

Individual Reflection Exercise

Use this Wellbeing Wheel as a quick self-assessment of your wellbeing and resilience (as a dimension of wellbeing).

Choose 5 when that area feels well taken care of. Choose 1 if that area feels neglected.

- Where do you feel that you're taking the best care of yourself?
- What is your greatest wellbeing challenge?
- What might you lose by not addressing it?
- What might be possible if/once you address it?

Wellbeing Wheel

