

What's important to you? How satisfied are you with your life?



What is well-being?

Well-being means different things to different people. In general, well-being is dependent on good physical and mental health, positive social relationships and availability and access to basic resources, such as food, shelter and income. Aspects of well-being are interconnected and blended. A holistic model for well-being includes these four components:

- **Physical well-being** relates to vigor and vitality, feeling very healthy and full of energy.
- **Mental well-being** includes balancing positive and negative emotions, finding purpose and meaning in life, having a sense of control over life events and circumstances and generally experiencing optimism.
- **Social well-being** involves providing and receiving quality support from friends and others.
- **Financial well-being** is a state of personal and family financial security that includes the ability to manage short-term needs and achieve long-term goals.

People with higher levels of well-being judge their lives as going well. In general, they report the following:

- feeling very healthy
- feeling full of energy to take on their daily activities
- being satisfied, interested and engaged with their lives
- having a sense of accomplishment from their activities
- judging their lives to be meaningful
- feeling content or cheerful more often than feeling depressed or anxious
- getting along well with others and experiencing good social relationships¹

How well is your life going? How satisfied are you?

As you strive to be the very best version of yourself — to achieve optimal well-being and quality of life — take time to explore how satisfied you are with the various aspects of your life that are important to you. Things that are important to you are called your values. Values give meaning and direction to your life and influence the everyday decisions you make.

The activity on the following page encourages you to consider a big-picture snapshot of where you are in terms of your satisfaction or fulfillment with various areas of your life as it is today. Many of the life areas that are valued by individuals are included in this activity.

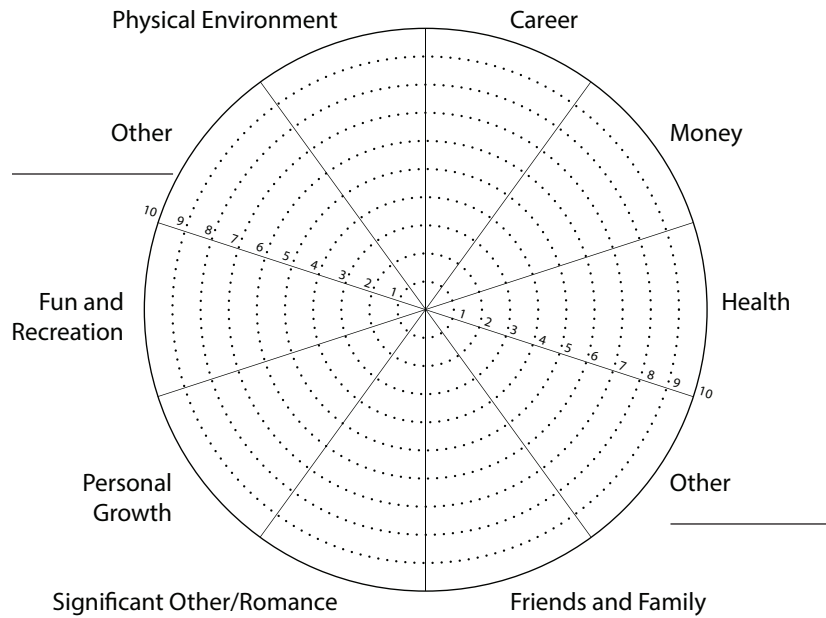
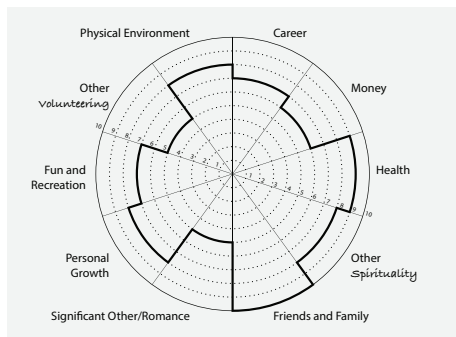
Activity: Wheel of life¹

Rank your level of satisfaction in each life area by marking the number from 10 (highly satisfied) to 1 (not satisfied).

Space is also provided for you to add other aspects of your life that are especially important to you.

Draw a line in each section to create a new outer edge of the wheel. The new perimeter of the circle you draw represents your “wheel of life.” An example is provided, along with a version for you to use.

Example:



Ask yourself:

- How bumpy would your ride be if your “wheel of life” were a real wheel?
- What would it take for you to achieve a “9” or “10” in an area where your current rating is lower?
- As you begin to pursue a life of well-being, which life area will you work on first?

What is your vision of well-being for the future?*

Close your eyes and imagine a time in the future — perhaps several years from now. How would you like to see yourself — your well-being? What, if anything, has changed in your life? What are you thinking, feeling and doing related to your well-being that is different from today?

Activity: Write your vision of well-being here:

“I am _____

 _____”

Ask yourself:

- Is your vision bold — stretching the status quo?
- Is it what you truly want?
- Can you imagine achieving your vision?
- Plan to revisit your vision from time to time and make adjustments as your circumstances change.



Encouragement:

Having a clear vision enhances well-being and increases hope. It provides the motivational energy for personal growth. With a clear vision of what you want, you can focus on your goals and have the confidence to achieve them.

Sources:

1. *The Complete Guide to the Wheel of Life*, July 2019. Available at www.thecoachingtoolscompany.com.

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