



**Personal Wellbeing and Self-Care**  
VMware - Summer 2021

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**Exercise: Creating your Own Personal Wellbeing Surface**

**Part 1:**

Please take a moment to write **your definition of Personal Wellbeing.**

**[discuss with partner in the break our rooms]**

**Part 2: Define your 6 points of Personal Wellbeing**

**Then Draw circle and plot your own diagram/surface.**

View the example of the Institute for Positive Health as a guide - the challenge here is what if you could make your own? What would be your scale and how do you measure yourself in this moment.

Once you rate your 6 points of wellbeing on the graph, **connect the dots.**

**Draw the surface: what draws your attention and why?**

**Let's discuss.**

**Attached below both graphs:**



**MY POSITIVE HEALTH**

