

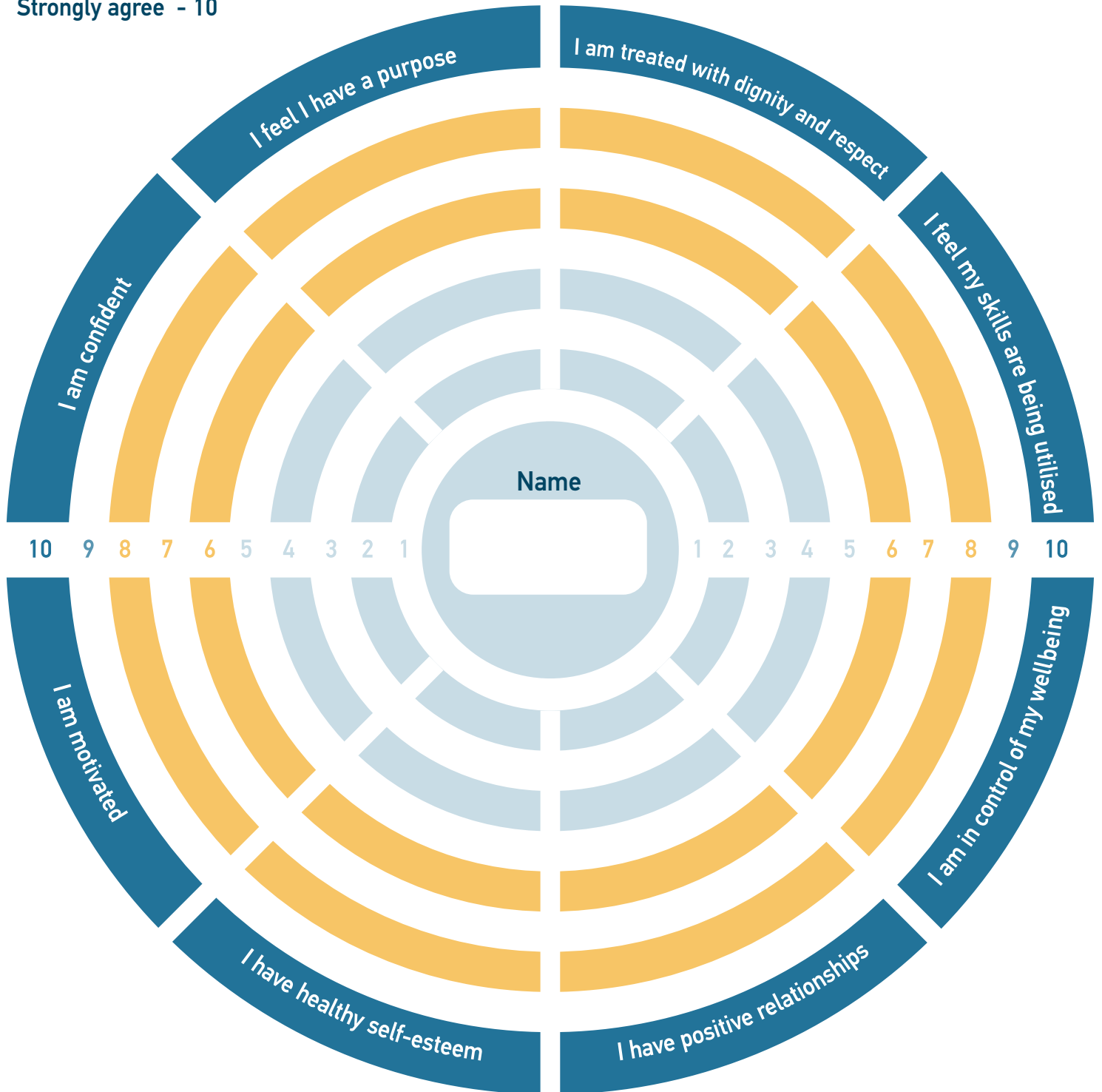
my wheel

Volunteer Support Officer: _____ Date: _____

How do you feel right now? Write your name in the centre and mark your position on a scale of 1-10 in relation to each statement on the wheel.

Strongly disagree - 1

Strongly agree - 10



my action plan

Work with your support officer to devise a series of actions to help you to improve your sense of wellbeing by working towards obtaining a suitable volunteering role.

Goal	Action	By when?	By whom?	Review date

Then, as recorded on your wheel, record your current position under each statement. In the purple boxes, write where you think you will be once the actions (in the table above) are completed.

I am confident	I feel I have a purpose	I am treated with dignity and respect	I feel my skills are being utilised
I am motivated	I have healthy self-esteem	I have positive relationships	I am in control of my wellbeing