

My Lifestyle Wheel

Date: _____



Definitions for Each Quadrant

A Physical activity

For a score of 10, you will be....

- Doing at least 30 minutes of at least moderate intensity physical activity 5 times a week (including activity which makes you out of breath, works your muscles and improves your balance and coordination)
- Avoiding sitting still for more than one hour at a time

B Mental activity

For a score of 10, you will be....

- Regularly and frequently engaging in creative, abstract and analytical thinking, synthesising views and making links
- Regularly and frequently remembering information and good times
- Habitually 'present' (as opposed to focusing on / analysing the past or thinking about the future) and noticing self and the environment around you
- Going easy on yourself and others! (e.g. avoiding self-criticism and perfectionism)

C Rest

For a score of 10, you will be....

- Physically and mentally relaxing every day
- Having 6 to 8 hours of *good quality* sleep per night

D Social activity

For a score of 10, you will be....

- Frequently interacting with people, in a fun and relaxing way
- Involved with community activity
- Carrying out regular acts of kindness

E Personal development

For a score of 10, you will be....

- Continually learning new concepts
- Continually developing new skills and refining existing ones
- Continually challenging and evolving your ways of thinking about the world

F Acts to strengthen and maintain personal relationships

For a score of 10, you will be....

- Spending lots of time with people closest to you
- Often taking action to help, support and care for them