

YOUR PERSONAL WELL-BEING

These are many aspects of your lives that contribute to your physical, social/emotional, and intellectual well-being.

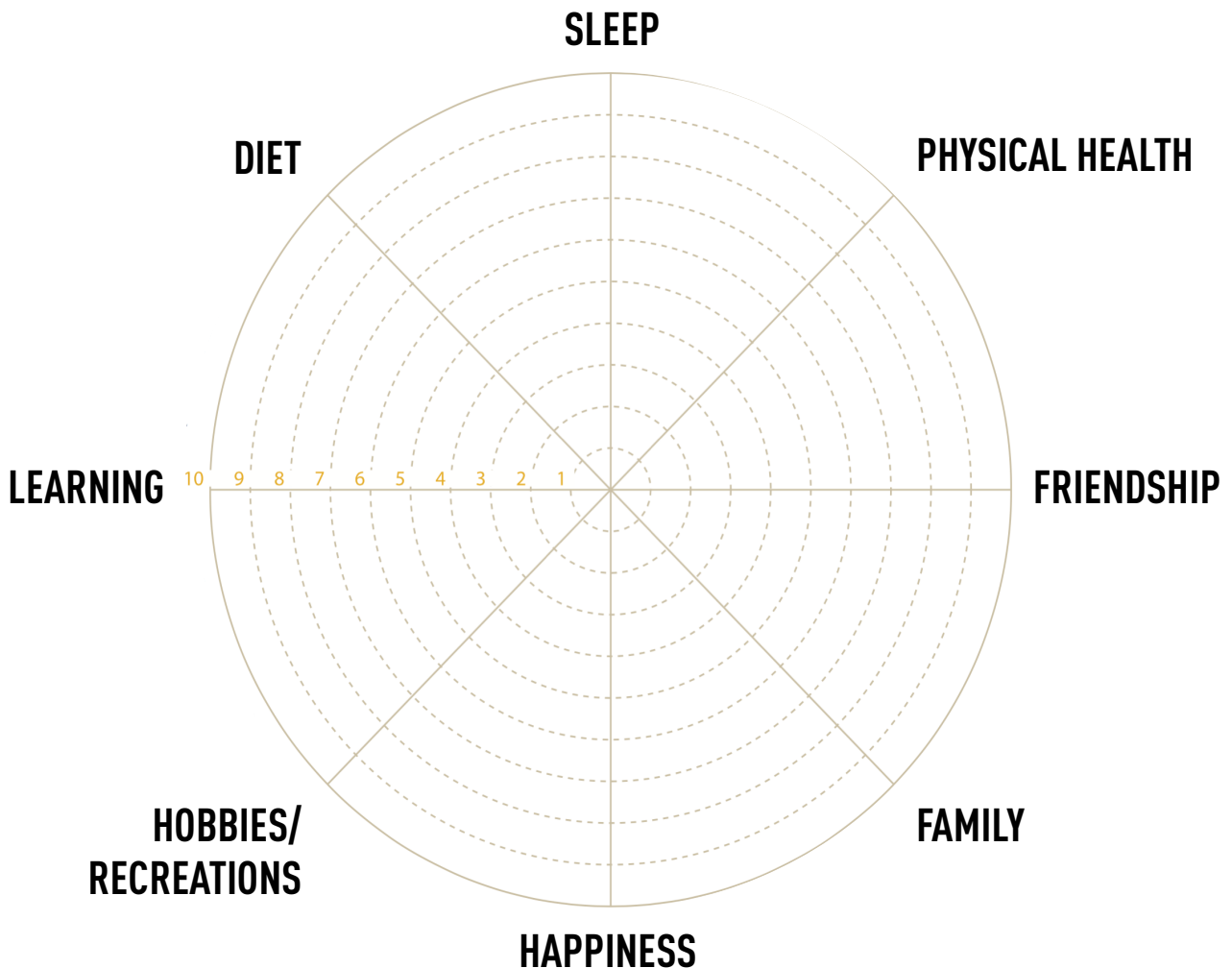
HOW SATISFIED ARE YOU WITH EACH ASPECT OF YOUR LIFE?

(on a scale from 1 to 10, 10 being most satisfied)

Plot on this wheel and connect the dots

- Insert > Shapes > Lines > Freeform. Click on your score along each axis corresponding to each aspect around the wheel to draw connecting lines
- Once the shape is “closed”, there should be a colour fill
- To see the axes underneath: Click on freeform shape > top banner “Shape Format” > Shape Fill > More Fill Colours > Set Opacity to 50%

Alternatively, use a pen tool to draw/print and draw



Pick no more than 3 aspects of your well-being to focus on this May and answer this question:

“HOW CAN I TAKE GOOD CARE OF MYSELF WITH REGARDS TO THESE 3 ASPECTS?”

ASPECT #1: _____

I will start doing:

I will stop doing:

I will benefit from support in:

ASPECT #2: _____

I will start doing:

I will stop doing:

I will benefit from support in:

ASPECT #3: _____

I will start doing:

I will stop doing:

I will benefit from support in: