








Personal well being “Cylinders Model”

1. The idea of this model is to help the client review where they are in relation to the 4 “cylinders”: depletion in any area will affect one’s overall wellbeing, the results a person creates, or how long they can sustain a consistent performance. Being able to develop self-awareness about the state of these four energies and helping develop resourcefulness to replenish them will help ensure people are in the best state to take action.

<p>PHYSICAL WELL BEING (“can I run another mile?”)</p> 	<p>MENTAL WELL BEING (“is my brain in the best state to think about this?”)</p> 
<p>SPIRITUAL WELL BEING (“Am I in alignment with my values and what’s important to me?”)</p> 	<p>EMOTIONAL WELL BEING (“Am I experiencing emotions that are draining my overall state or nurturing it?”)</p> 

2. Our busy lives make it easy to lose oneself in activity. It can be hard to examine what matters most and what no longer makes sense. Whether it's career goals or working out key strategies and activities, bringing conscious awareness to 'what is' allows for clarification. This helps focus action where it counts most. Identify your existing activities/tasks and to classify each one as: **Diamond**, **Gold** or **Lead**. You may also wish to explore the factors that contribute to this assessment. Explore where you focus your energy at the moment across the three categories. Often diamonds get little energy and you might be surprised at the amount of time you devote to lead.

<p>“DIAMOND” ACTIVITIES Most worthwhile activities; rare opportunities and leaps forward</p> 	
<p>“GOLD” ACTIVITIES Activities that create stability and continue to build solid foundations</p> 	
<p>“LEAD” ACTIVITIES Activities that weigh you down or consume time without yielding worthwhile results</p> 	

Based on Magdelana Bak-Maier; “boosting your productivity”