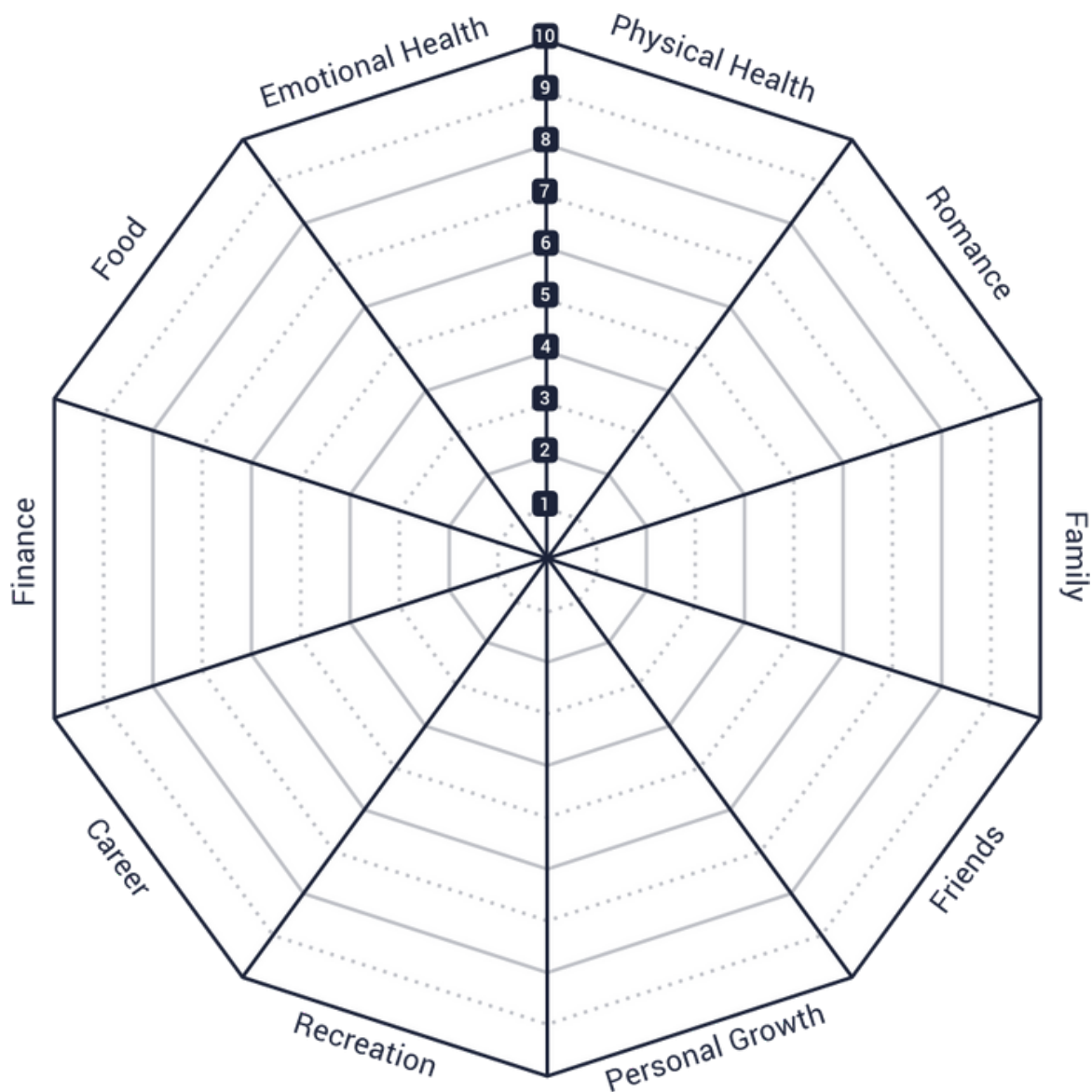


# Wellbeing Wheel

Your Wellbeing Wheel will help you see which areas of your life you are most happy with, and which areas need a bit more work.



# Wellbeing Wheel

Choose one area that you want to improve. Then write down one tiny action you can do right this moment to improve it.

Area:

.....

Immediate Action:

.....

.....

Now write down three more actions you can take this month to improve the same area.

Action 1:

.....

.....

Action 2:

.....

.....

Action 3:

.....

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