



# Wellbeing Rating Tool

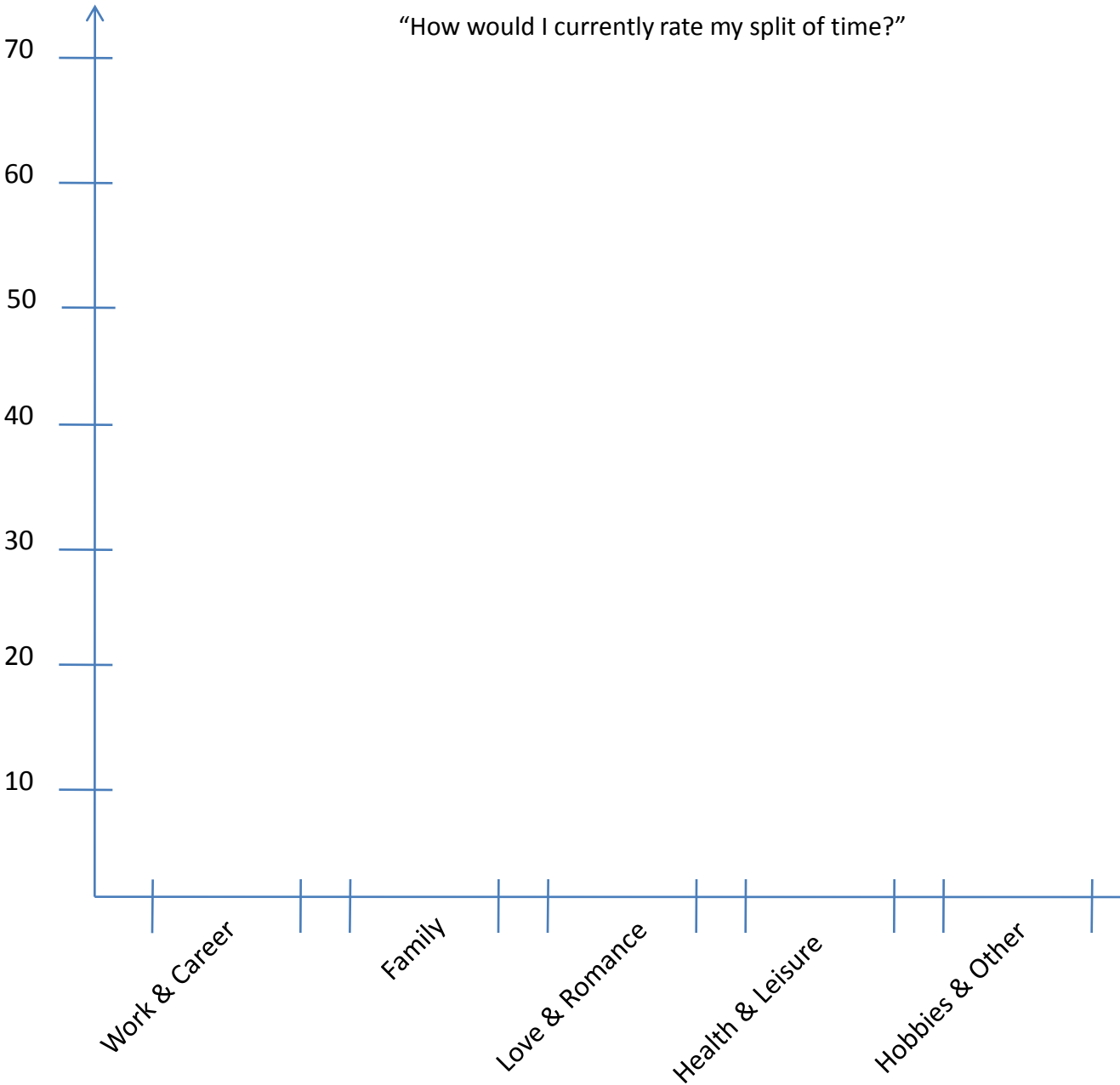
“How Balanced is Your Lifestyle?”



% of Fortnightly Time

## Now

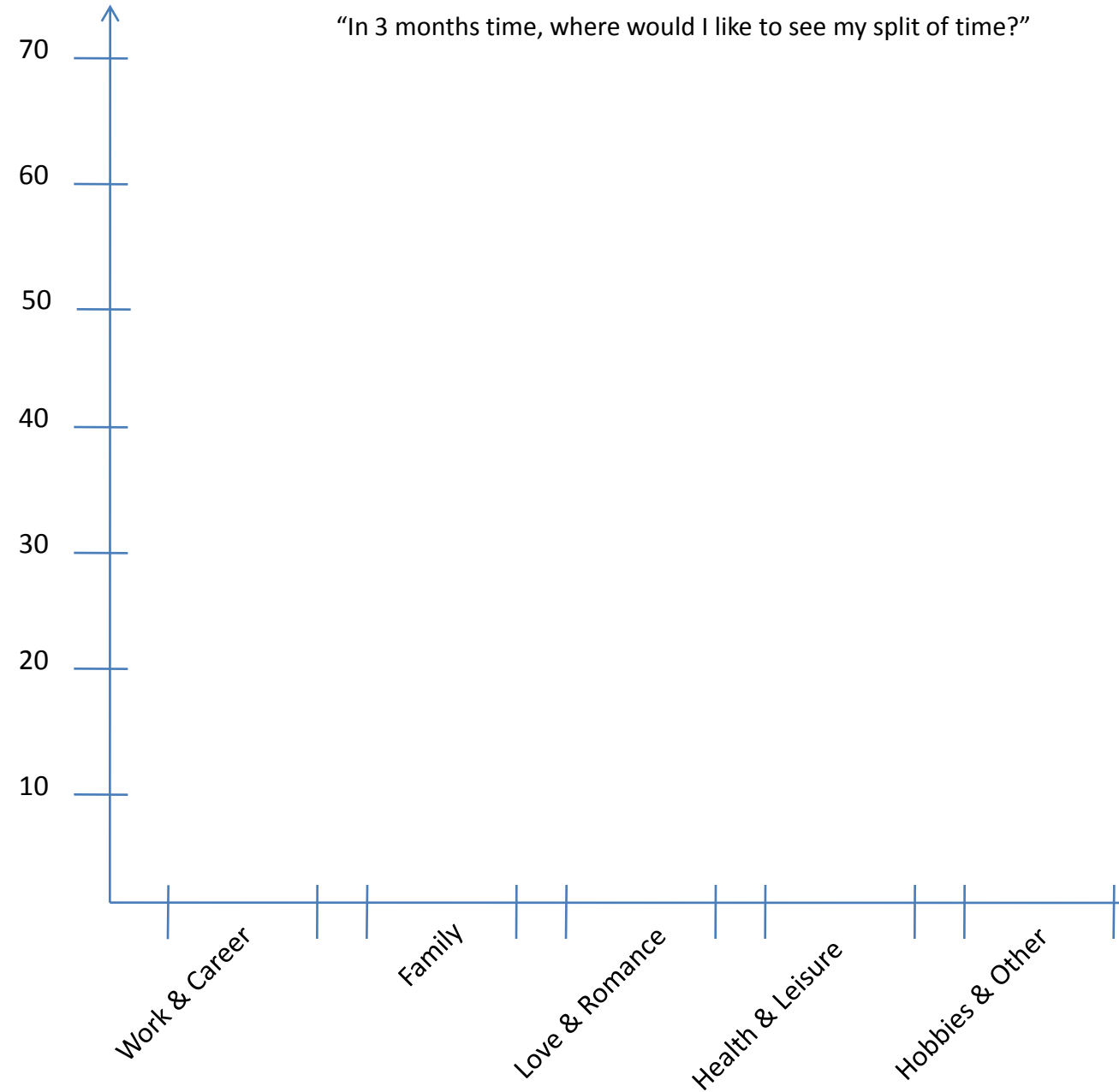
“How would I currently rate my split of time?”



% of Fortnightly Time

## Where

“In 3 months time, where would I like to see my split of time?”



## How

“Things I am going to do to make that shift”

- 1.
- 2.
- 3.