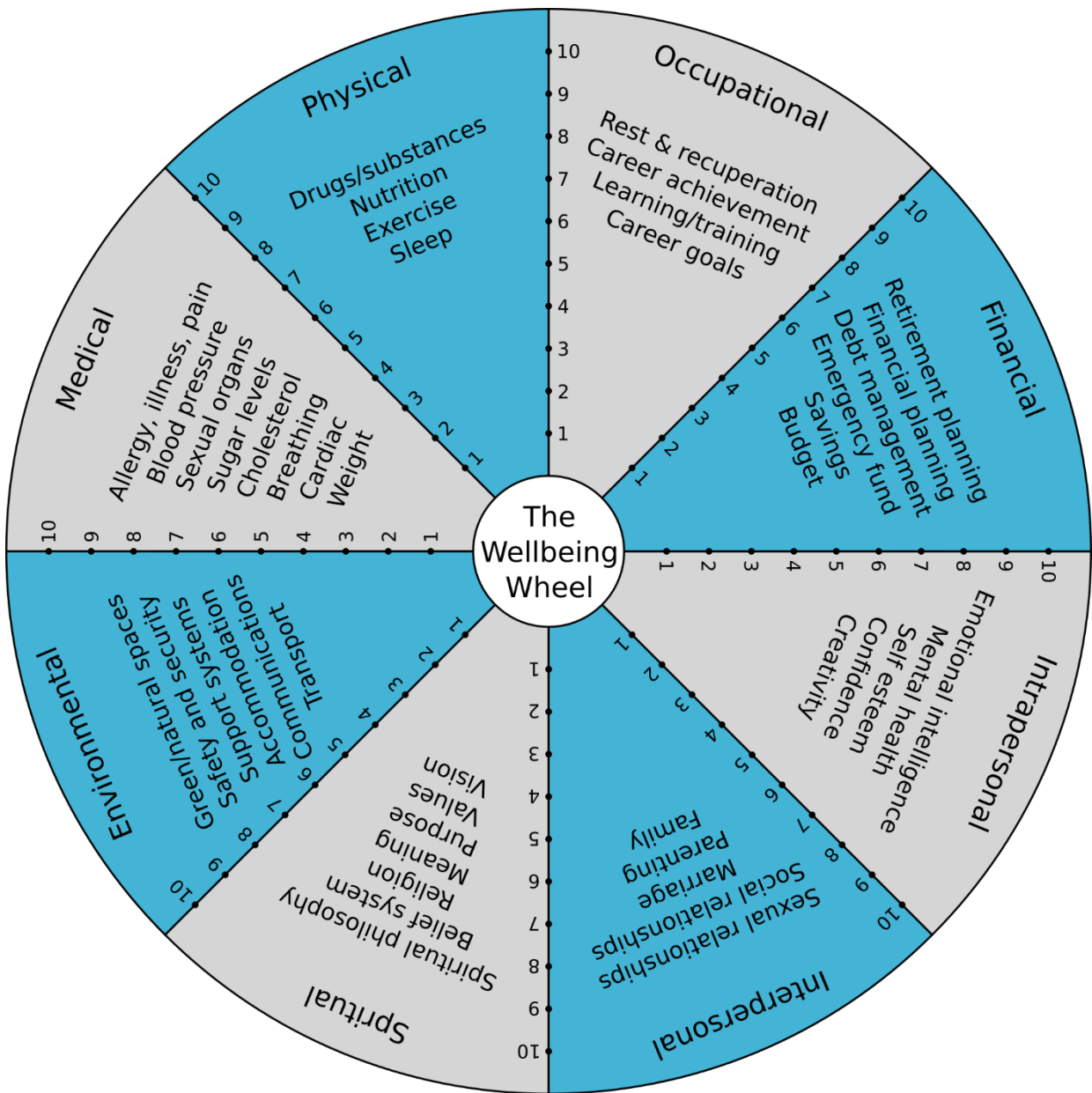


# Claire Newton

## The Wellbeing Wheel



See instructions on the next page...



## Instructions for Using “The Wellbeing Wheel”

Use *The Wellbeing Wheel* above as a tool to consider how well/happy/healthy you are in each aspect of your life.

View the companion article here:

<http://www.clairenewton.co.za/my-articles/the-wellbeing-wheel.html>

1. Use the statements in the article to help you to think about each aspect of your life and how well/happy/healthy you are.
2. Rate yourself on a scale of 1- 10  
(1 being poor/unhealthy/disagree and 10 being good/healthy/agree)
3. Mark your rating for each aspect of your life with a dot on the relevant spoke of the wheel.
4. Join the dots by drawing a straight line from one dot to the next.
5. Take a look at the size and shape of the wheel you end up with and read the explanation of what it means in the article.