

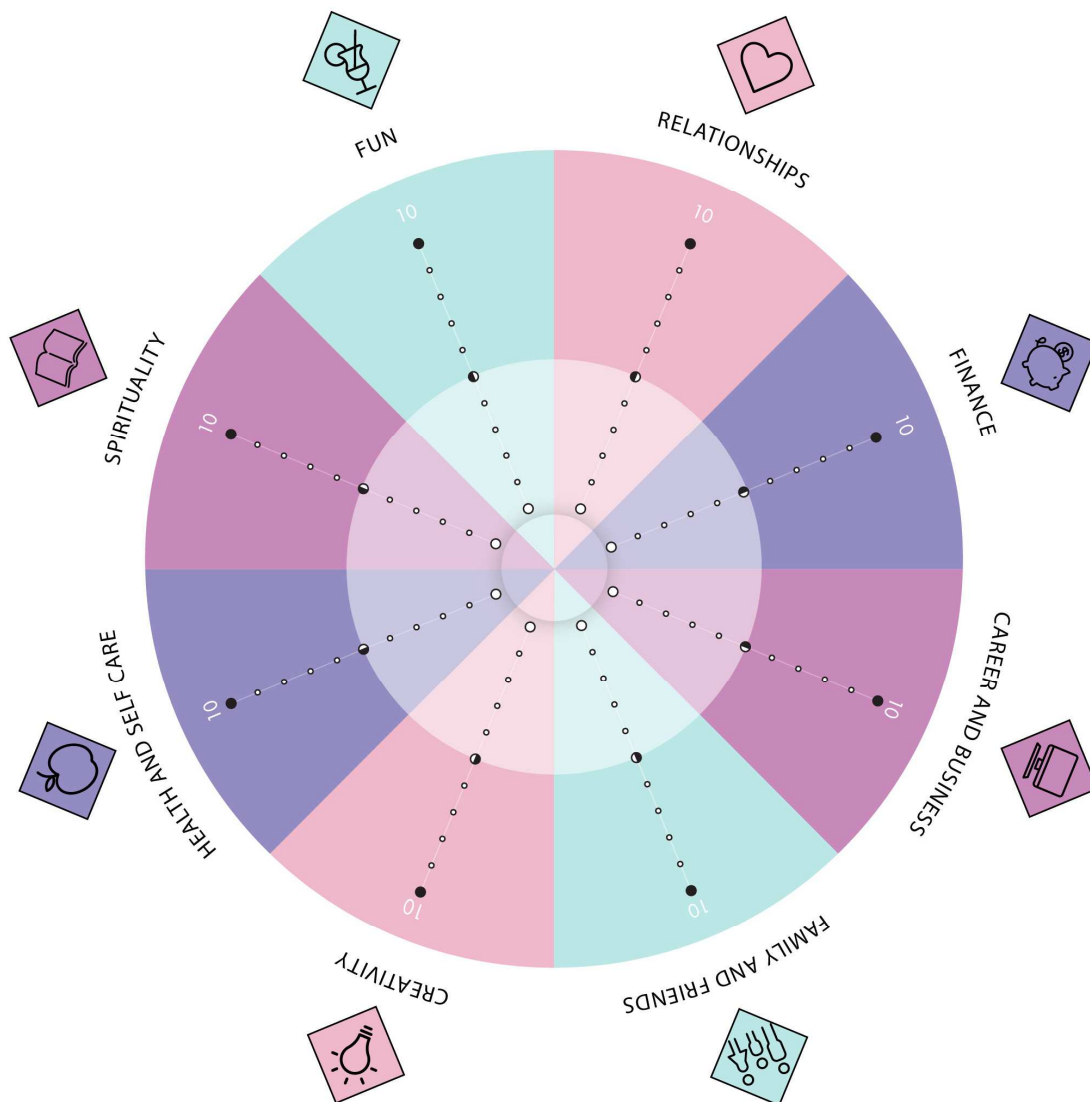
Total wellbeing

Our life is like a giant wheel. At the centre of our life is our life energy that floods out into all areas of our lives.









Most of us tend to separate our lives into categories and we keep each of them separate; our relationships, our work, our health, our spirituality and our finances. What we don't often realise is that everything is actually connected.

Wellness is an interactive process of becoming aware and practicing healthy choice to create a more successful and balanced lifestyle.

Step 1 - Consider each of the wellbeing elements in turn and on a scale of 0-10 (0 being low and 10 being high), see if you can rate your level of attention that you're devoting to / or level of satisfaction with each area in your life at present. Mark this in the chart below.



your total wellbeing score

							
Fun	Relationships	Finances	Career / Business	Family & Friends (Community)	Creativity	Health and Self-Care	Spirituality and Personal Development

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Total

In our busy lives, it can be all too easy to find ourselves off balance, not paying enough attention to important aspects of our lives. It is only when we have balance in all areas can we create total physical, mental and spiritual well-being.

Sometimes we need to step back, zoom out a little and take a look at the bigger picture, in order to gain clarity and perspective in our life.

Step 2 – Calculate your wellbeing score - a measure of your overall sense of personal wellbeing and satisfaction. It is a score we can use in future to assess and compare our state of wellbeing and determine where we can make improvements or take action.

$$\text{Wellbeing Score} = \frac{\text{Your Total}}{80} \times 100 = \boxed{\%}$$

Remember - In order to achieve balance, we don't need to get 5 or even 10 in each dimension. Instead we should accept that some areas will require more attention and focus at different times in our life. Our energy is limited, so we need to carefully choose where we direct it .

Step 3 – Our “Wealth & Wellbeing” scores help us review each of the areas of our life that attribute to our wealth and wellbeing and identify any areas that are out of balance or need more of our attention.

We can then choose to focus on specific areas to create total wellness. It also provides us with a way to measure or track our wellbeing over time.

Identify the areas that you can direct more focus or energy to help increase your wellbeing score:

- 1.
- 2.
- 3.