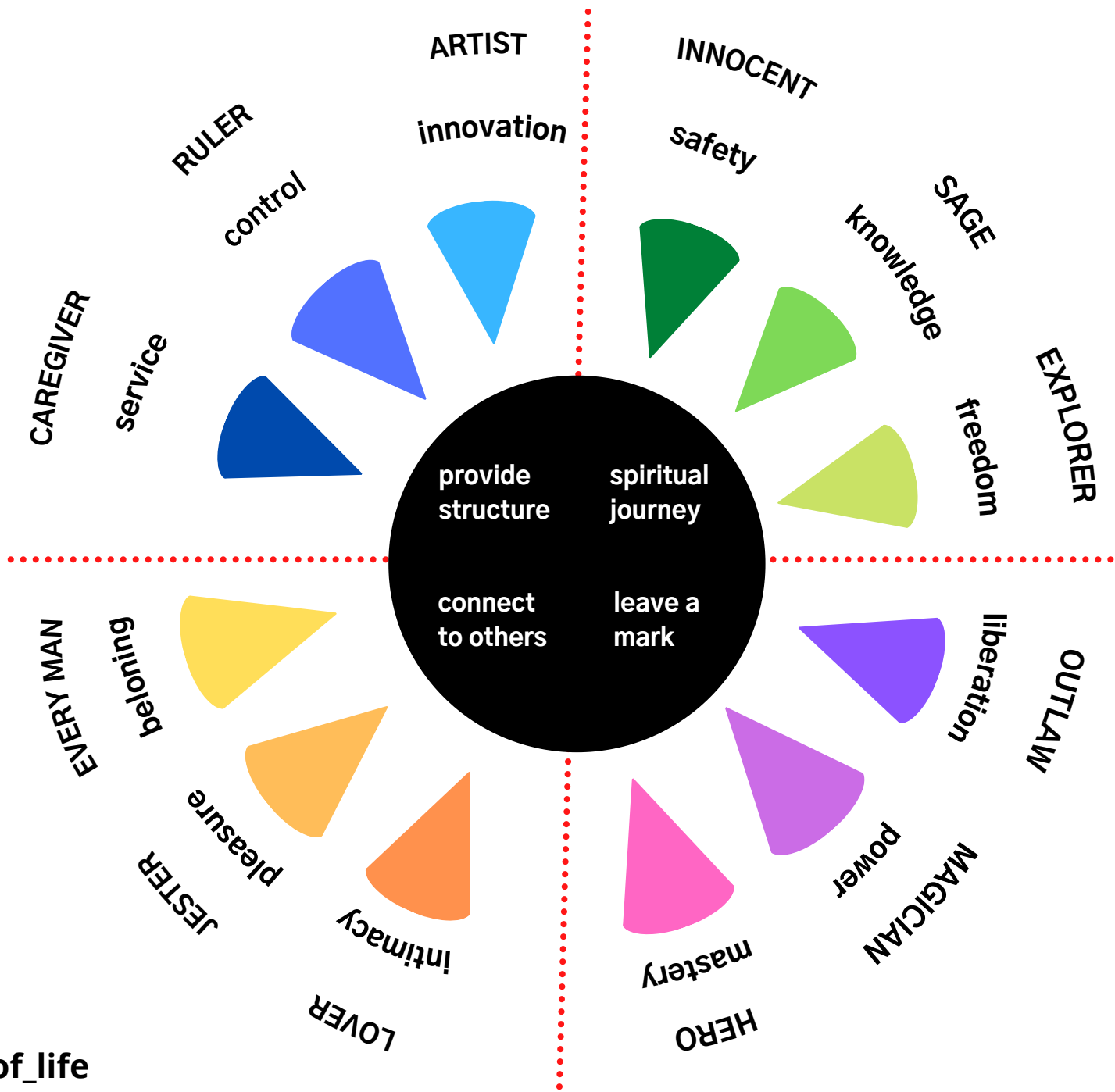
EIGHT
ESSENTIAL
AREAS

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?



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exercises

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

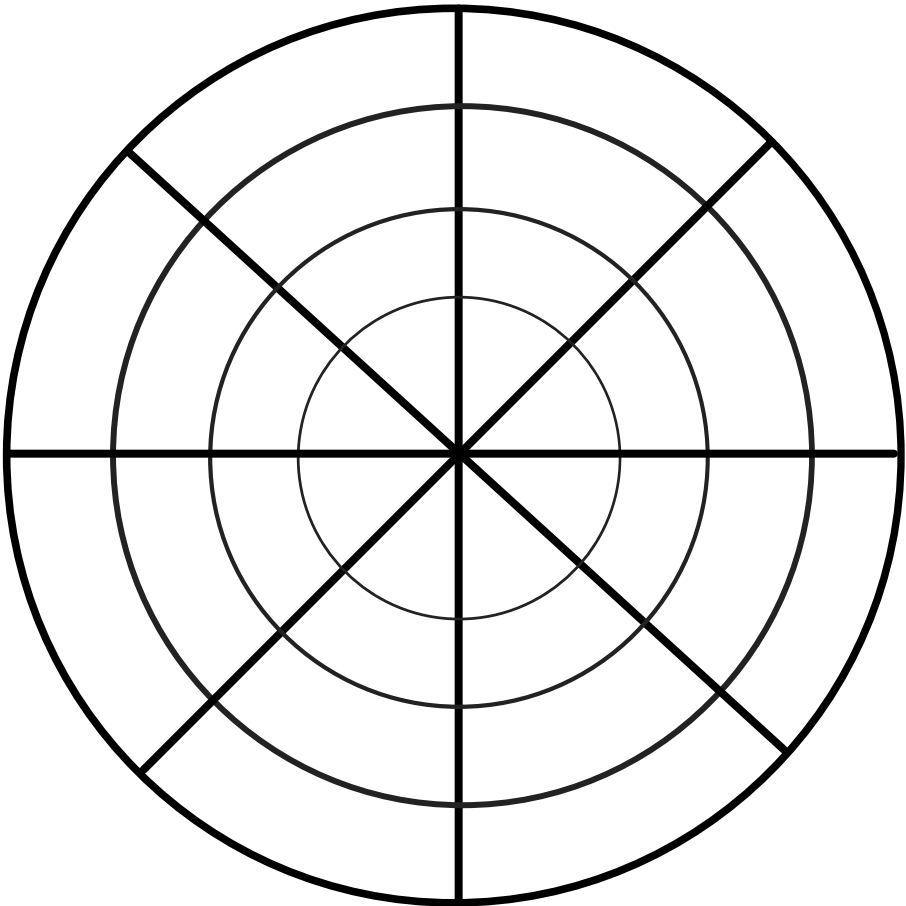
Kindness, Value-driven, Unbiased, Objective

Resilience, Courageous, Optimistic, Risk-taker



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steps 2

Goal setting/ weekly planner



Pay attention to:

- Commitments
- Clear ideas
- Challenging tasks
- Realistic expectations
- Your Feedback/Score

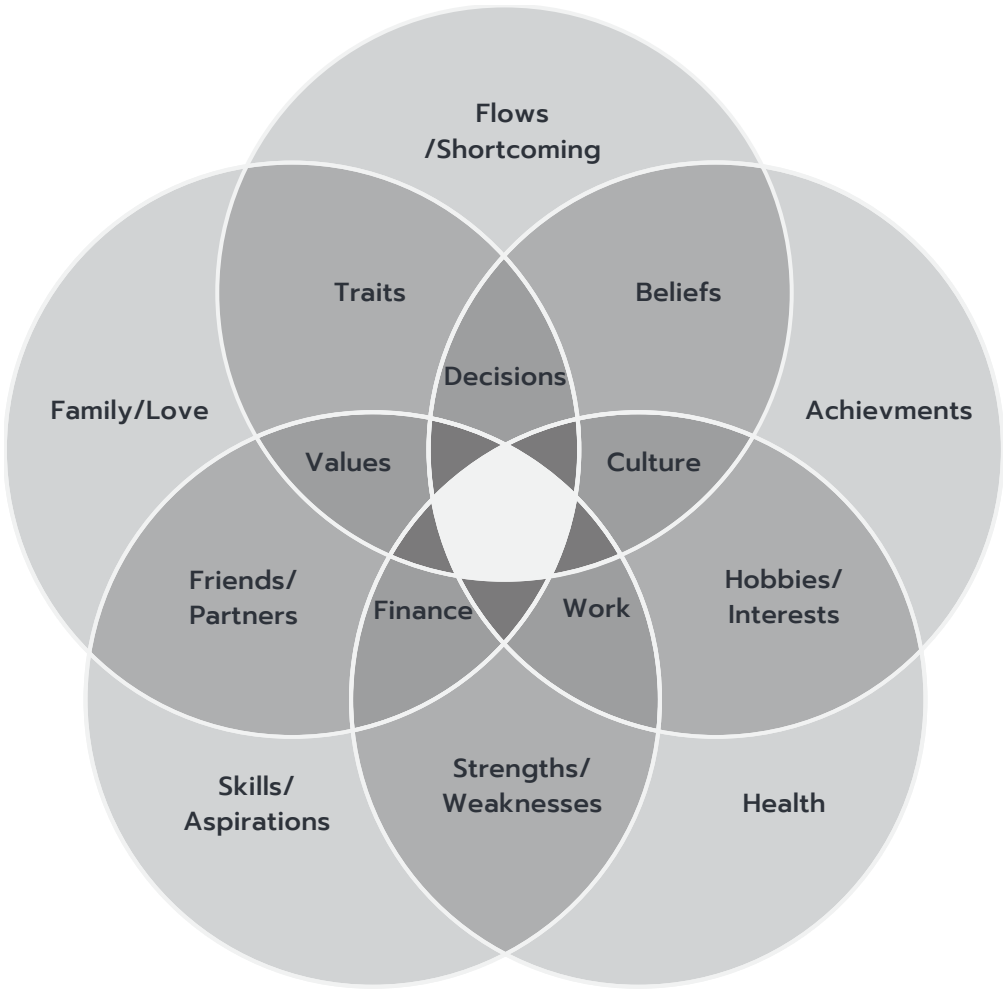
Score each week out of a maximum of 5 per week giving a total of 20 for the next 6 months
Put your actual score for each month in a monthly column.

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

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frames of references

ESSENTIAL ENERGIES FOR BALANCED LIFE

