**STEP 1:** Rate each statement on a scale of 1-5, depending on how much you agree (1 – totally disagree, 5 – totally agree). Make a note of the score in the circles provided.

**STEP 2:** Add up your score for each section: A + B = C

**STEP 3:** Plot each section’s score (C) on the Wheel of Life below and join up to reveal the shape of your Wheel.

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**Career**

- **A** I am happy with the number of hours I spend working and thinking about work on a daily basis
- **B** Although my job challenges me, I do not experience high levels of stress on a consistent basis

\[ \text{A} + \text{B} = \text{C} \]

**Health & fitness**

- **A** I am generally in good health and look after my wellbeing
- **B** I exercise/raise my heartbeat for around 150 minutes a week

\[ \text{A} + \text{B} = \text{C} \]

**Friends & family**

- **A** I see and speak to my friends as much as I’d like to
- **B** I see and speak to my family as much as I’d like to

\[ \text{A} + \text{B} = \text{C} \]

**Finances**

- **A** I know what my income and outgoings are each month
- **B** I dedicate time and money to planning for the future financially e.g. savings, pension, financial advice etc

\[ \text{A} + \text{B} = \text{C} \]

**Personal development**

- **A** Each week I learn something educational
- **B** I try a new thing that is out of my comfort zone at least once a month

\[ \text{A} + \text{B} = \text{C} \]

**Physical surroundings**

- **A** I like where I live
- **B** I spend as much time as I’d like to in my home environment

\[ \text{A} + \text{B} = \text{C} \]

**Recreation/hobbies**

- **A** I do something just for fun at least once a week
- **B** I feel there are enough hours in the day to do the things I want to

\[ \text{A} + \text{B} = \text{C} \]