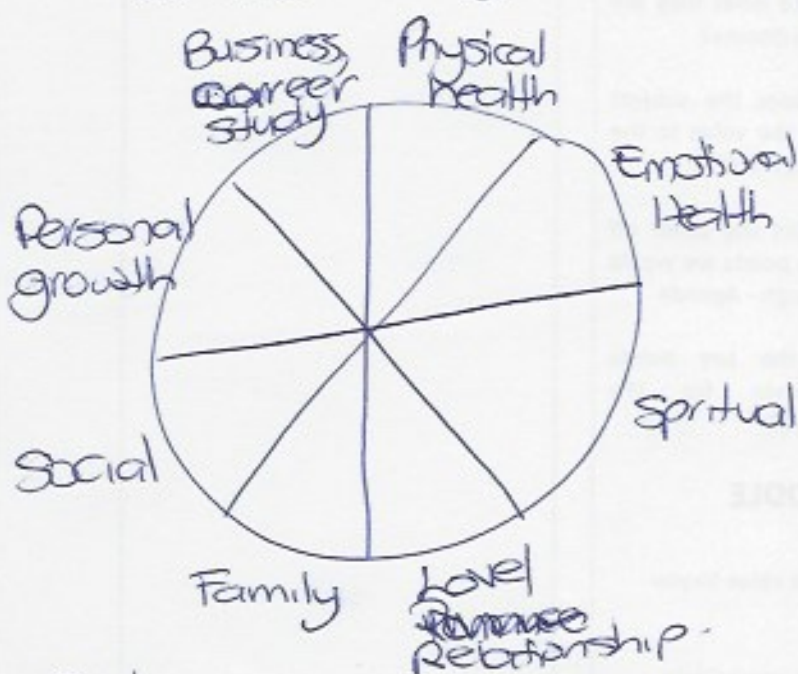


Wheel of wellbeing a whole brain approach

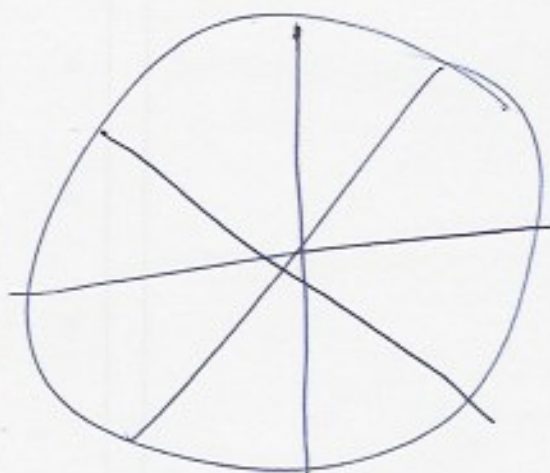
CRITIQUE & FEEDBACK SHEET

1 Assess
where are you now?



Date:

3 Outcomes/Goals
where do you want to be?



Date achieved by:

4 Action Plan

Action

when

1

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2

--	--

3

--	--

4

--	--

2 REFLECT

Are there any surprises
in your wheel?

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what wellbeing gaps
stand out as being
most important

--

How do you feel about
it

--

How might this affect
your home life / work life

--