



WHEEL OF WELLBEING

INSTRUCTIONS

1. LABEL EACH SEGMENT WITH SOMETHING IMPORTANT TO YOU
2. ASK YOURSELF 'HOW HAPPY AM I WITH XX'?
3. SCORE 0-10 FOR THAT SEGMENT. 0 IS AT CENTER AND INDICATES LEAST HAPPY, 10 IS ON PERIMETER AND INDICATES MOST HAPPY.
4. REPEAT STEPS 2 & 3 FOR ALL SEGMENTS. COLOR EACH SEGMENT IF YOU WISH.
5. ASK YOURSELF 'HOW HAPPY AM I WITH MY WHEEL'?
6. SET 1-3 GOALS FOR ANY SEGMENT YOU WISH TO IMPROVE.

