

The Well-being Wheel Exercise

By Kerri Palamara, MD MACP

The Well-being Wheel is divided into factors that have been shown to contribute to personal and workplace well-being. The goal of this exercise is to personalize these factors for yourself and identify how in touch with these factors you may be. Once that is done, you can envision ways that you want to work on improving or sustaining your well-being and set goals with that vision in mind.

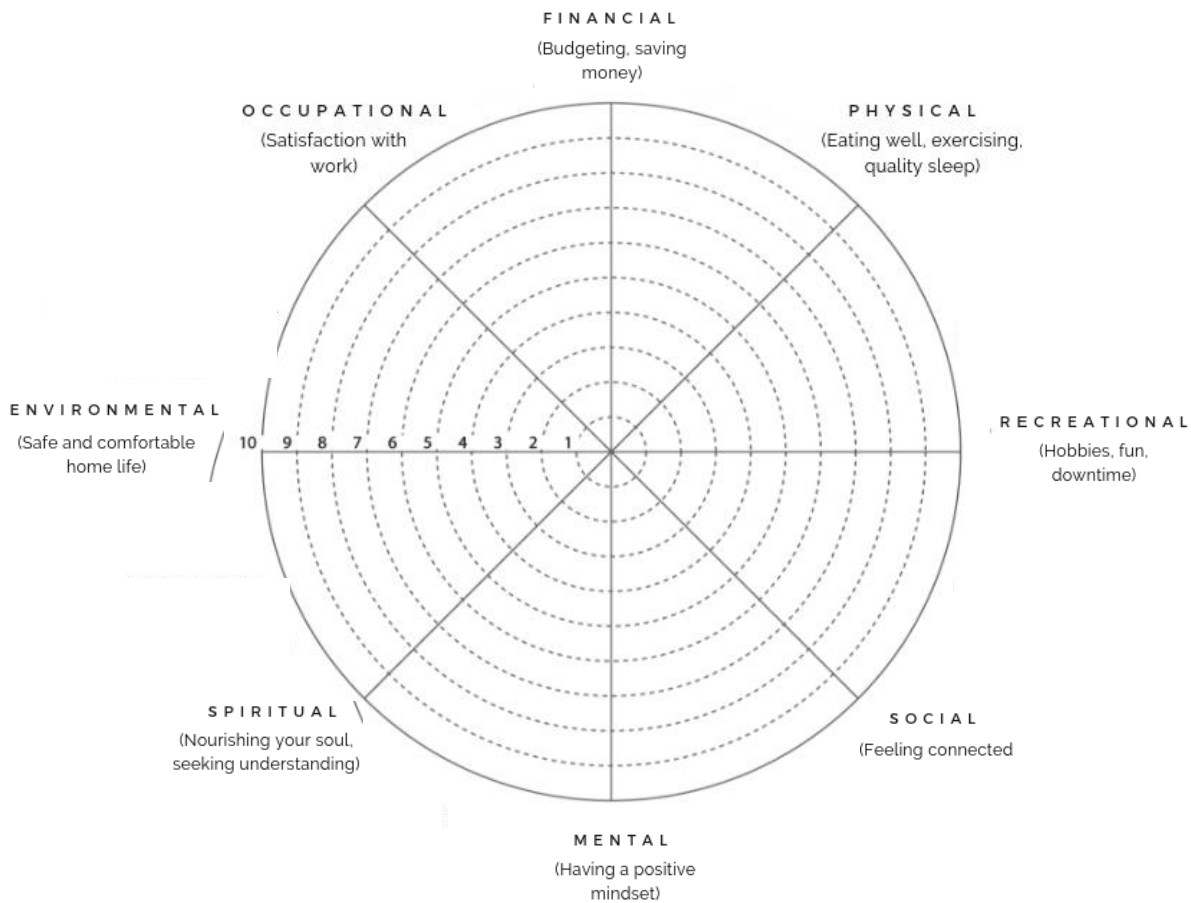
First view the factors themselves – how are these factors represented in your life? Be specific. It could be actions, people, places, feelings, needs, values. How important are these areas to you?

Next, reflect and rate your satisfaction levels with each factor on a scale of 1-10, where 1 (lowest satisfaction) is closest to the center of the circle and 10 (highest satisfaction) is at the edge of the circle. Note – this is not rating how you THINK you are doing, but how SATISFIED you are with this area.

Then, connect the dots to create a spider-like diagram or 'inner-circle' of your satisfaction levels. This allows you to quickly and easily identify any gaps between where you are now and where you want to be.

Now that you understand the building blocks of the Wheel, let's go ahead and complete it!

The Well-being Wheel



UNDERSTANDING YOUR WELL-BEING WHEEL

Take a moment to appreciate your wheel.

- Reflect on the shape & size of wheel - What does it look like? Are there any surprises?
- What area would you like to explore?
 - What would improvement in that area look like?
 - What would improvement on the overall shape or size look like?
- Where are the gaps between where you are now, and where you want to be?
 - How could you work to close those gaps?
 - What are the first steps toward getting there?
- How can you sustain what is working?

If you have high scores for any of the categories, it's important you maintain what you are doing to ensure you remain satisfied in this area, however, don't overlook that there may be areas for improvement. This is important to ensure you are not limiting your potential for even further growth and satisfaction in this area.

If you have average scores for any of the categories, you are reasonably satisfied in this particular area but there is definitely opportunity to explore ideas to move this up the scale.

If you have low scores for any of the categories, you are not very satisfied in this particular area and you can explore ways of enhancing your satisfaction here. No need to get down about these scores though, as scores of 0 to 4 are full of opportunity! It's also the area where the individual can grow the most and get the most value!