



The Wellbeing Wheel

A five-minute self-assessment for educators

Six domains. One picture of how you are, right now.
Print it, shade it honestly, and see where your energy
is asking for attention.

WELLBEING EDUCATION SOLUTIONS

Adapted from The Wellbeing Ecosystem · Powered by the FIFTER Framework
wellbeingeducationsolutions.com.au

How to use your wheel

The Wellbeing Wheel turns something invisible — how you are actually coping — into a shape you can see and act on. It takes about five minutes and is honest only if you are.

1

Rate each domain from 1 to 9.

Mark a dot on each spoke, where 1 is the centre and 9 is the outer edge.

2

Join the dots.

Draw straight lines between your marks to reveal your wheel's shape.

3

Read the shape.

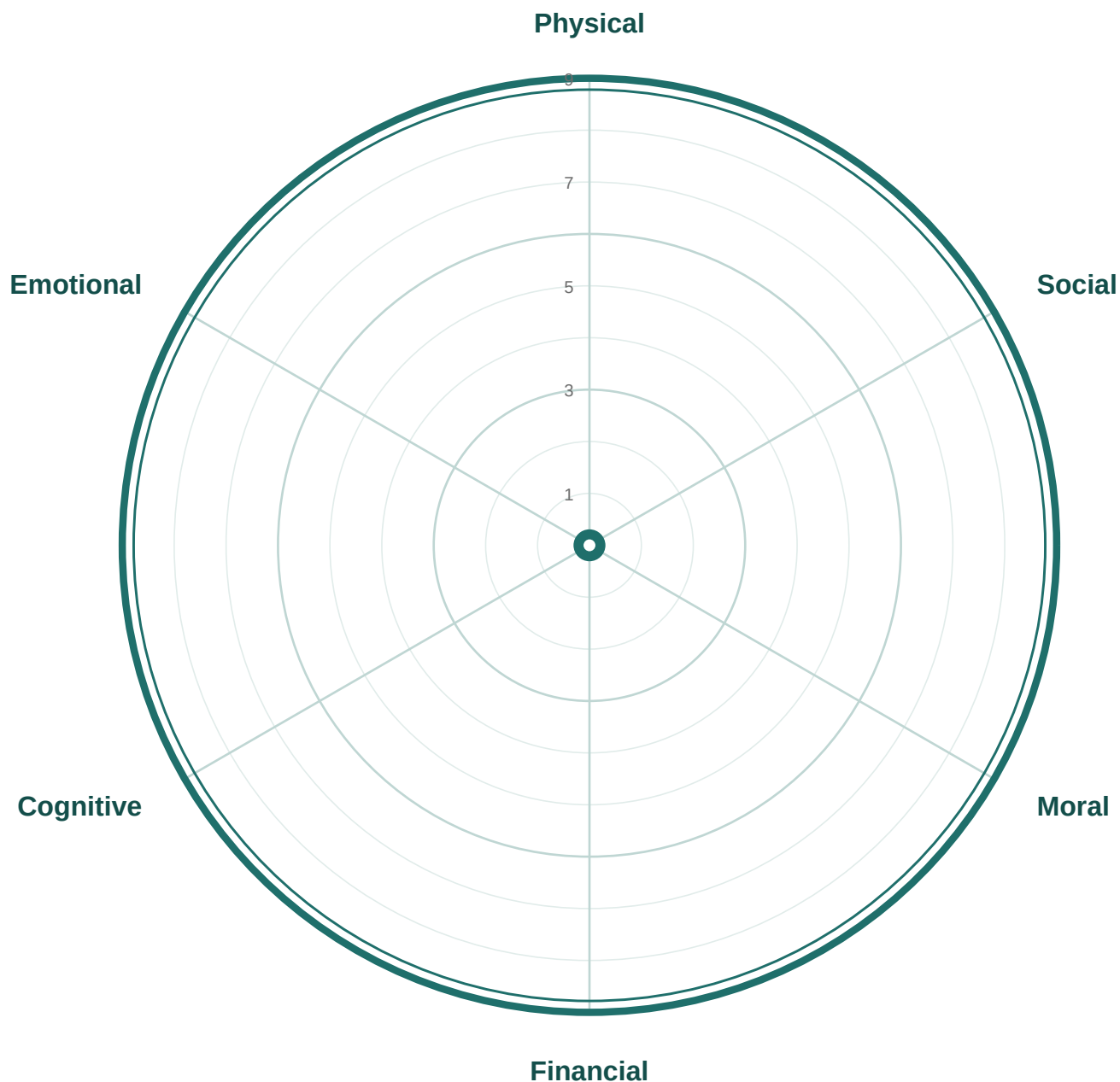
A round wheel rolls. Flat spots and dips show where attention is needed most.

The six domains

- **Physical** Energy, rest, movement, and the rhythm of your days.
Reflect: When did you last feel genuinely rested?
- **Social** Belonging, connection, and the relationships that sustain you.
Reflect: Who in your week leaves you feeling more like yourself?
- **Moral** Purpose, integrity, and the sense your work means something.
Reflect: Where do your daily actions align with what you value most?
- **Financial** Security and stability — the quiet stress that touches everything.
Reflect: What would ease the financial pressure, even a little?
- **Cognitive** Curiosity, focus, learning, and feeling intellectually alive.
Reflect: What are you learning right now, just for the love of it?
- **Emotional** Regulation, resilience, and permission to be human.
Reflect: What do you do to settle yourself when the day runs hot?

Your Wellbeing Wheel

Mark each spoke from 1 (centre) to 9 (edge), then join your marks.



A wheel with one weak spoke wobbles — one depleted domain unsettles the whole system.

Reading your wheel

Your shape is not a score, and there is no winning wheel. It is a snapshot of one moment, meant to start a conversation with yourself.

- **A near-circular shape** suggests reasonable balance — energy spread evenly across your life.
- **Flat spots and dips** show the domains quietly asking for attention. Start there.
- **One very short spoke** destabilises everything else. A single domain can wobble the whole wheel.
- **The shape changes** with the seasons of a school year. Re-draw it each term and watch it move.

Shape is balance. Size is capacity.

A wheel scored all 1s is still round, and it still rolls — but it is small. It takes far more revolutions, and far more energy, to cover the same ground. A wheel closer to 9s is simply bigger: it carries you further with every turn and asks less of you to keep going. So read your wheel for both: is it round (balanced), and is it growing (more capacity to draw on)?

Three questions before you move on

- Which domain is lowest right now — and is that new, or has it been low a while?
- Which single domain, if it lifted by two points, would ease the most across the others?
- What is one small, specific thing you could do this week for that domain?

YOUR MONDAY MOVE

Pick the lowest spoke. Choose one small action for it — not a life overhaul, a single move — and do it before Friday. Then notice what it cost you, and what it gave back.

Want the full framework — the gears, the systems, and how to build it across a whole school?

Read The Wellbeing Ecosystem · wellbeingeducationsolutions.com.au