

Use the wellbeing wheel on the next page to reflect on areas of your life and how happy you are with them.

Rate each area with a score of 1 to 10, with 1 being very unhappy and 10 being very happy – colour them in, put a cross or mark it however you prefer.

Look at the areas with higher scores – why do these areas score more highly?

Look at the areas with lower scores – what is one thing that you could do to move up a number or two? What support do you need to achieve this?

