

WELLBEING WHEEL

A personal development tool to identify key areas for goal setting and habitat tracking



Live a VTT life x





Ignite Your Well-Being Through Introspection and Intentional Action

Hi there! Thanks for joining me on this transformative journey toward holistic well-being. This self-assessment tool allows you to visualize how balanced your life is by representing all facets of your life: Physical, Mental, Emotional, Relational, Recreational, Environmental, Spiritual, and Financial. Nobody is perfect! So the goal here is to pay attention to each area in your wheel and create healthy habits to bring balance to your life.

The framework is designed to help you assess and enhance various aspects of your life, allowing you to achieve more fulfillment and empowering you to thrive in every facet of your well-being.

The exercises help you dive deeper through introspection and intentional actions, enabling you to cultivate a life that aligns with your authentic self.

Get ready to unlock your potential, ignite your passions, and create a life brimming with joy, purpose, and vitality.



How to use the Wellbeing Wheel

Using your template rank the different areas of your life on a scale of 1-10 based on how satisfied you feel. 1 being unfulfilled and 10 being completely satisfied starting from the inside of the wheel and moving out.

Ranking the following areas

- Spirituality — connecting with yourself or a higher power, learning new skills, and building a spiritual network.
- Mental Health — the quality of your thoughts, mindset, emotional flexibility, and how you relate to the world.
- Physical Health — eating or diet, sleep pattern and routine, exercise, general health, and self-care.
- Relationships — interactions with family, friends, partners, and colleagues. Making time for hobbies and recreation.
- Finances — Living within your means, reducing stress caused by ignoring finances creating and sticking to a budget and savings.
- Home and Environment — Safe and comfortable living space, clean, tidy, and organised. Being conscious of your impact on the environment.
- Career — Job satisfaction and career development, your productivity levels and attitude toward work and colleagues

Once completed, you'll be able to see which areas need some attention. Taking your lowest scoring areas create intentional actions on the Goal Tracker template to work towards over the next few months.



How to use the Wellbeing Wheel

Start with a few SMART goals and actions (Specific, Measurable, Attainable, Relevant, and Time-Based) to ensure you achieve and get value out of the goals.

Once you've established your healthy habit you can set new goals or reevaluate when the time is right or if they aren't working.

You may like to use a goal tracker or mark off your goals in a diary/journal or on your phone. Whatever guarantees you are checking in and tracking your goals and habits.

"Setting goals is the first step in turning the invisible into the visible" - Tony Robbins

Identify a positive habit you want to develop and commit to it for 21 days. - Using habit-stacking by linking the new habit to an existing one can help embed healthier habits. - Track your progress and celebrate milestones along the way.



Example

Career

Job and work satisfaction. Work relationships. Enjoyment, development, and growth opportunities.

Spirituality

Beliefs, values and ethics that guide your life. Personal growth and understanding. Spending time on spiritual development and understanding of others.

Mental health

Mindset, emotions and stress management. Making time for self care practices and identifying and reflecting on triggers.

Physical Health

Eating and sleeping well. Making time for daily movement and physical activity and prioritising general health.

Social & Relationships

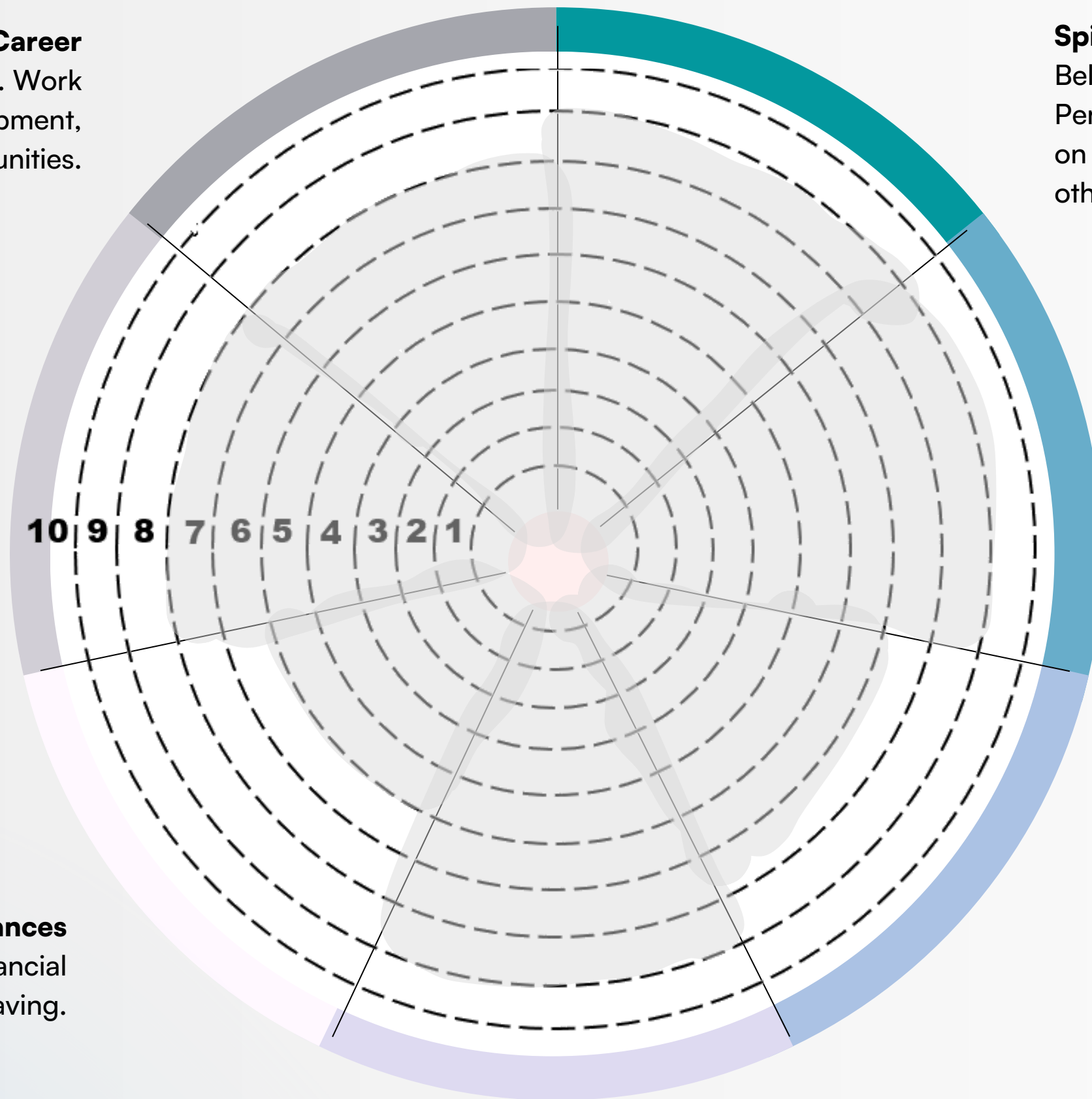
Connection to your network, friends or family. Recreational activities, hobbies and general fun with others.

Finances

Living within your means, reducing financial stress, budgeting and saving.

Home & Environment

Safe and comfortable living space. De-cluttering and caring for the environment and your consumption habits.





Healthy Habits Goal Tracker - Example

Month:*March*.....

Physical Health

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1. Go for an hour walk every day
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If you can't walk do some other
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form of exercise.
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2. Drink 8 glasses of water a day
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Finances

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1. Set up a weekly budget and
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savings goal
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Career

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1. Take time once a week
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for personal development
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Wellbeing Wheel

Career

Job and work satisfaction. Work relationships. Enjoyment, development, and growth opportunities.

Spirituality

Beliefs, values and ethics that guide your life. Personal growth and understanding. Spending time on spiritual development and understanding of others.

Mental health

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Examining your score

Spirituality /10
Mental Health /10
Physical Health /10
Relationships /10
Finance /10

Finances /10
Home and Environment /10
Career /10

Which areas do you want to focus on and why?

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If you focused on those areas what would your life look and feel like? Would you feel more fulfilment?

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What's the cost of not setting goals or actions to address your focus areas?

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Healthy Habits - Intentional ActionTracker

Setting your goals

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Healthy Habits - Intentional ActionTracker

Setting your goals

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Healthy Habits - Intentional ActionTracker

Setting your goals

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What next?

"A journey of a thousand miles begins with a single step" Lao Tzu

Congratulations on making it this far! Don't stop now. Well-being is a lifelong journey best done at your own pace. Using these tools regularly will help you stay on track and in balance building emotional resilience.

Small steps often will help you create healthy habits that add up over time and get you further in the long run.

I'm so excited that you're taking the first steps toward living a vital life, we're on this journey together so stay in touch or reach out at



vtlliving.com.au



@vtlliving



vtlliving



*Live a VTL life
Lauren X*