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?