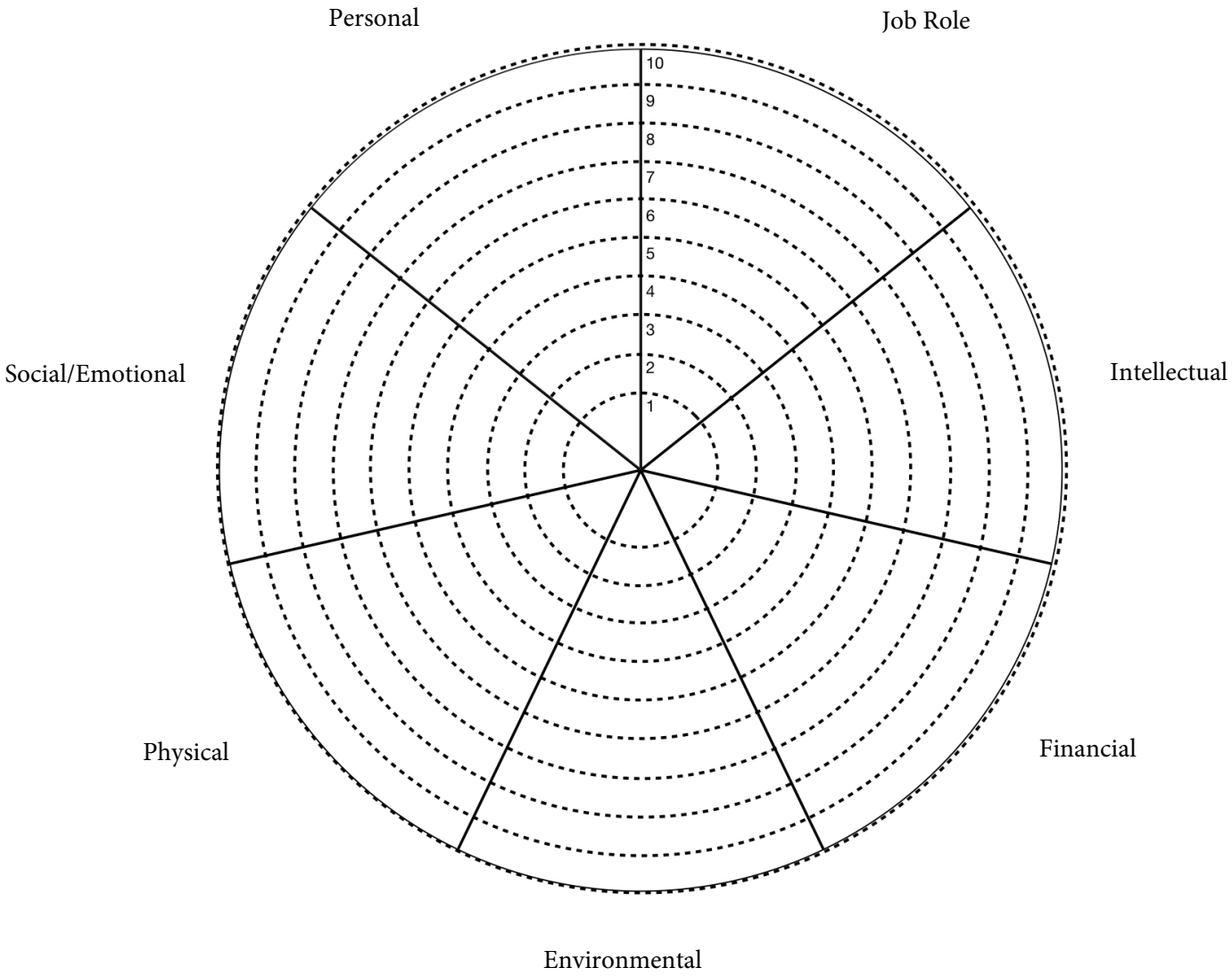
COLORADO
Department of Education

Early Childhood Professional Well-Being Wheel

Self-Assessment Tool



This assessment will help you visualize each career dimension individually, and as a whole. It will help you look at the areas where you want to improve your level of satisfaction and begin to think about what you might do about it. Remember, well-being is a process!

Instructions: Using the reflective questions below, assign a value from 0 – 10, with 0 meaning no satisfaction at all, to 10 meaning completely satisfied, for each category in the wheel. Color in each category wedge to that assigned value, starting at the center of the wheel and moving out. The new perimeter of the wheel will show you how smooth or bumpy the ride is.

Adapted by Amy Oliver from: https://aamac.ca/wp-content/uploads/2021/05/HANDOUT-2_WellbeingWheel.pdf
For use in Early Childhood Career Navigation at the Colorado Department of Education

Job Role:	Finding satisfaction and enrichment in one's work.
Intellectual:	Nurturing a curious and open mind to expand upon knowledge/skills.
Financial:	Identifying your relationship with money and managing resources to obtain satisfaction with current and future financial situations.
Environmental:	Creating, taking responsibility for, and engaging in quality environments.
Physical:	Maintaining physical health through activity, nutrition, and rest.
Social/Emotional:	A sense of connection, belonging, and support within one's community, and awareness of thoughts, feelings, and behaviors to successfully handle life's stresses to adapt to change.
Personal:	A sense of joy and purpose, establishing harmony, and aligning our values and ethics with our actions.

Reflective Questions:

Job Role:

Do you feel you are in the right job role? Do you feel happy and/or satisfied with the work you do?
Are you comfortable with/passionate about/skilled in the work you do (i.e. age range, demographic, program philosophy)?
Do you feel the level of responsibility you have aligns with your authority and decision-making, allowing you power to engage effectively with children and families?
Are your job demands well balanced with your freedom to be creative and joyful in your work?

Intellectual:

Do you feel knowledgeable about the work you are currently doing while understanding there is more to learn?
Do you have access to, and engage in, increasing your competencies, knowledge of the field, and pedagogical skills?
Do you maintain a clear, open mind and participate in brain stimulating activity regularly?

Financial:

Can you fully meet your current financial obligations?
Do you confidently feel you can, or do you regularly, plan for your financial future and/or financial shocks/hardships?
Do you have awareness of and access to support services for financial assistance? Do you use them?
Have you reflected on your relationship to money? Do you understand your history with money, including your upbringing, and how it impacts your spending and saving habits? Scarcity vs Abundance mindsets?

Environmental:

Do you have the supplies and resources you need to be effective in your work environment?
Does the larger environment support you (i.e. class size/ratios, workday structure, authority to make changes, etc)?
Do you take pride in creating environments that support the needs and well-being of all participants, including yourself?
Is your physical environment healthy and maintained for all who participate in it (clean, appropriate furnishings, etc)?

Physical:

Are you consistently consuming enough water and nutrients daily? Is your diet well-balanced and do you make time to eat mindfully at work and at home?
Do you participate in physical activity that supports your cardiovascular and muscular systems, and consistently make time for physical activity that you enjoy doing?
Do you consistently get quality sleep? Do you have a bedtime routine that supports quality sleep?
Do you engage in stretching or other activity that benefits mobility and pain reduction?

Social/Emotional:

Do you engage in self-care practices (setting/enforcing boundaries, engaging in activities you enjoy, relaxation, etc)?
Do you have awareness of your stress levels, the difference between healthy and unhealthy stress, and do you engage in healthy outlets to help manage?
Do you feel emotionally supported in your home and work environments?
Do you have awareness of and access to support services for mental and emotional well-being? Do you use them?
Do you feel a sense of belonging in your work community and the field of EC in general?
Do you consistently nurture, and feel nurtured in, the relationships in and out of your work life?
Do you engage in social activities that bring you joy, both in and out of the workplace?

Personal:

Do you feel a sense of joy and purpose in your work that extends into your personal life as well?
Do you reflect on your personal values and ethics? Do you feel your actions and behaviors consistently align to them, both in and out of the workplace?
Do you feel you have a good understanding of yourself?