

SETTING BIG BOLD GOALS

VALUES LED

An expression of who you are
(or want to be).



PURPOSE FOCUSED

How you want to serve the
world.



ARTICULATE

A vivid vision of success which
gets others excited in the
possibilities it creates.



CHALLENGING

Uncomfortable. Scary and/or
exciting.



BALANCED

Supports your work/life
balance.



SPECIFIC

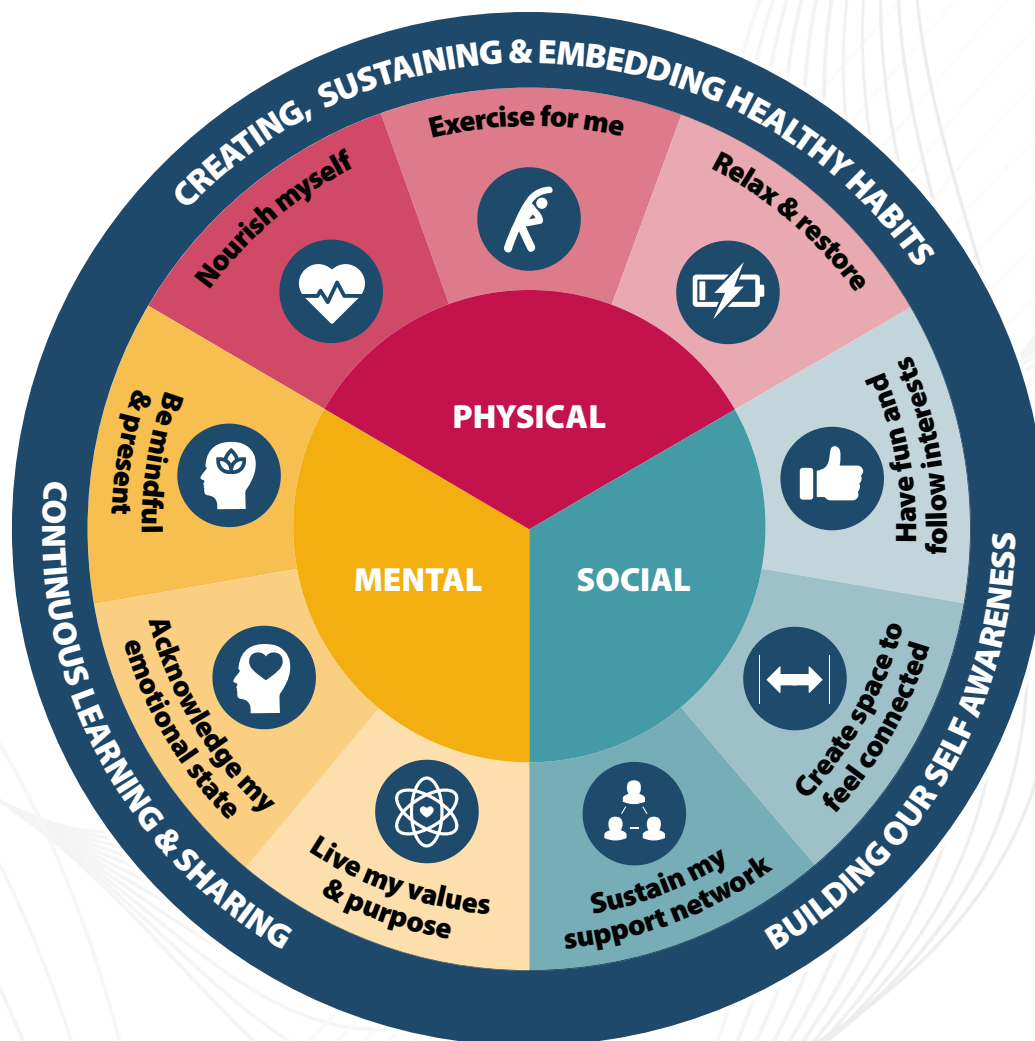
Measurable, with a crystal clear
outcome.



SUPPORTED BY OTHERS

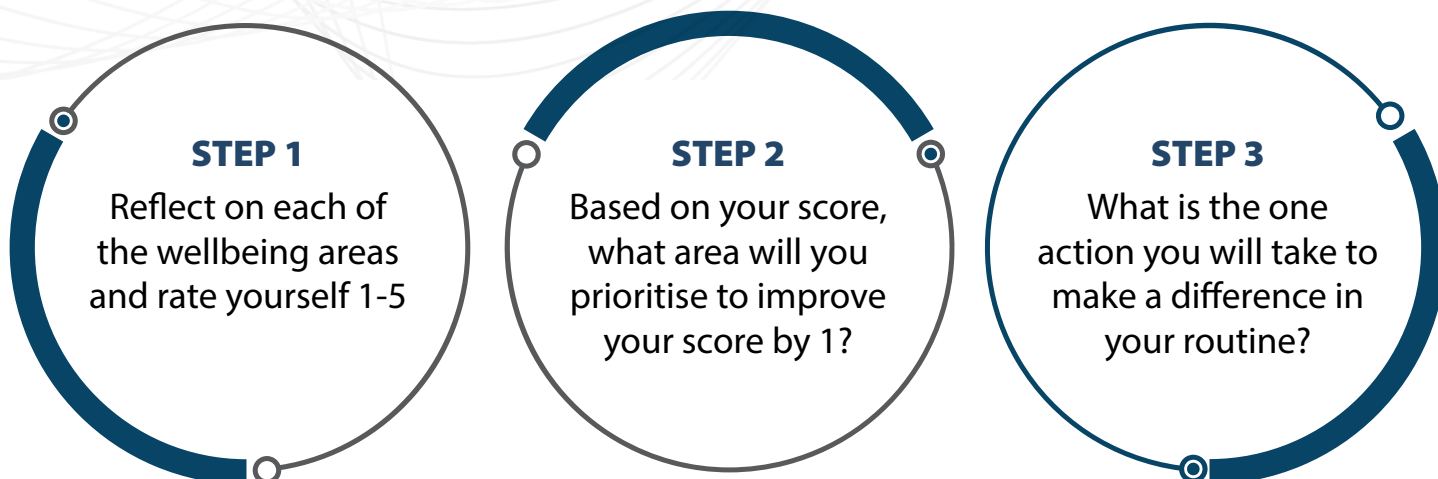
Community led, building
collective effort.





This Wellbeing Wheel shows the holistic elements to support your wellbeing: **Social**, **Mental** and **Physical**. These exercises can be used to reflect on your personal wellbeing or used with your teams to explore theirs.

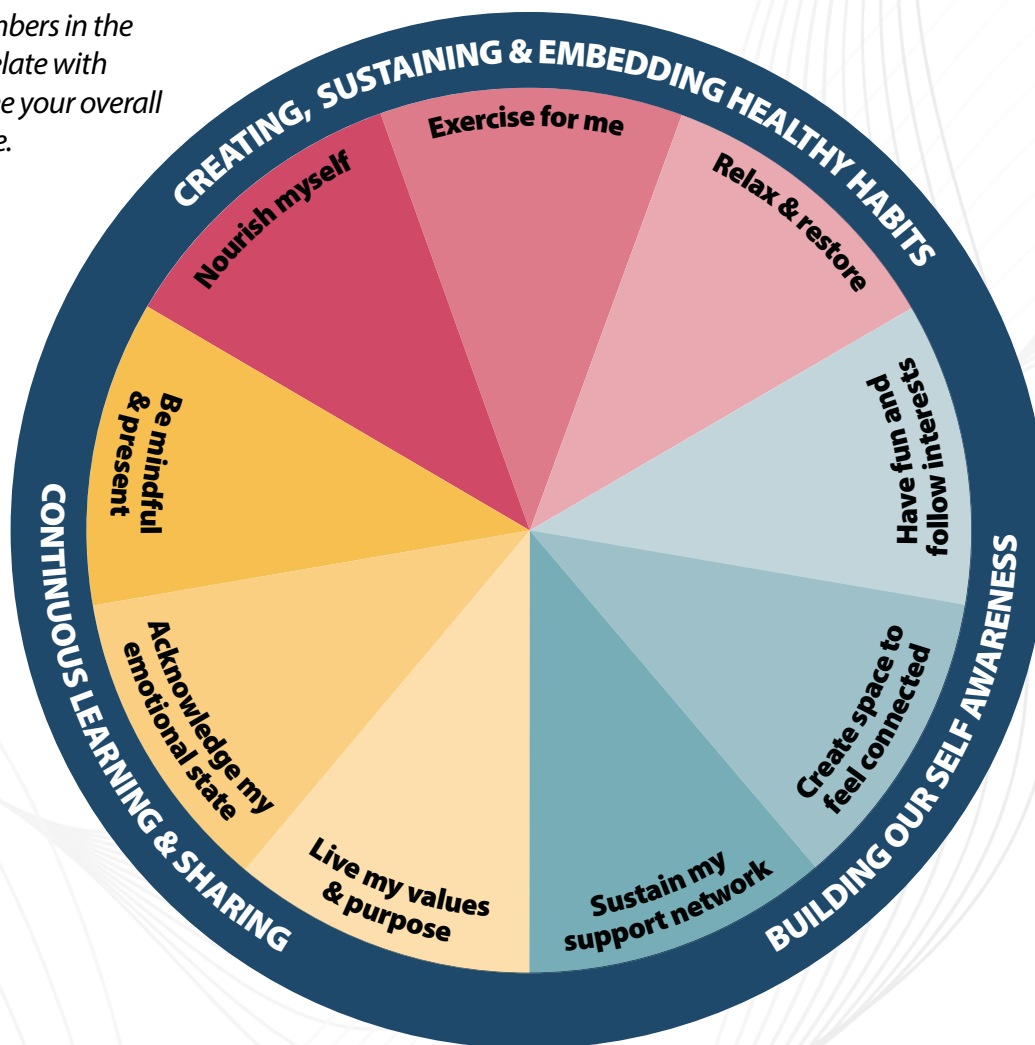
Consider the following:



WELLBEING WORKOUT

DIAGEO LEADERSHIP:
Accelerate

Click on the numbers in the wheel that correlate with your rating to see your overall wellbeing profile.



Further reflection questions

What are your stress signatures?

These are your personal signs that you are over-stressed. Knowing your personal signs of being over-stressed – your stress signature – is crucial to enable you to be self-aware and to take action when you have too much on your plate.

What are your life medicines?

Life medicines are those little everyday things that actually discharge stress. They help us to feel calm, more relaxed, or they boost our mood. Identify your personal life medicines and ensure you prioritise these 2-3 times per week or more to help keep yourself in a healthy stress zone (as opposed to being over-stressed).

What would go in your wellbeing kit?

Imagine creating a box which contains your favourite items to invoke happy memories, the range of your senses and feel good thoughts. For example a playlist, your favourite childhood sweets, photos, your choice of cocktail mix, perfume, etc. Create your own box and if you are feeling stressed, take it out and experience the joy it brings you.

CHECK OUT THE WELLBEING HUB TO EXPLORE MORE

