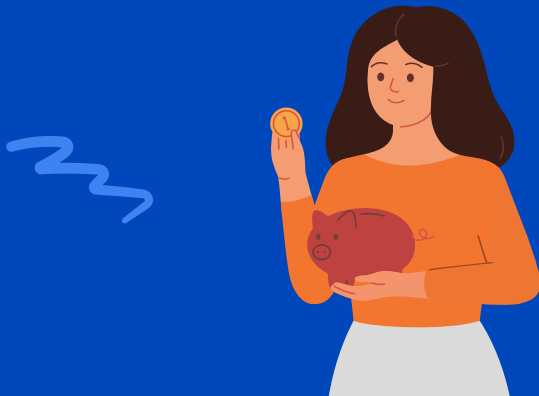




Money and finances

- Speak to a personal financial consultant
- Audit your expenses and incomings and work out how to spend less
- Work out how much you want to earn and what you need to do to get that
- Reduce debt on credit cards
- Find cheaper ways to buy what you need e.g. change grocer or utility provider
- Save money each month by putting a percentage of your salary into a savings account



Health and Fitness

- Start therapy
- Go to the gym
- Run once a week
- Play tennis. Walk to work once a week
- Cycle rather than drive
- Go for a long walk once a week
- Go to yoga
- Meditate
- Get a dog
- Have walking meetings
- Journal
- Take one night off a week and leave school early
- Keep a list of all tasks, prioritise and schedule time to do these



Spirituality

- Volunteer
- Become more involved in religious, community or spiritual groups
- Go to religious or spiritual classes or lessons
- Meditate or do mindfulness exercises
- Give to charity

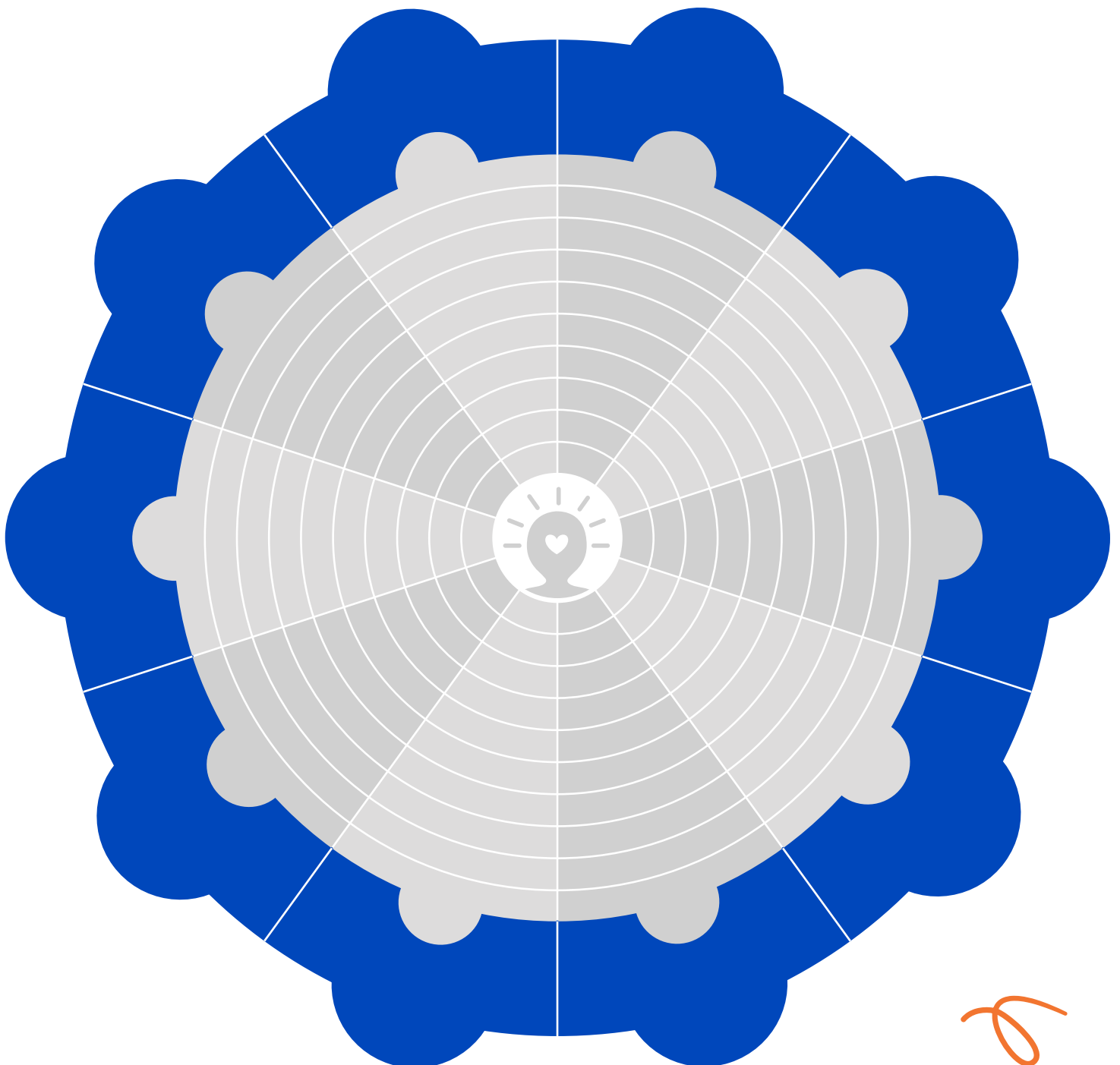


Environment

- Work out the environment that you prefer to live and work in, see what is possible
- Plan times in environments that work for you e.g. being out in nature, or working in a library
- Review your working and home environment, see what improvements you can make

Your Interactive Wheel of Life template

Below is a version of the wheel of life that you can complete and save as part of your pdf. Along with being able to fill in your scores you can also change the headings to other values that better reflect you or your team personally. Alternatively if you would rather print it out and colour your wheel in then you can download the template [here](#).



What to do with your wheel?

Once you've completed your wheel of life, use it to answer the following questions:

- What does your wheel of life say to you?
- What domains are you happy with?
- What domains would you like to improve?
- What would it take to increase the scores of the domains you would like to improve?
- Does your wheel of life include things that make you feel in the "flow" (flow means things that you love, you have the skills to do and provide the right amount of challenge to stimulate but not stress you)? If not, what can you do to improve this?
- Does your wheel of life allow you to focus on the things you are good at and interested in? If not, what can you do to improve this?
- Does your wheel of life focus on your values (the things that you believe in)? If not, what can you do to improve this?
- Does your wheel of life help you to be as productive as possible, look after your physical and emotional health and try and boost the ability of your prefrontal cortex?

Looking at all the things you could do to increase your scores, what can you do in terms of time and resources, what are quick wins that will not take up much time or resources that you can just do, are there things that could have an impact on a number of domains e.g. going out running with my partner, what things do you need to give up on and are there other ways you could achieve them?

Note: Make sure your actions fit into your schedule and do not make you too busy or stressed.



Write down your actions to improve your work life balance with deadlines or timescales.





**The charity for everyone
working in education**

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