

Wellbeing Wheel



How do I stay connected with people
and places near to where I live?
What groups am I part of?
Am I happy with where I live?



Am I
part of my
community?

Do I feel
satisfied with
the food I
eat?

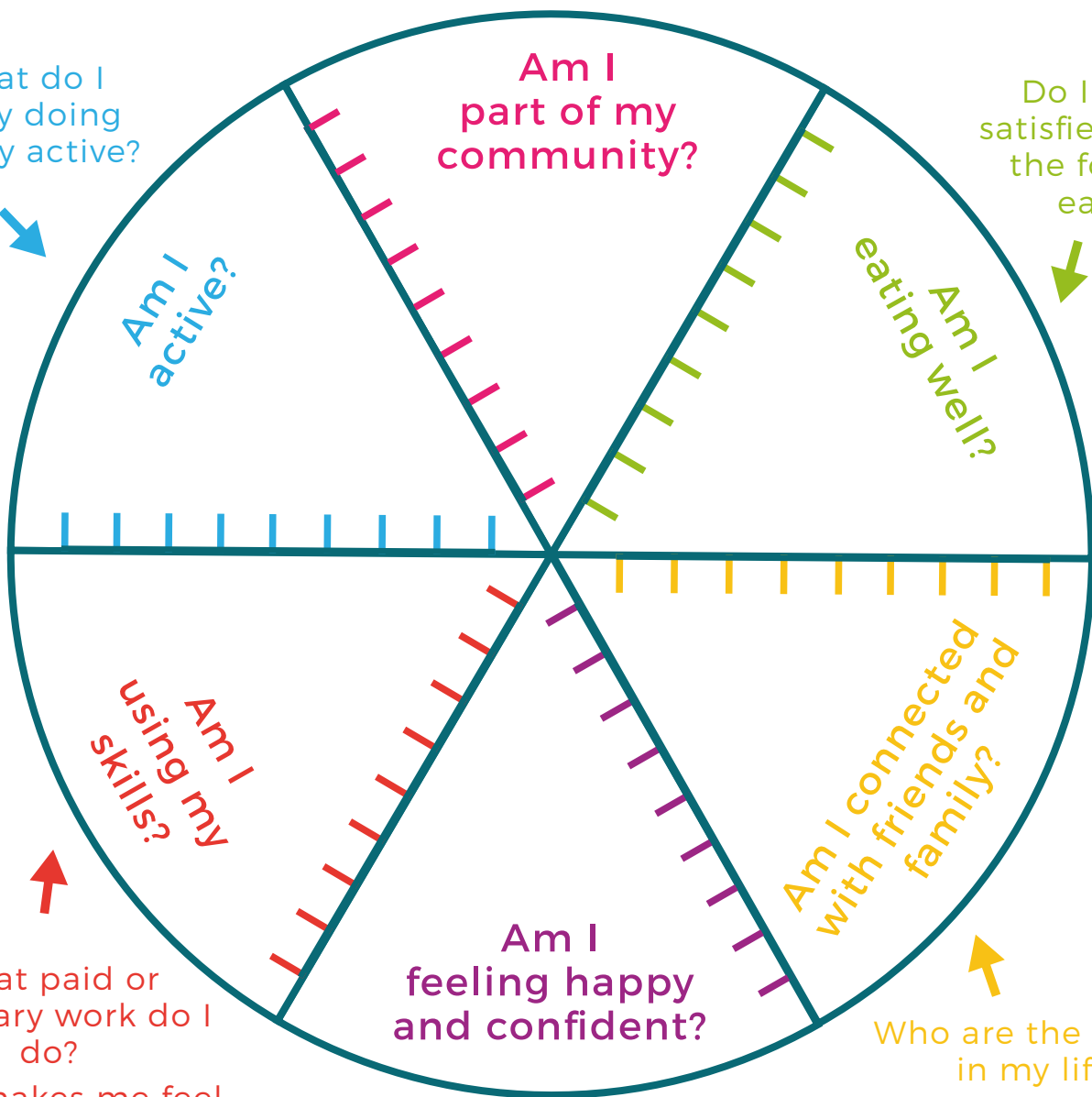


Am I
eating well?

What do I
enjoy doing
to stay active?



Am I
active?



Who are the people
in my life?

Who do I enjoy
spending time with?



Am I
feeling happy
and confident?



Am I sleeping well?
Do I feel confident?

What paid or
voluntary work do I
do?
What makes me feel
valued for my skills?
What are my
skills/what am I
good at?

