

WELLBEING WHEEL

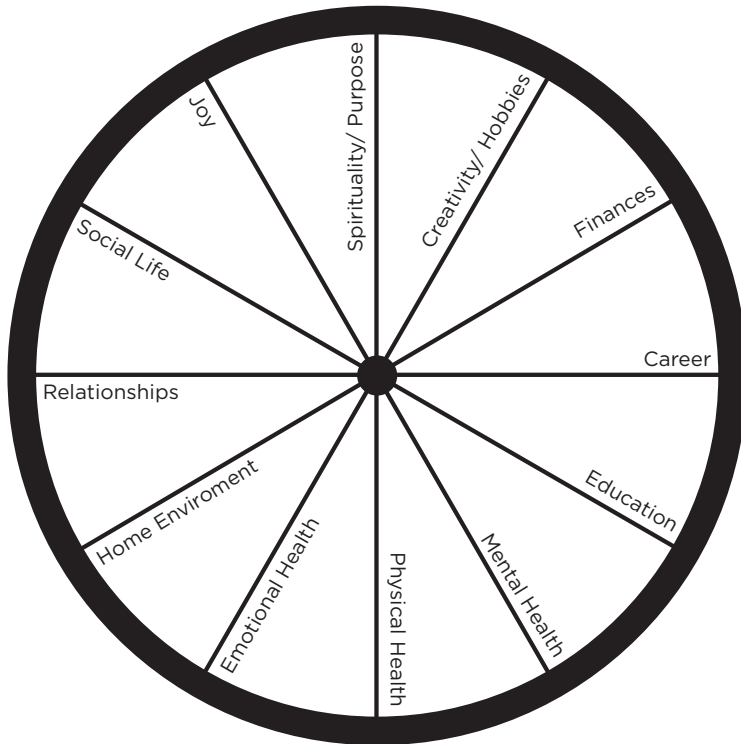
What does your life look like?

Name: _____

Date: _____

Discover what is missing in your life and how to infuse joy and satisfaction into your life for 2019. Complete assessment A or B.

A. Wellbeing Wheel



If you prefer to handwrite:

1. Place a dot on the line in each category to indicate your level of satisfaction within each area. Place a dot at the center of the circle to indicate dissatisfaction, or on the periphery to indicate satisfaction. Most people fall somewhere in between.

2. Connect the dots to see your wellbeing wheel.

3. Identify imbalances. Determine where to spend more time and energy to create balance.

Share your results with your coach.

B. Wellbeing scorecard

AREA	1	2	3	4	5	6	7	8	9	10
Mental Health										
Physical Health										
Emotional Health										
Home environment										
Relationships										
Social life										
Joy										
Spirituality/Purpose										
Creativity/ Hobbies										
Finances										
Career										
Education										

If you prefer to type:

1. Using the scoring system 1-10. 1 being the lowest rate of satisfaction and 10 being the absolutely highest level of satisfaction in your life.

2. Score each area of your wellbeing with your current level of satisfaction.

3. Identify imbalances. Determine where to spend more time and energy to create balance.

Share your results with your coach.

