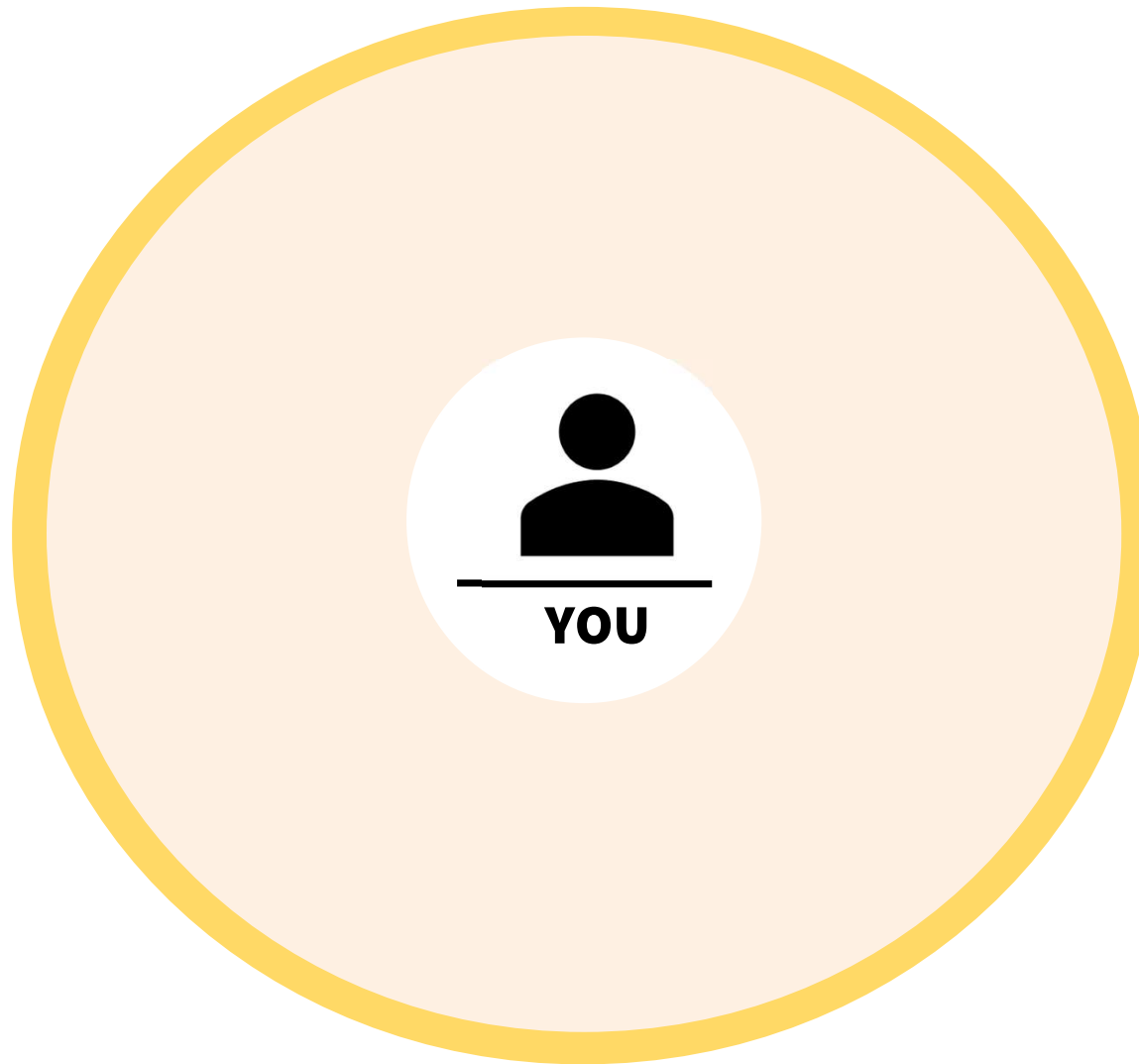


The WORKLIFE Wheel



My Current WORKLIFE Wheel

Diversitas 



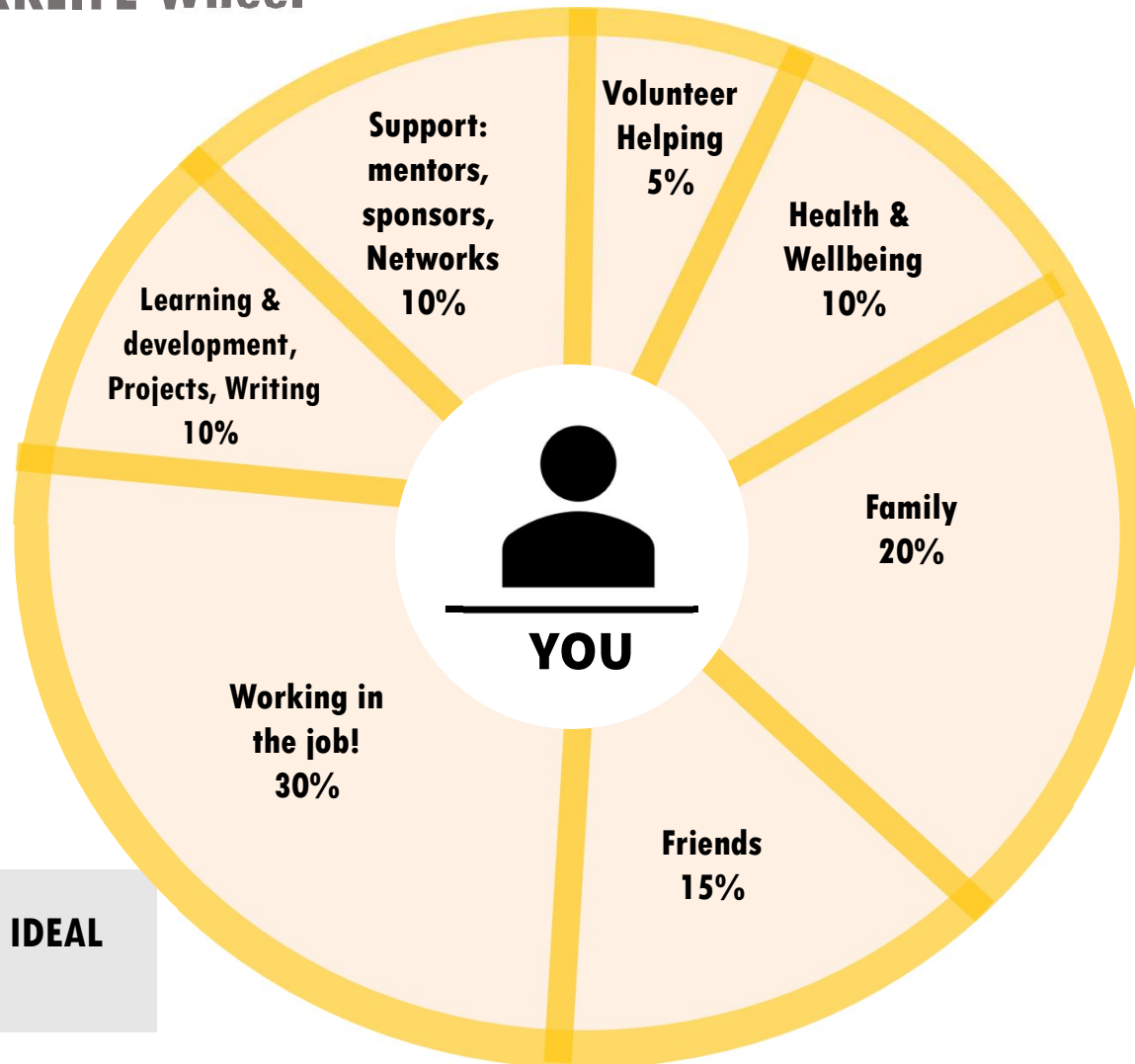
ACTIVITY

Allocate a % to how you CURRENTLY incorporate the following into your worklife;

- ✓ Work
- ✓ Health
- ✓ Wellbeing
- ✓ Family/Friends
- ✓ Interests
- ✓ Training & Development
- ✓ Spirituality
- ✓ Networking
- ✓ Mentors/Sponsors Volunteer
- ✓ Projects (in & out of work)
- ✓ Supports Groups
- ✓ Other areas

Note: all areas listed may not be relevant for you, this is a guide.

My Ideal WORKLIFE Wheel

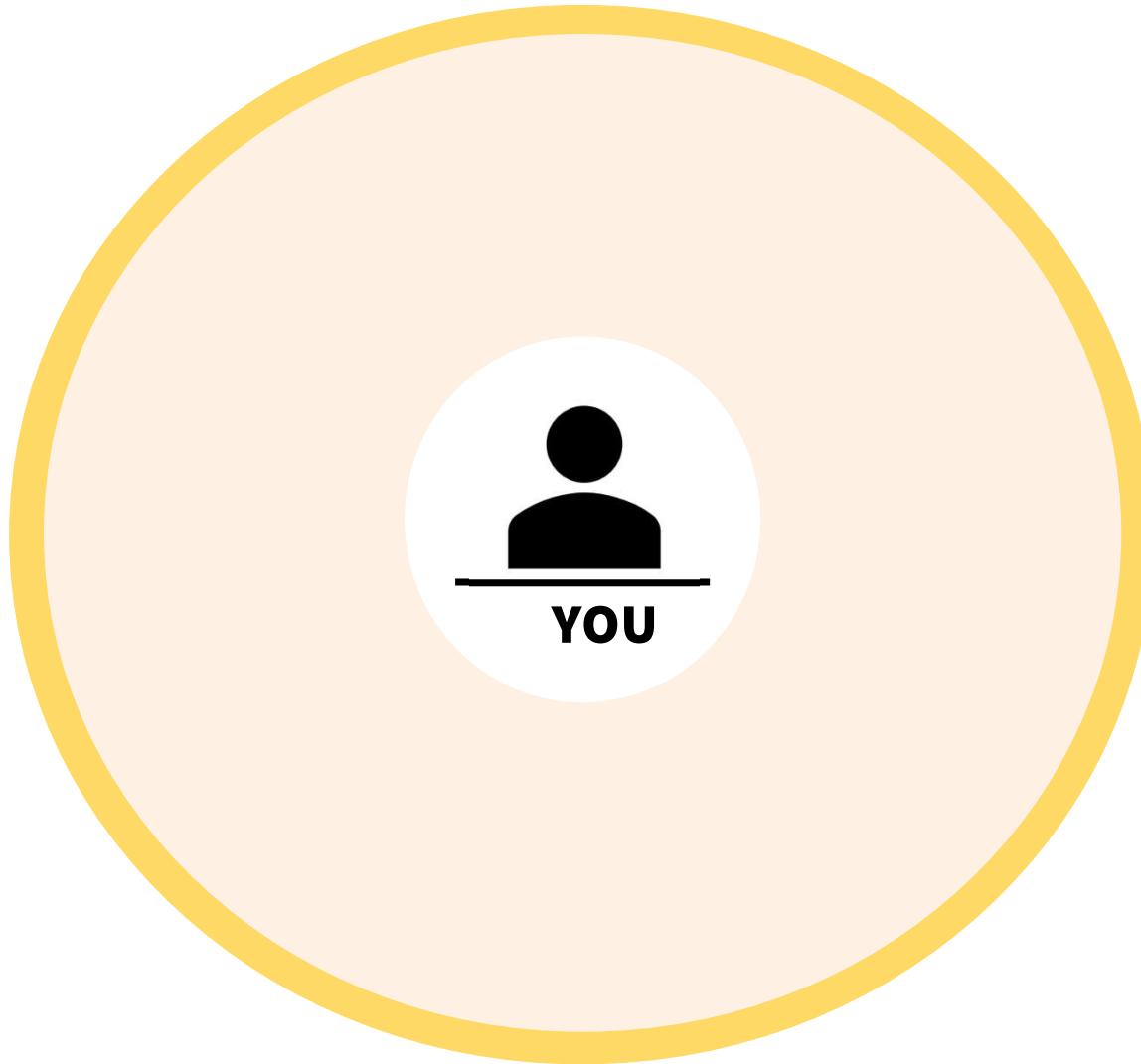


An **EXAMPLE** of an IDEAL WORKLIFE WHEEL

Name:

Date:

My Ideal WORKLIFE Wheel



Diversitas 

ACTIVITY

Allocate a % to how you WANT to incorporate the following into your worklife;

- ✓ Work
- ✓ Health
- ✓ Wellbeing
- ✓ Family/Friends
- ✓ Interests
- ✓ Training & Development
- ✓ Spirituality
- ✓ Networking
- ✓ Mentors/Sponsors Volunteer
- ✓ Projects (in & out of work)
- ✓ Supports Groups
- ✓ Other areas

Note: all areas listed may not be relevant for you, this is just a guide

Worklife Wheel Reflection & Plan



Question

Your Observations & Plans

What do you observe when you look at your Current Worklife Wheel & Your Ideal Worklife Wheel?

(e.g. I would like to do more training or study to upskill myself. Also that I have neglected my hobbies for too many years)

What changes do you want to make both inside & outside of work?

(e.g. I want to develop my financial acumen to help me with my work & career development. I would also like to start volunteering in my community.)

How will you make these changes in your worklife?

(e.g. Next month I will enrol in a short finance for beginners course, & join the local Rotary Club.)
