Wheel of Wellbeing Questionnaire

This questionnaire is intended to raise self-awareness and reflection on aspects of your life.

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| Personal ambitions: What do you want for yourself? How satisfied are you with the extent to which your ambitions have been or are being realised?Personal competence: How satisfied are you with your level of skills, and your ability to use them skills in different situations. Personal relationships, including friends, family and significant other: How satisfying are these relationships? Are there things that aren’t going the way you like? How important are they to you?Money: How satisfied or concerned are you with your financial situation; the extent to which money is important to you.Personal growth: How satisfied are you with your personal development? Is your personal development enabling you to grow in the ways you want?Spiritual/soul and artistic life: How satisfying is this part of your life? Are you doing the amount of ‘soul work’ or artistic/creative expression that is important or necessary to you? Perhaps your faith is important to you, are you expressing that in the way you want? Is your life providing the meaning you seek?Health, leisure and wellbeing: Do you feel healthy and as fit as you would like to? Is there something about your health that needs addressing? Perhaps you have noticed changes in your sleeping or eating patterns, or levels of physical energy? What about leisure activities? Are they providing you with what you need?Home environment: Do your surroundings provide what you need for your own health and wellbeing?Nature of work/career: How satisfying is your work and career to you just now? Is your work fulfilling? To what extent is your career moving forward in the way you hoped? |