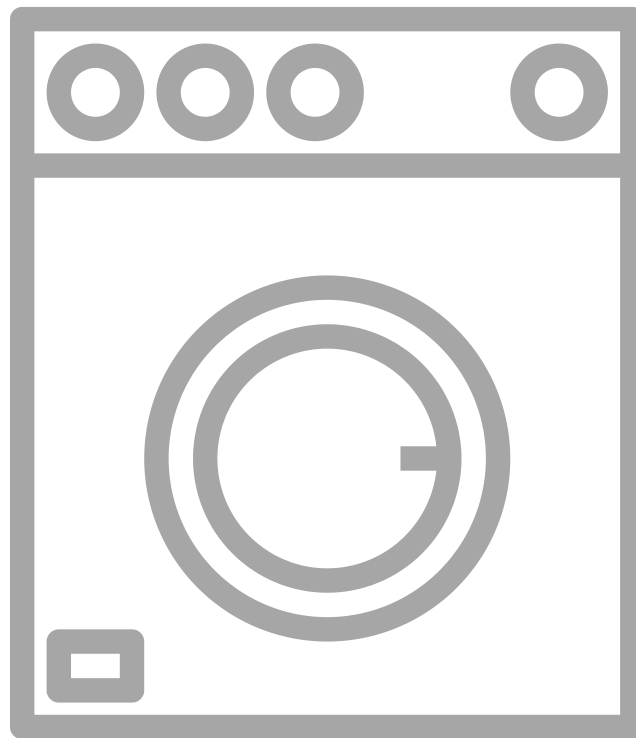


WOMEN'S WELLBEING BOOTCAMP

Life Laundry



WHERE? WHAT? WHAT NOT?

WELLBEING WHEEL

DARE TO DREAM





WHERE? WHAT? WHAT NOT?

Where are you with your wellbeing right now?

Whats good right now?

Whats not good?





WHERE? WHAT? WHAT NOT?

What lifestyle strategies are working right now?

Which aren't?

What do you need to change?





WELLBEING WHEEL

About the Wellbeing Wheel:

Completing the Wellbeing Wheel regularly will help you take control of your complete wellbeing and thrive. The idea is to think about areas of your wellbeing in this moment of time and capture your level of fulfilment in each one.

How to complete the Wellbeing Wheel:

Take a moment to consider each of these areas of the wheel and how fulfilled you feel about them in this moment of time.

You will note a scale of 0 – 10 from the inner circle (0) to the outer circle (10). There is a lighter circle as a guide to mark the middle of the scale (5)

Score your level of fulfilment in each of the areas – 0 NOT fulfilled, to 10 being TOTALLY fulfilled.

You need to get clear about what a 10 looks like for YOU

You can either note a number for each segment, mark a dot on the axis or, if you are more creative, colour in to the level of your fulfilment.

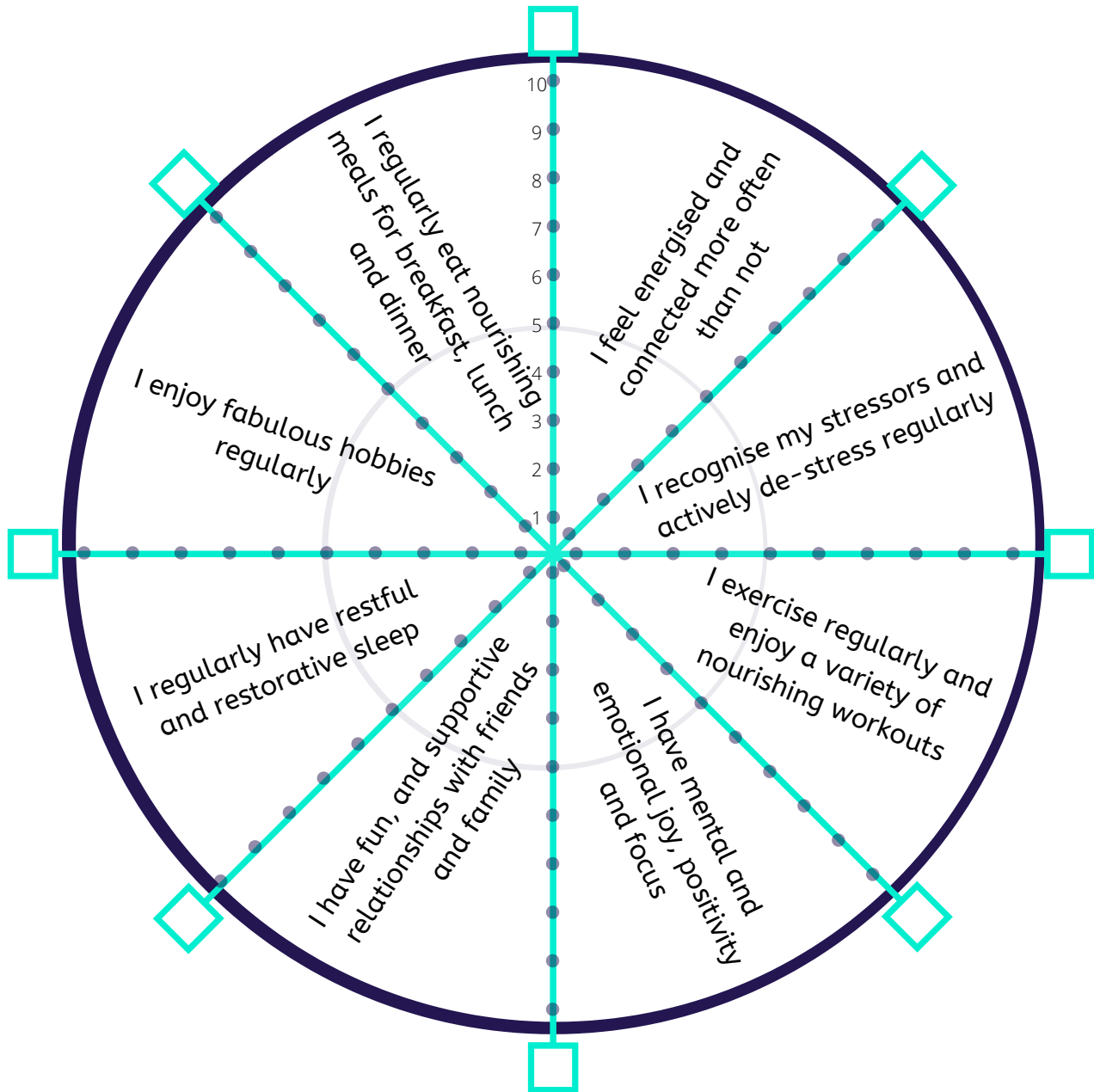
And then the difficult bit starts.

You have to write down, ALL the actions you are NOT taking that you know would move you toward that Level 10 or the the reasons why you believe you're not there yet.

Only when you get clear on what you need to change can you start too.

REMEMBER one simple strategy can improve several segments of your wellbeing.

WELLBEING WHEEL





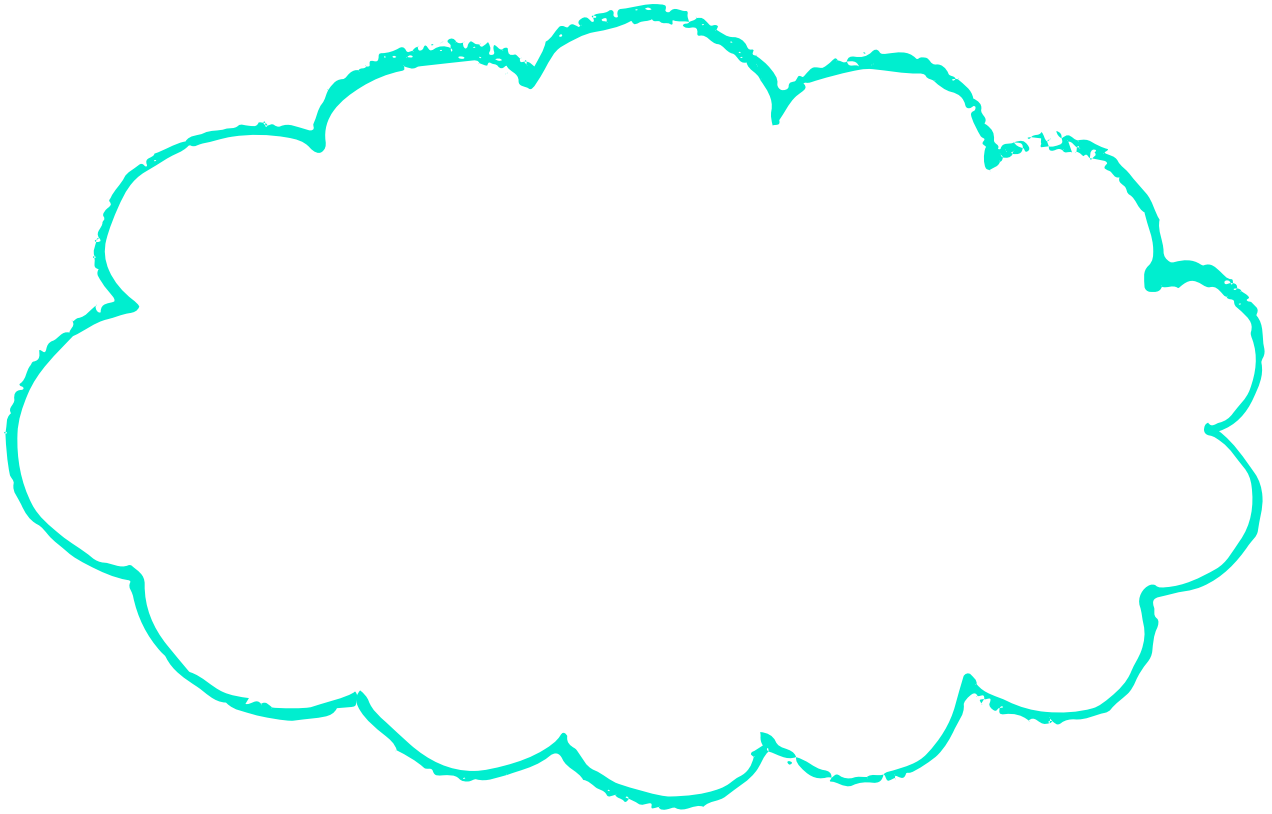
WELLBEING WHEEL

What does a #10 look like in each area for you?

What action do you need to take that you know would move you toward that Level 10?

DARE TO DREAM

If money and time were no object what would you do?
What would your life look like?



What can you do everyday to
move you to these goals?

Step one might be things to increase energy

