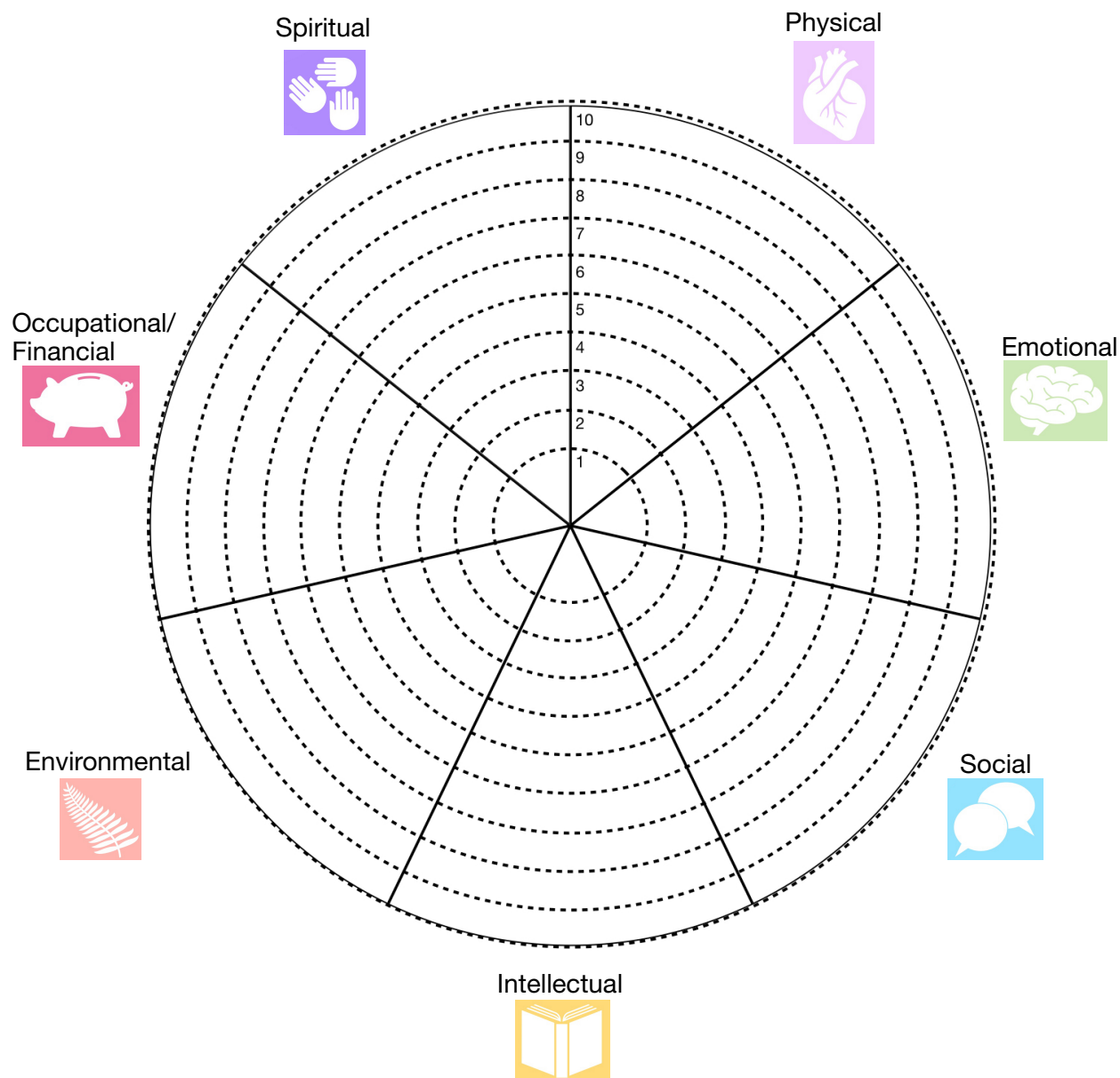


Wellbeing Wheel

Self-Assessment Tool



Instructions: Using a pencil crayon, start at the centre of the wheel and colour up to the line that illustrates your level of satisfaction with each dimension of wellbeing. The centre of the wheel being 0 - meaning no satisfaction at all, to the outer-most circle being 10 - meaning completely satisfied, there is absolutely nothing that could use improvement. The new perimeter of the circle can show you how smooth or bumpy the right would be if it was a real wheel.

This assessment will help you visualize each dimension individually and as a whole. It will help you look at the areas where you want to improve your level of satisfaction and begin to think about what you might do about it. Remember, our wellbeing is a life journey and is an active process.