

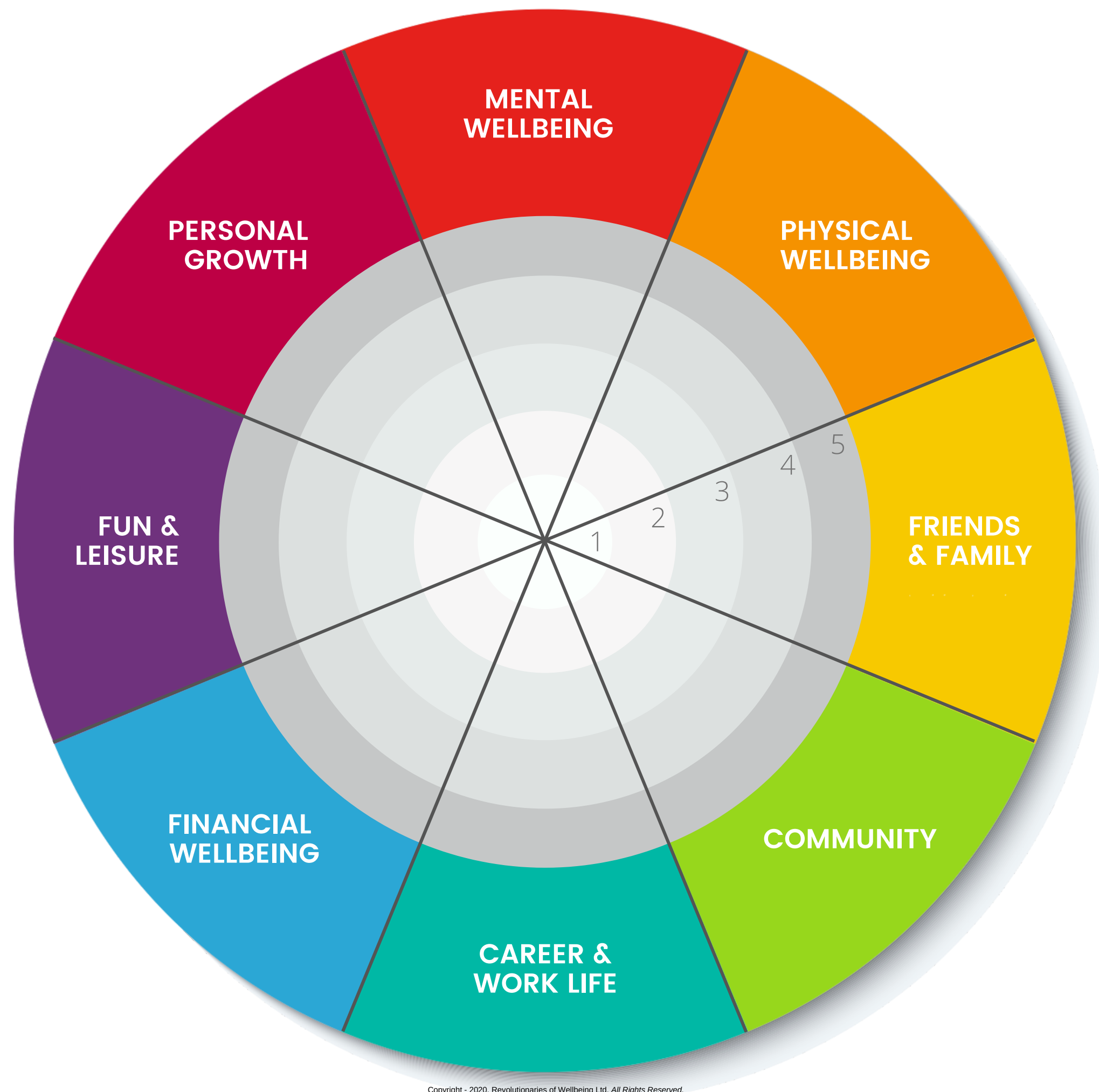








**LIFE SATISFACTION WHEEL:  
HOW SATISFIED AM I WITH MY LIFE RIGHT NOW?**



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How satisfied are you with these parts of your life, right now?

See page over for instructions and questions for reflection.

Scale:

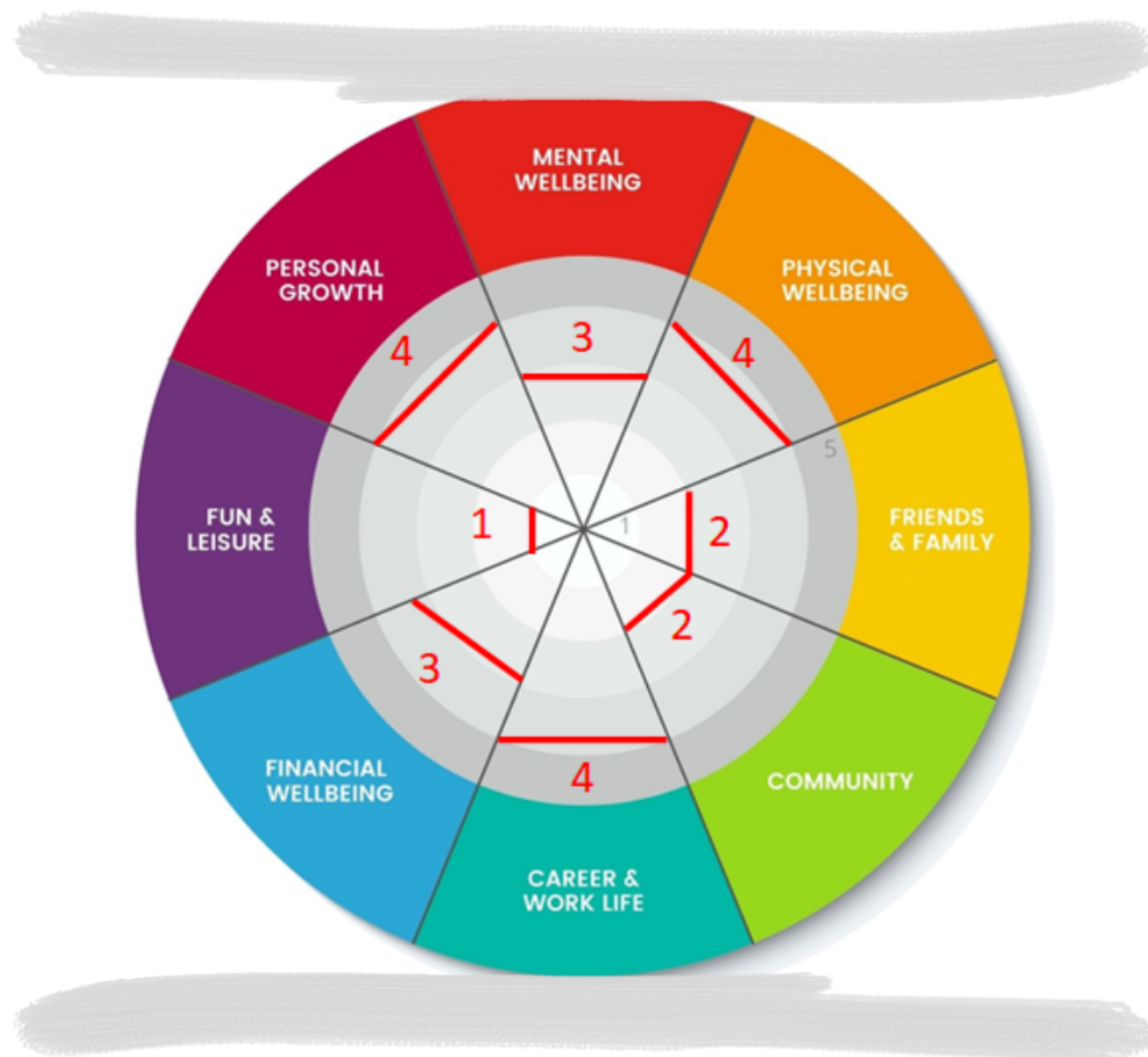
- 5 = Very satisfied
- 4 = Satisfied
- 3 = Moderately satisfied
- 2 = Slightly satisfied
- 1 = Not at all satisfied



## LIFE SATISFACTION WHEEL: INSTRUCTIONS AND QUESTIONS

### How to complete the wheel:

1. **Review** the 8 wheel categories and think briefly about what a satisfying life might look like for you in each area.
2. Next, **draw** a line across each segment that represents your current satisfaction score for each area.
  - a. Imagine the centre of the wheel is 0 and the outer edge is 5.
  - b. Use the scale to decide how satisfied you are.
  - c. Now draw a line and write the score alongside.
  - d. **IMPORTANT:** Use the **FIRST** number (score) that pops into your head, not the number you think it should be!
3. Then, **draw** a line across each segment that represents where you would realistically like it to be.



Example of a completed Life Satisfaction Wheel

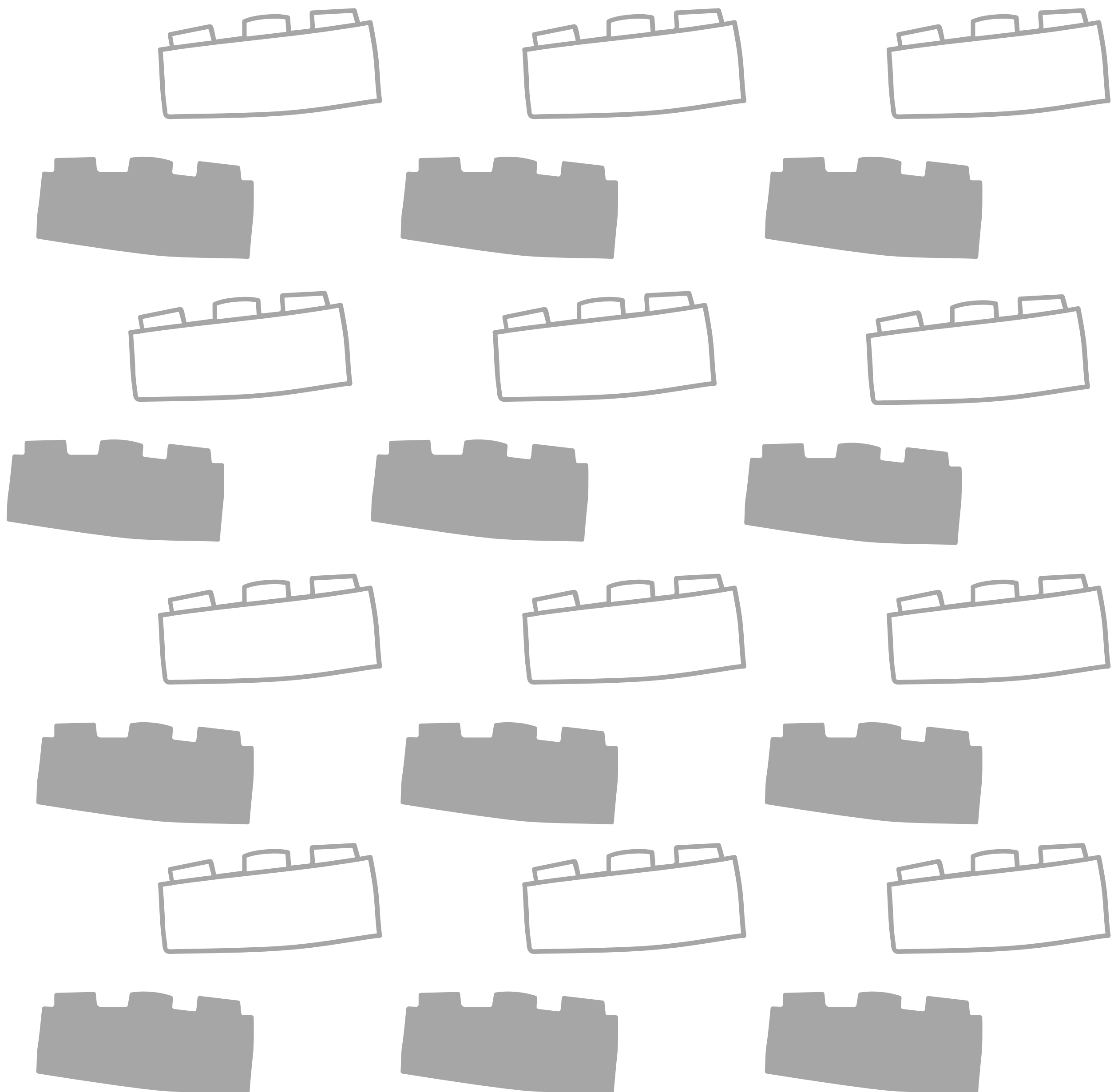
### Reflection questions:

- Are there any surprises for you?
- How do you feel about your life as you look at your wheel?
- How do you currently spend time in these areas? How would you like to spend time in these areas?
- What would make that a score of 5?
- What would a score of 5 look like?
- Which of these categories would you most like to improve?
- How could you make space for these changes in your life?
- What help and support might you need from others to make changes and be more satisfied with your life?
- What change should you make first? And what change do you want to make first?
- If there was one key action you could take that would begin to bring everything into balance, what would it be?
- Taking action: To wrap-up the exercise, identify one action for each area to get started on, or choose the 3 areas you most want to work on and identify an action for each.

TIP: If it feels overwhelming, what is the smallest step you could take to get started?

## QUESTION 4: WHAT BRICKS ARE YOU CARRYING?

Step 1: On each of the blocks, write down the big things that are currently on your mind. Consider both work and home things, plus any responsibilities and accountabilities you may have. Examples include child-care, work projects, anniversaries, upcoming events, the pandemic lockdowns, or a recent conversation. You can also do this as a team or department, reflecting on the bricks that the team are carrying (e.g. restructures, deadlines etc).



## QUESTION 4: WHAT BRICKS ARE YOU CARRYING? (CONTINUED)

Step 2: Cut out the blocks on the previous page and place them in each of the buckets below based on how much control you have over each block. By 'control', we mean how much you can influence and change the outcome. For example, you might have a lot of control over child-care arrangements but little or no control over when lockdowns occur. If you're doing this activity as a team, consider what the team has control over (e.g. how the work is done) and what it does not (e.g. organisation priorities).

### Your 'control' buckets



Lots of control



Some control



Little/no control

Step 3: What do you notice about your bricks? Is one bucket carrying more bricks than another? What thoughts or feelings do you have about how this could influence your wellbeing? Write your answers below.

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## UNDERSTAND YOUR WORKPLACE SITUATION

When it comes to work and workplaces, there are some known factors that can influence your experience of your job.

According to the Health and Safety Executive, the health & safety regulator in the UK, these factors are:

- Demands – this includes issues such as workload, work patterns and the work environment.
- Control – how much say the person has in the way they do their work.
- Support – this includes the encouragement, sponsorship and resources provided by the organisation, line management and colleagues.
- Relationships – this includes promoting positive working to avoid conflict and dealing with unacceptable behaviour.
- Role – whether people understand their role within the organisation and whether the organisation ensures that they do not have conflicting roles.
- Change – how organisational change (large or small) is managed and communicated in the organisation.

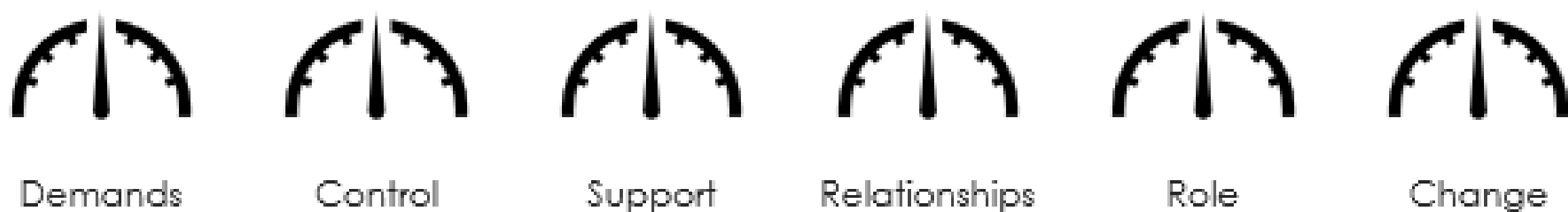
These factors can contribute to things such as:

- how easy or hard you find your job to do
- the satisfaction you get from your job
- your feelings of ability and stretch at work (i.e. can I do this? Is it too much, or not enough?)

Everyone's experiences of work will be different, and people can cope with different levels of demand, for example, depending on things like level of skill or past experience and training.

Importantly, we want to stay 'out of the red'.

As a reflection activity, you may like to consider the extent to which each of these factors allows you to thrive in your job, and which might be in the danger zone. These can be a good conversation starter to have with your manager or team as well.



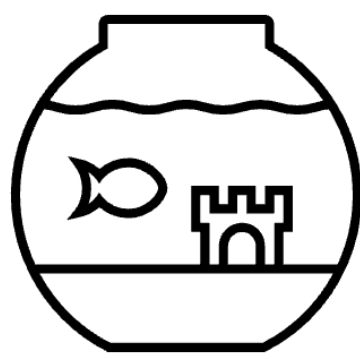
Ref: [hse.gov.uk/stress/standards](https://www.hse.gov.uk/stress/standards)

## ESTABLISHING BOUNDARIES

Having boundaries is an important part of maintaining wellbeing.

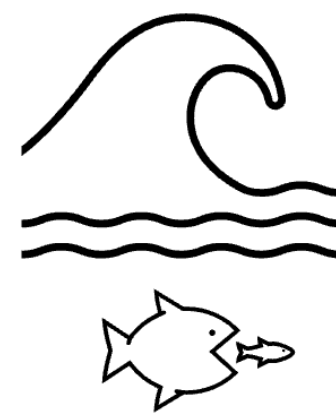
Boundaries help you to maintain your sense of self and protect yourself from becoming depleted (if we use the battery analogy again). Healthy boundaries enable you to develop trusting, respectful relationships. Importantly, boundaries are also setting specific, and can range from person to person. You could use all three!

There are three main types of boundaries:



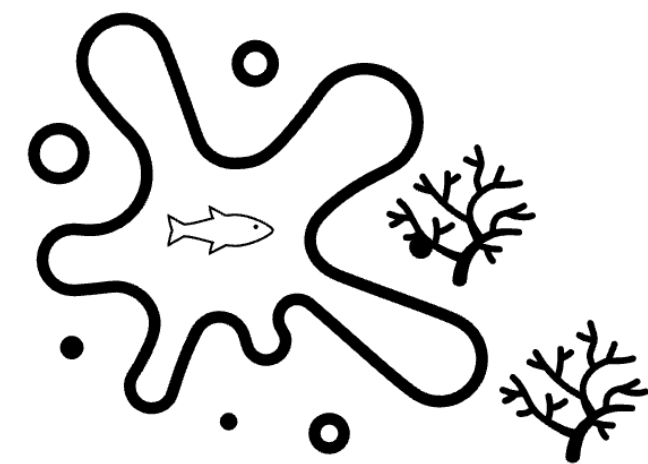
Rigid

Keeps others at a distance. Detached.



Porous

Overly involved with others. Dependent.



Healthy

Can communicate needs. Accepting.

## YOUR NOTES

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source: Therapist Aid











## QUESTION 8: WHAT'S YOUR PLAN? (CONTINUED)

Use the space below to create your plan. You can use the template to plan for your own wellbeing, or the wellbeing of your team. Remember this plan is flexible and can change. Review the plan as often as you need.

### -3- SUSTAIN

Goal:

Key actions:

### -2- STRENGTHEN

Goal:

Key actions:

### -1- STABLISE

Goal:

Key actions: