

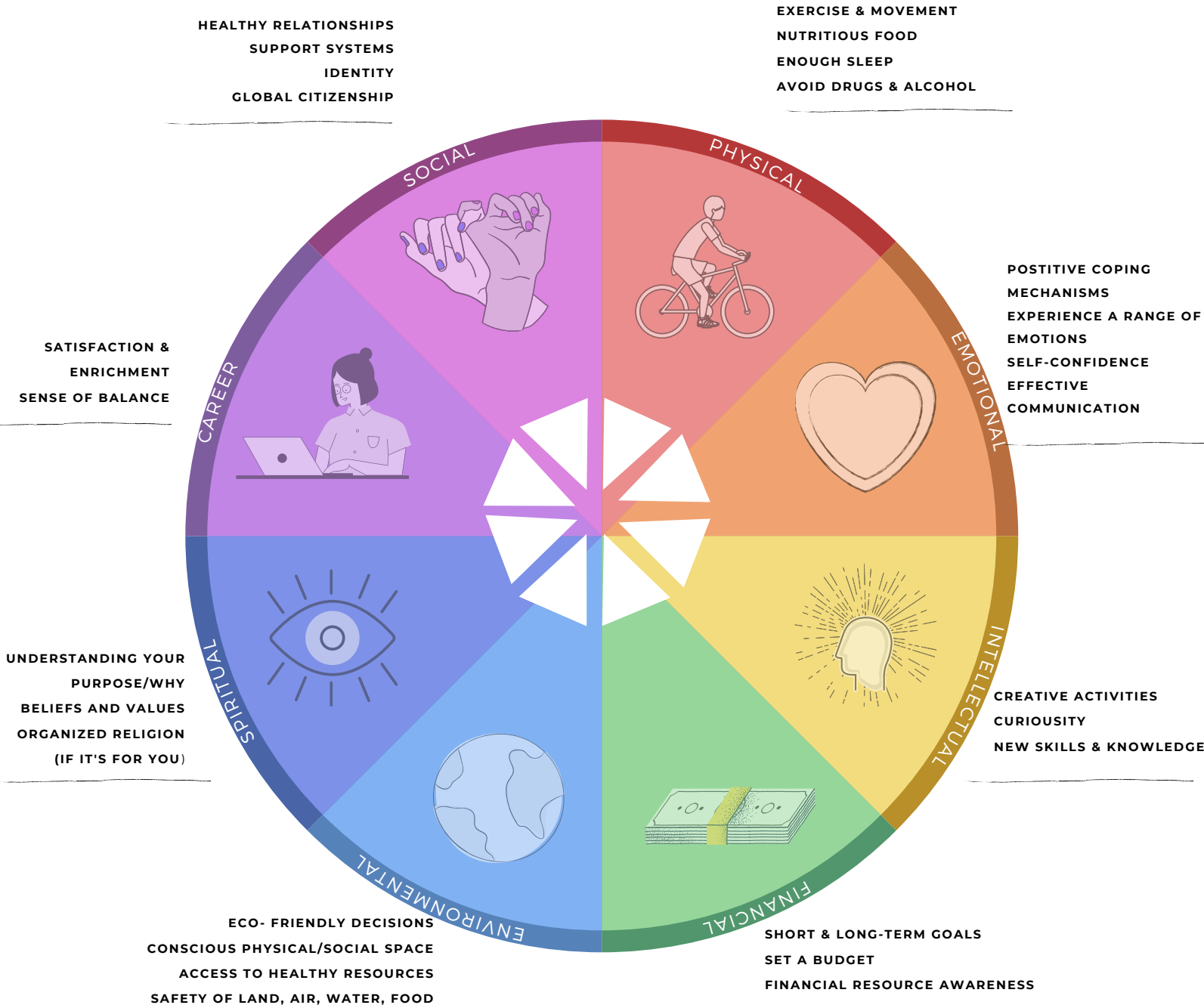
# YOUR WELLNESS WHEEL

Striving for a healthy lifestyle that is balanced and fulfilling means working towards strengthening all of the dimensions of health. It might not be apparent at first but as you reflect on what health means you will begin to notice the connection between each dimension and your health and wellbeing. Noting how you are doing in each category can help you determine where you want to focus your goals!

WATCH OUR VIDEO



Rate yourself on a scale of one to five for each dimension of health listed in the wellness wheel.  
(5 being extremely satisfied. 1 being dissatisfied)



WHAT DOES "HEALTH" MEAN TO YOU?

# YOUR WELLNESS GOAL

Now it's time to take action! Writing a SMART goal can help you visualize and achieve success. It helps you stop and think about what it is you want to accomplish and commit to specific action steps that are feasible for you! SMART goals are: Specific, Measurable, Action-Oriented, Realistic and Time-Bound.

**PICK ONE DIMENSION OF HEALTH YOU WOULD LIKE TO FOCUS ON IMPROVING, THEN USE THE STEPS BELOW TO WRITE OUT YOUR GOAL. WRITE A NOTE OF ENCOURAGEMENT TO YOURSELF TO REFERENCE AS YOU WORK TO ACHIEVE IT,**

## SPECIFIC:

*What is the specific focus of your goal?* E.g. Increase physical activity, find a physical activity that you enjoy, make a new friend, have dinnertime conversations with parent/guardian, get a mentor who has the career you're interested.

## MEASURABLE:

*How will you measure success?* Depending on your goal, you may choose a frequency (such as certain number of times a day or week you will do something) or quantity (such as number of meetings you have with new mentor). E.g. I will try 5 new physical activities, or I will use conversation starter cards at dinner 1x/week.

## ACTION-ORIENTED:

*What are the activities you will be doing?* Don't leave it up to chance- be clear about what you aim to do. E.g. Walking dog in the morning, join new club.

## REALISTIC:

*Do you have the time and physical resources accessible to meet this goal?* Think of what will help make this goal more realistic, or how you can overcome obstacles in the way. E.g. I will use the track at school since it's open in the morning, I will sign-up for the extended bus hours so I can go to club meetings.

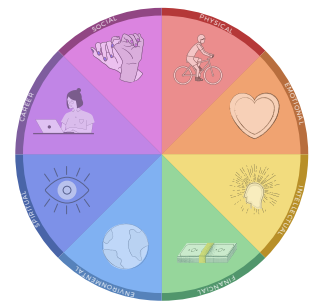
## TIME-BOUND:

*For how many days or weeks will you work on this goal?* E.g. I will focus on this goal for 4 weeks, then re-assess to see if I want to make any adjustments.

## EXAMPLES:

- *Physical Health: I will start by walking at least 2x a week for a total of 30 minutes over the next 2 weeks. To boost my motivation, I will create a playlist for my walk and ask a friend to hold me accountable. I will aim to take my walks in the morning, but if I miss the morning walk, I'll do it during my lunch break or right after school.*
- *Social Health: I would like more friendships and to meet more people who have interests similar to mine. I will start by joining one school club this semester. I'll have to sign up for the club by March 2nd, and for the late bus by March 5th.*
- *Intellectual Health: To spark my intellectual curiosity and help me relieve stress, I will read 3 non-school books this semester. I'll make this happen by reading every night before bed, even if it's just for 5 minutes. I am going to pick out 3 books from the library by the weekend so I can start Monday.*

## MY SMART GOAL:



## WORDS OF ENCOURAGEMENT:

