Nursing
THE NURSE

Mini Wheel of Life for Nurses Workbook

MINI WHEEL OF LIFE FOR NURSES

In this NPAA-Webinar: Burnout to Balance, we discussed the **wheel of life and how to use it**. Below you will find the template specifically tailored to nurses.

There are **7 sections (or 'spokes of the wheel')** for each area that impacts the well-being of a nurse most: goals, unwinding, sleep, nutrition, self-care, passion and habits.

To complete the exercise; rate your level of satisfaction in each area. Starting from the middle (0/10) to the outer edge of the wheel (10/10).
Eg. For 0/10 satisfaction in that area, leave it blank. For 10/10 satisfaction colour/shade it fully.

Identify your top 3 priority areas. Then **focus on the lowest-scoring one first**. It might seem overwhelming to see a few or all areas lacking and that's perfectly normal!

Take this slowly. There's absolutely **no need to rush** this process.

You're setting yourself up for success by **choosing the one area of focus at a time.**

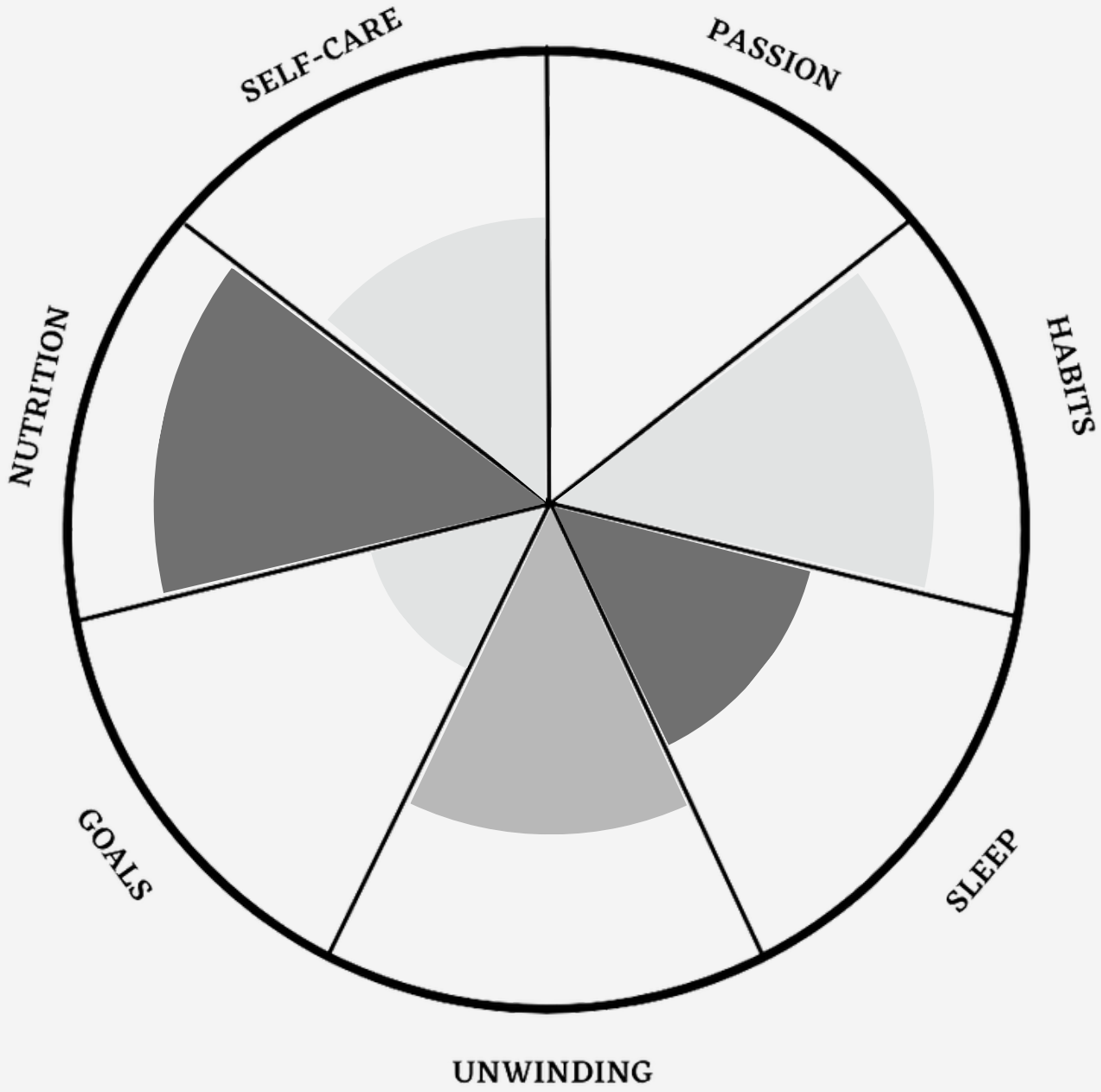
Many of my clients find that the **first step is always the hardest**.

If you see the value in delving deep but feel you can't seem to bring yourself to take the plunge, I'd be absolutely delighted to work through this with you!

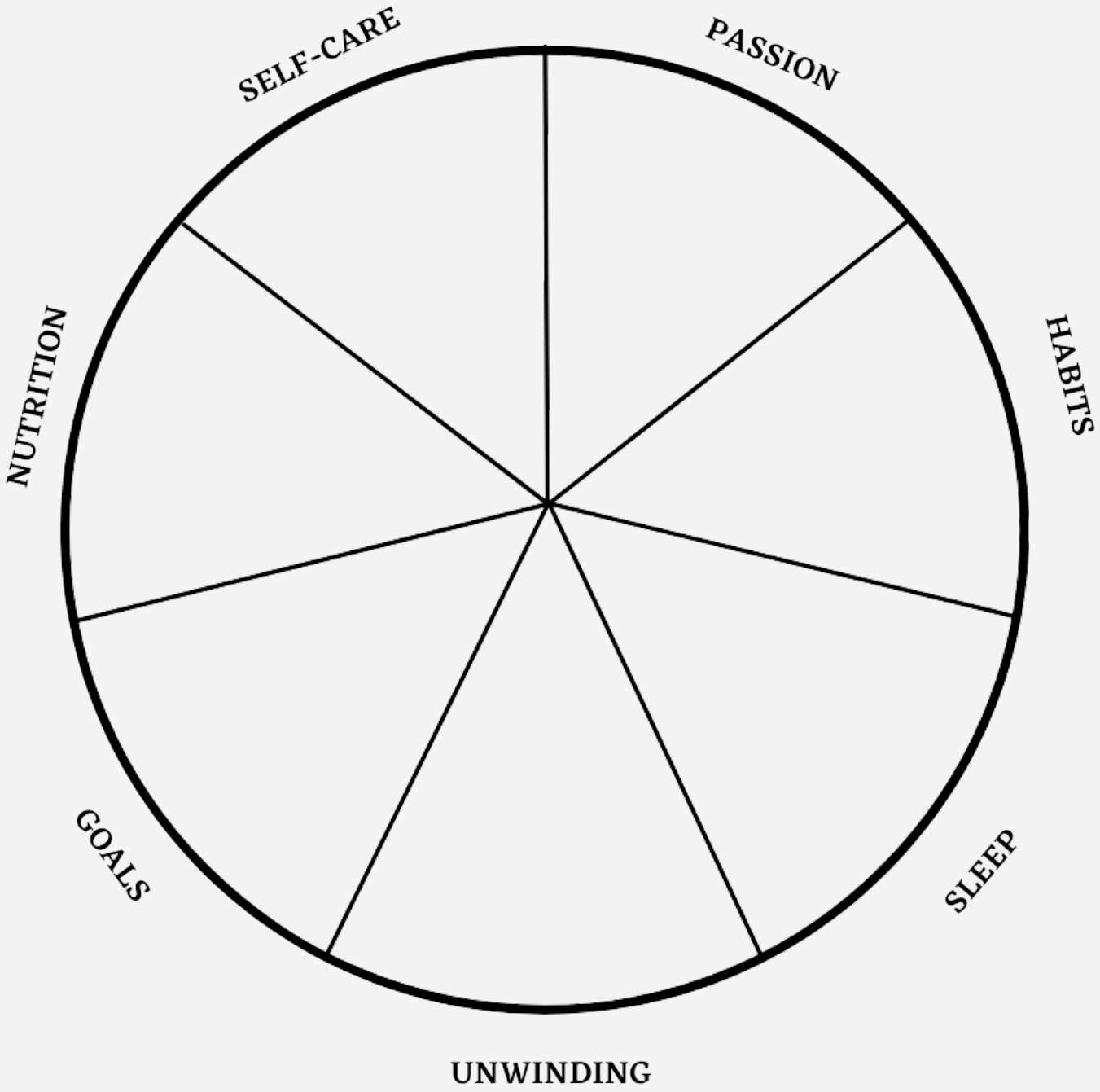
This can be a very overwhelming exercise for some, which is why we've created the Holistic Huddle app so that nurses like you can finally have access to expert support to move from surviving to thriving in both your work and personal life.

For more info, go to www.nursingthenurse.com/hh

Example: Wheel of Life



Wheel of Life Template



REFLECTION QUESTIONS

How did today's session shift your understanding of burnout and its impact on both your wellbeing and your ability to provide safe, effective patient care?

Which of the 7 wellbeing domains did you score lowest, and why do you think this area is most affected in your current practice and lifestyle?

What micro-action from today's session could you implement immediately, and how might it positively influence your daily routine or patient interactions?

Reflect on a recent time when burnout symptoms may have influenced your decision-making, communication, or performance at work. How could using the wellbeing framework have changed that outcome?

In what ways will prioritising your own wellbeing contribute to your long-term professional sustainability and the quality of care you deliver?

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Your journey doesn't stop here.

Step into the Holistic Huddle.

7 wellness specialists, practical tools, and a supportive nurse community are ready to walk beside you.

Join Now today and start building your wellbeing blueprint at your own pace.