

# How to complete a 90 day Wheel of Wellbeing plan.

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# Contents

p3 – Purpose of the Wheel of Wellbeing

p4 – How to complete your Wheel of Wellbeing

p4 – **Step 1**  
'Assess' where you are at on the Wheel of Wellbeing

p6 – **Step 2**  
Reflect on results

p8 – **Step 3**  
Set goals

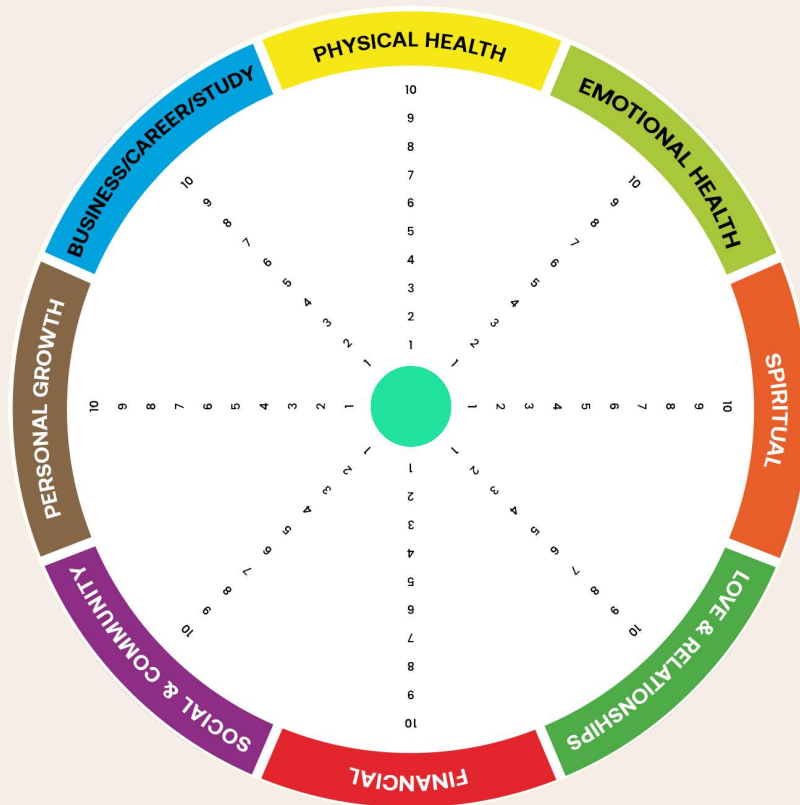
p8 – **Step 4**  
Action plan

p9 – **Step 5**  
Schedule your next 90 day plan

P – 2



# Purpose of the Wheel of Wellbeing



**The purpose of your Wheel of Wellbeing Plan is to give you focus and direction over your wellbeing over the next 90 days.**

- It is a one page, 90 day wellbeing plan
- Completed at the start of each 90 day period
- It enables you to be proactive, not reactive!
- It creates clarity and commitment
- It drives everyday wellbeing decisions
- It enables you to think about what is important in your life and how you might be able to reach your wellbeing goals

## Recommended approach

Put aside a couple of hours every three months and think about your life, what's important and what is REALLY going on in each aspect of your life. It's time to be honest with yourself. It's for you only.

## TIP

Set your Wheel of Wellbeing planning dates well in advance. Make it the 1st of the month or the nearest possible date so within a week you have a good working plan.

# How to complete your Wheel of Wellbeing?

## Step 1

### 'Assess' where you are at on the Wheel of Wellbeing

Start by putting a date on your Wheel of Wellbeing.

Under each category, think about how satisfied you are in this area. Are you as happy as you could be, or could there be improvements?

#### How it works

Circle where you sit on the scale of 1 to 10 for each of the categories then connect all the circles to create a spider graph.

**Step 1 – Assess**  
Where you are at now?

Date \_\_\_\_\_

Below are some ideas and a scale for each area:

**Physical health** - How healthy are you? Are you happy with your physical health? Are you happy with your weight & diet?

1 ————— 5 ————— 10

Feeling in very poor health      Tired and not exercising as much as I'd like      Fit and well – absolute optimum health

**Emotional health** - How do you feel emotionally most of the time? Do you feel happy? Do you feel sad? Do you often have negative thoughts?

1 ————— 5 ————— 10

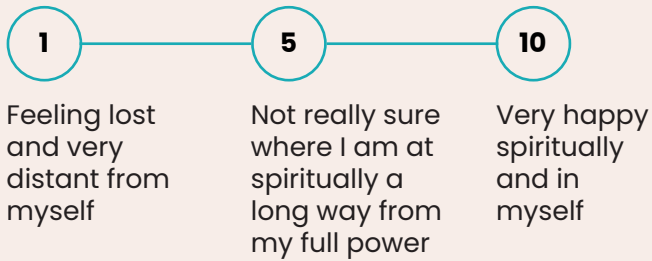
Very depressed      Feel pretty average most days      Energised, engaged and happy every day

**TIP** Be honest with your answers. This plan is for **you**.

# Step 1

## Continued

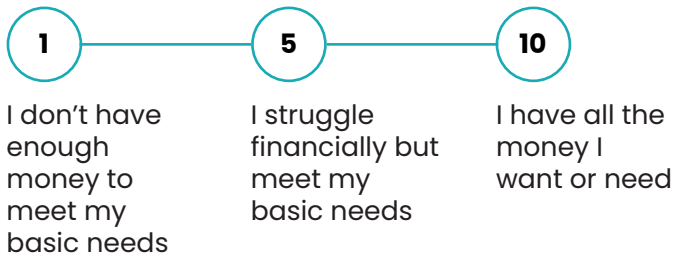
**Spiritual** – How happy are you with your spiritual connection and belief systems? Are you fully in tune with your spiritual needs? Are you at peace with yourself?



**Love and relationships** – Do you feel loved? How often do you express love to others? (Partners, children, other important relationships)



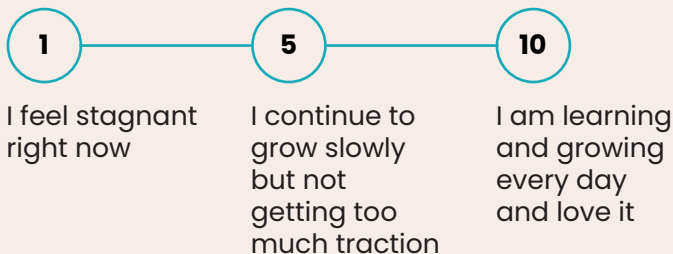
**Financial** – Are you making enough money to meet your current needs? Are you set up for a financially secure future?



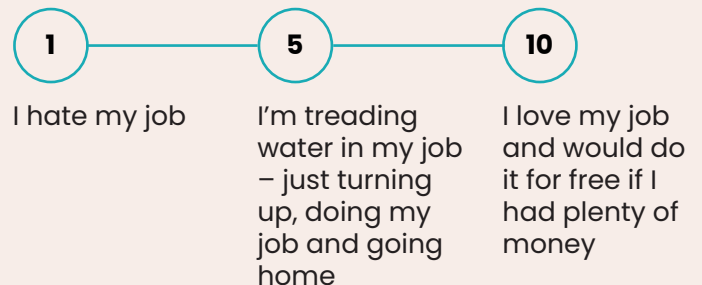
**Social and community** – Are you engaging with friends and the community? How often are you socialising? Are you happy with this?



**Personal growth** – How focused are you on personal growth? Are you challenging yourself and learning? Are you seeking to educate yourself?



**Business/Career/Study** – Is your career on track to where you want it to be? Is it heading in the right direction? Does your work/study energise you?



# Step 2

## Reflect on results

**Looking at the results of your Wheel of Wellbeing, how do you feel about where you are at?**



If your score is between 1 and 4 in any of the categories, there is work to be done! Understand what is most important to you and complete your plan.



If your scores are between 5 and 7 for any of the categories, you are reasonably satisfied but there is room for improvement. Use this opportunity to reflect on what you can do to improve this score and of course your satisfaction.



If your scores are between 8 and 10 in all categories, congratulations! Reflect on what this means and what you are doing to get these results. Ensure that your plan will help you to maintain these results. Make sure though, that you're not limiting your growth possibilities!

How balanced is your wheel? How might your wellbeing be affected if your wheel isn't balanced? Is there any cost to being more balanced in one category over another?

Example - Your career and money categories might be healthy, but what about your relationships and health as a result of this?

The idea is to grow your wheel, moving forward personally, challenging yourself and expanding your wheel while maintaining balance.

To really get the most out of this exercise, I recommend complete the exercise on the next page as well.

### Step 2 – Reflect on results

What wellbeing gaps are evident? i.e. below 6

What specific area/areas do you feel you want/need to work on?

How might this result affect your homelife/workplace?

#### TIP

Spend at least 10 minutes thinking and reflecting on your Wheel of Wellbeing to ensure the best possible plan and results.



# Reflect on results

## — exercise

Why did you score each category the way you did? What is working well and what isn't?

Category	Score (1 – 10)	What is working well? What isn't working so well?
Physical health		
Emotional health		
Spiritual		
Love and relationships		
Financial		
Social and community		
Personal growth		
Business/Career/Study		

# Step 3

## Set goals

You have assessed where you are at now, you have reflected and highlighted where your biggest gaps are, now it's time to decide where you'd like to be.

What will it take to restore balance in your Wheel of Wellbeing and your life?

The best way to achieve this is to make sure your goals are inspiring and SMART:

- Specific**
- Measurable**
- Attainable**
- Realistic**
- Time bound**



Set goals on your Wheel of Wellbeing Plan

# Step 4

## Action plan

It's time to take action! What will you do in order to reach your wellbeing goals?

Look at each of your goals, what do you need to focus on? What actions do you need to take?



Make your first action something you can start today!

**Step 3 – Set goals**

What would you like to achieve with your wellbeing over the next 3 months?

Goal 1

Goal 2

Goal 3

**Step 4 – Action plan**

What do you need to do?

Action	Date due



# Step 5

## Schedule your next 90 day plan

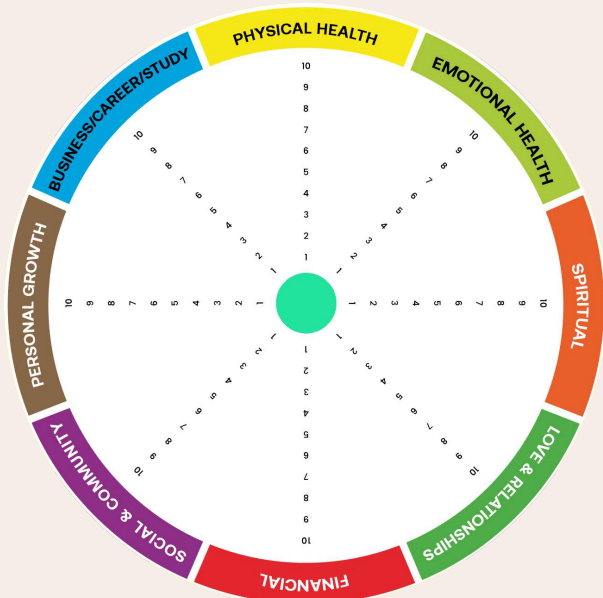
Schedule your next planning day in 3 months' time.



# Wheel of Wellbeing

## Step 1 – Assess

Where you are at now?



Date \_\_\_\_\_

## Step 2 – Reflect on results

What wellbeing gaps are evident? i.e. below 6

What specific area/areas do you feel you want/need to work on?

How might this result affect your overall wellbeing?

## Step 3 – Set goals

What would you like to achieve with your wellbeing over the next 3 months?

\_\_\_\_\_

Goal 1

Goal 2

Goal 3

## Step 4 – Action plan

What do you need to do?

Action Date due

Action	Date due

