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Emotional & Mental Wellbeing Activity

This handy exercise will take you through a self evaluation process, it's designed to highlight what's working for you and what's not and be a visual roadmap for the next six months.

First Aid For Stress – Self-Evaluation

Hello and welcome! The purpose of this self-evaluation is NOT to grade the quality of your life! Instead, it aims to consider eight vital 'aspects' of your life, each of which may contain the sources of your stress or struggles.

Part 1

Read the statements and circle those that always apply to you.

If it's a NO, SOMETIMES or MAYBE, then don't circle it.

At the end, calculate how many statements you circled. Add that number into the space provided.

Part 2

Having added up your total number of circled statements, mark it in on the relevant point for each month of the wheel. This will give you a visual road map of how you are responding to this activity each month.

Part 3

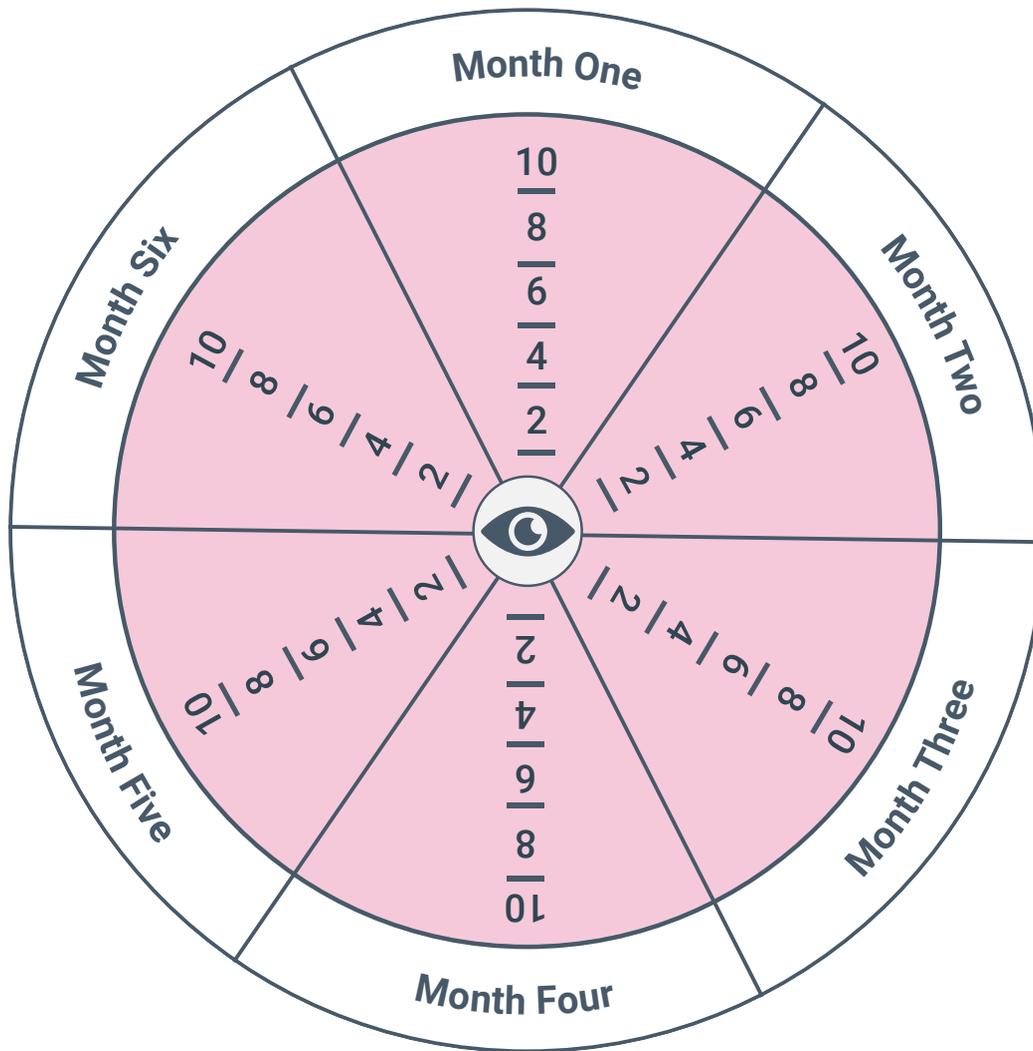
Complete the plan of action and create a focus for areas that you feel you can highlight and improve on over the coming days/weeks/months. This will help you to stick to your goals and evaluate your findings.

Emotional + Mental Well-Being

- I can differentiate my Higher Self from my ego and conditioning.
- I am aware of my strengths, talents and skills. I use them daily to further my success and happiness.
- I am fully responsible for my choices in life.
- I do not give myself a hard time if I make a mistake. I see mistakes as an opportunity for growth.
- I have a system in place to deal with day-to-day stress.
- I have clear boundaries that I maintain and respect. I experience healthy relationships.
- I know my fears and weaknesses. I use them positively to grow and flourish.
- I know my passions and life purpose – I use them daily, whether I'm paid for it not.
- When I make a mistake, I do not blame others. I see mistakes as a learning curve of experience for which I have gratitude.
- I am not feeling upset having answered these questions honestly.

Number of Statements Circled:

Emotional + Mental Well-Being Wheel



How to use the wheel:

Each month you will repeat these exercises and reflect on the ten aspect statements, having added up your total number of circled statements for each Aspect, mark it in on the relevant point for each month on the wheel. This will give you a visual road map of how you are responding to this activity each month. You can also add your total to the boxes below:

MONTH 1

MONTH 2

MONTH 3

MONTH 4

MONTH 5

MONTH 6

Emotional + Mental Well-Being - Plan of Action

This aspect includes your values, beliefs, standards, paradigms and worldviews.

These are the repetitive thoughts and ideas we experience and continue to have over and over. An optimistic baseline will allow you to see the other aspects in a positive light, full of potential and opportunities. A negative/stressful/fear-based one will be troublesome. Answer the questions below to help you understand the current impact of your emotional and mental well-being and, thus, how you can upgrade it.

Examples:

Boundaries

Stress

Negativity

Passions & Purpose

Positivity

Things/people to let go of

Based on the answers of your self-evaluation, what is working for you?

Based on the answers of your self-evaluation, what is not working for you?

Based on the answers of your self-evaluation, what do you want to improve?

Based on the answers of your self-evaluation, what are you happy to drop?

To improve this aspect, what three things can you implement and achieve in:

24 Hours

1 Week

1 Month

3 Months

6 Months