

Flourish Wellbeing Wheel



This exercise gives you a quick overview of your life. In each wedge write a number from 0 being the worst and 10 being the best for how you think you are doing in each area.

Reflect on it.

1. Looking at your wheel what jumps out at you?
2. If you were to choose just one wedge to increase that number from a 7 to an 8 (for instance), what would that action be?
3. What other wedges would you like to increase?