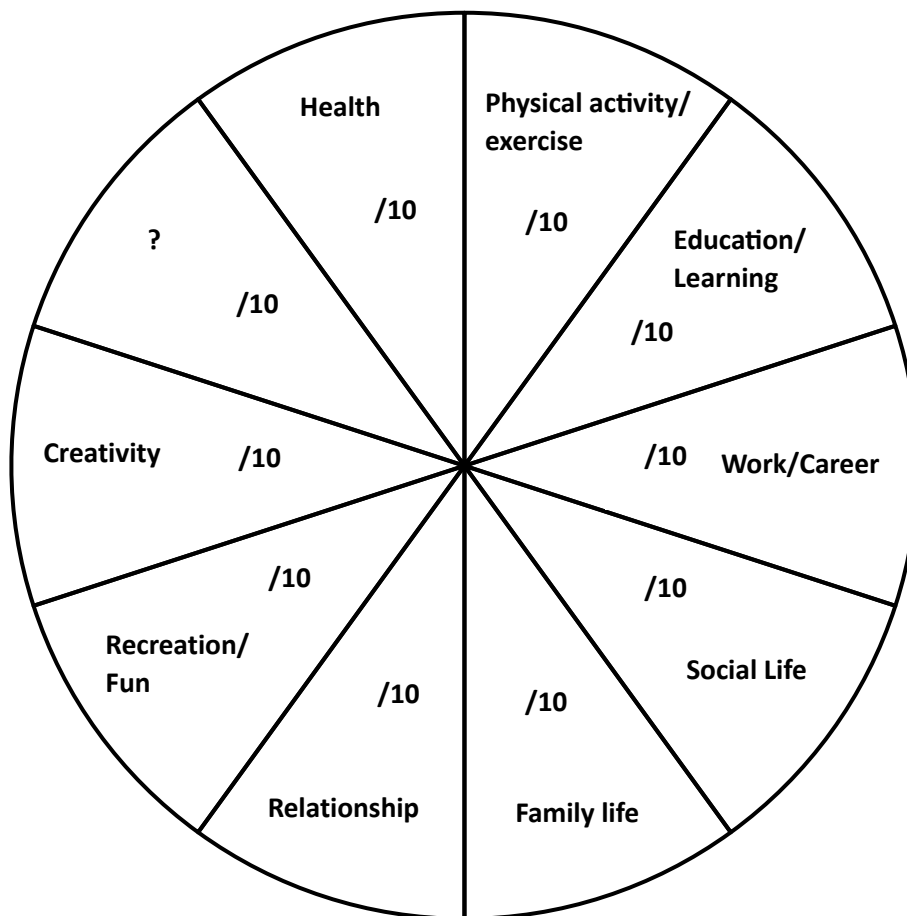


## Wellbeing Workshop

### Wheel of Life Activity

- The Wheel of Life includes some key areas of life that are important for wellbeing.
- These vary from person to person, and you can add your own segments.
- Write down how happy/satisfied you are with each area of the wheel (1 = not satisfied, 10 = very satisfied).
- If an area isn't relevant to you, it doesn't mean you have to give it a low score. For example, I might not be studying at the moment, but I don't want to. Therefore, I might rate it as an 8/10.



- Pick two areas that you would like to work on (these don't have to be areas that have scored lowest).

Area 1: .....

Area 2: .....

## 2. Setting Values-Based Goals

- Set goals based on the areas you chose from the Wheel of Life.
- Goals work best when they are related to what we value/what is important to us, rather than what we think we *should* be doing.
- Take small steps relating to the here and now rather than focussing on the future.

<b>My goal is:</b>	
<b>My goal is important to me because:</b>	

Make sure your goals are **SMART**:

- **Specific** – break your goal into small chunks related to the here and now.
- **Measurable** – how will you know when you've achieved this goal?
- **Achievable** – if your confidence in achieving it isn't at least 7/10, adapt the goal.
- **Relevant** – make sure your goal fits in with your values and what you want to achieve.
- **Timed** – setting a deadline for achieving the goal will help you stay on track.

<b>S</b>	
<b>M</b>	
<b>A</b>	
<b>R</b>	
<b>T</b>	

If you are finding it hard to achieve your goal, see if you can adapt it to be easier or break it into smaller chunks.