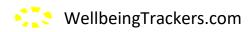
## **ROLE WELLBEING TRACKER**

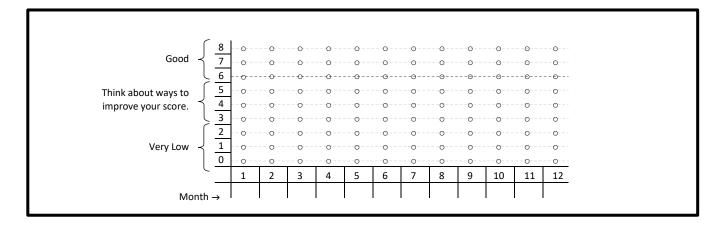


Name:	Start Date:	

Mark the circle on the chart that best fits your experience in this role

I feel supported to do my work well as a							
Not at all supported	A little supported	Moderately supported	Very supported	Extremely supported	4 3 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 -		
0	1	2	3	4	1 2 3 4 5 6 7 8		

I enjoy being a						
Not at all enjoyable	A little enjoyable	Moderately enjoyable	Very enjoyable	Extremely enjoyable	4 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 - 0 -	
0	1	2	3	4	1 2 3 4 5 6 7 8	



This tool is designed for personal insight and growth and is not suitable for professional diagnosis, guidance, or advice.

If you have a physical or mental health concern or condition, consult your doctor, GP, or appropriately qualified healthcare professional before making significant changes to your diet, lifestyle, or exercise routines.

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