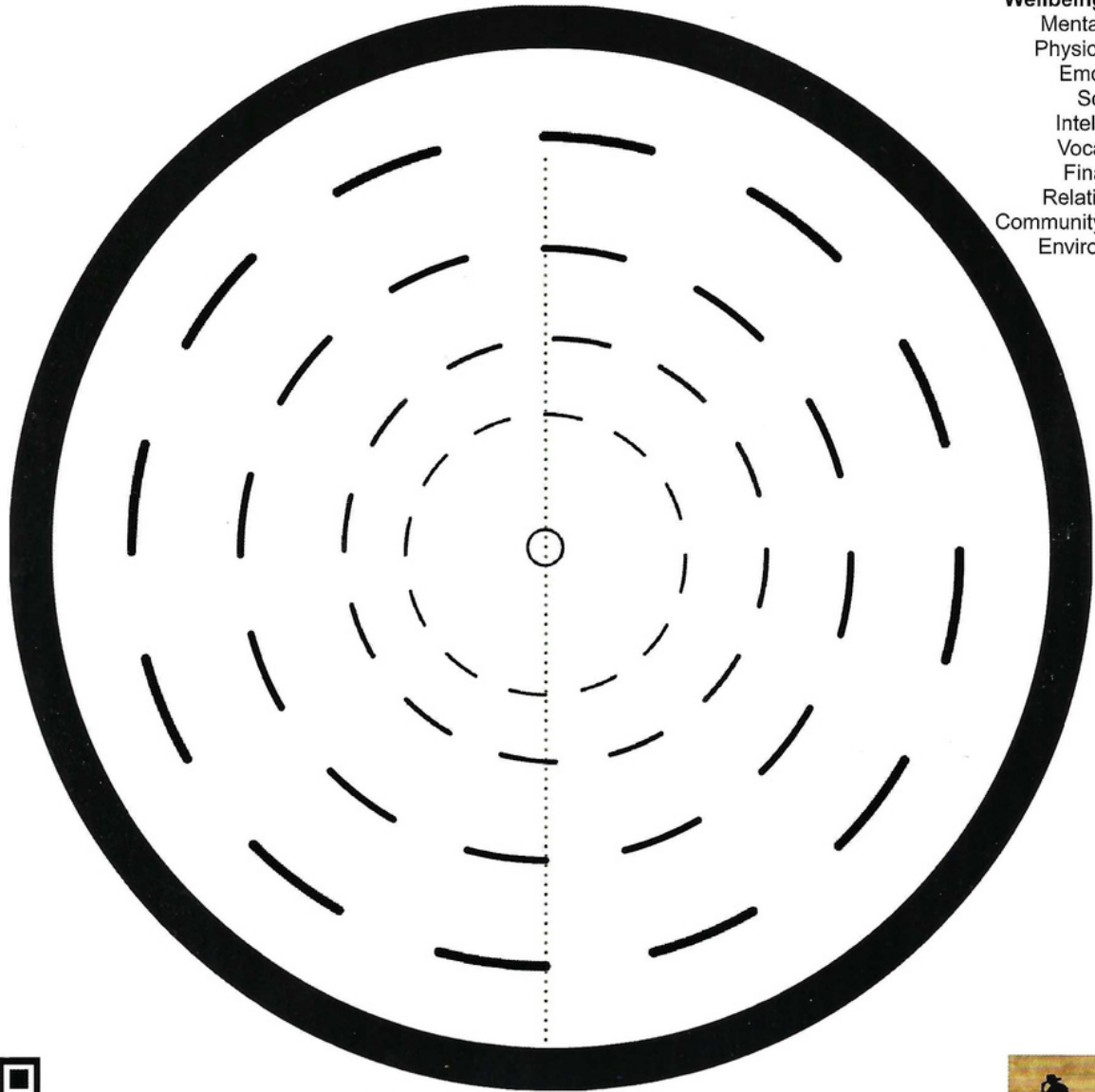


The Unbreakable Wheel of Wellbeing ®



Wellbeing Domains:
Mental Health
Physical health
Emotional
Social
Intellectual
Vocational
Financial
Relationships
Community Connection
Environmental



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How to create an Unbreakable Wheel of Wellbeing

Mental Health and wellbeing encompasses more than one aspect of your life, with each aspect having the ability to impact others.

Imagine your life as a wheel, with the spokes of that wheel each representing one of your wellbeing domains. Those domains are Mental Health, Physical Health, Emotional, Social, Intellectual, Vocational, Financial, Relationships, Community Connection, Environmental, just to name a few. You can customize the domains/spokes of your wheel to best suit you.

To keep your wheel balanced we need to work on the spokes that are the shortest.

Exercise:

Take one domain at a time and grade yourself 1 to 5 for each domain. eg. 1 being in need of lots of work and 5 being excellent.

Once you have graded yourself on each domain, draw them on your wheel as spokes. for example if you graded yourself a 4 for your financial domain then you would draw a straight spoke out to the 4th dotted line, if you graded yourself a 5 the spoke would be go right out to the rim.

Once completing this for each domain, redraw the rim with a solid line. What does your wheel look like? Is it round? or Is it a triangle?

How balanced is your wheel?

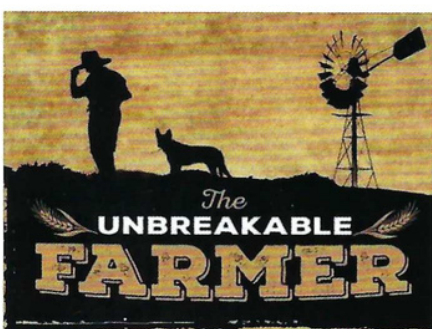
By completing this exercise, (I do it once a month), you can best identify the areas of your life that need the most attention to keep your wheel balanced and moving forward.

The important thing to remember is even if you graded all your spokes or domains at a 1 your wheel is still balanced although you have a lot of work to do.

#theunbreakablewheelofwellbeing

#gotyourbackmate

#not2TUF2speakup



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