



Be YOU WELLNESS
GOAL-SETTING

Spiritually

Emotionally

Physically

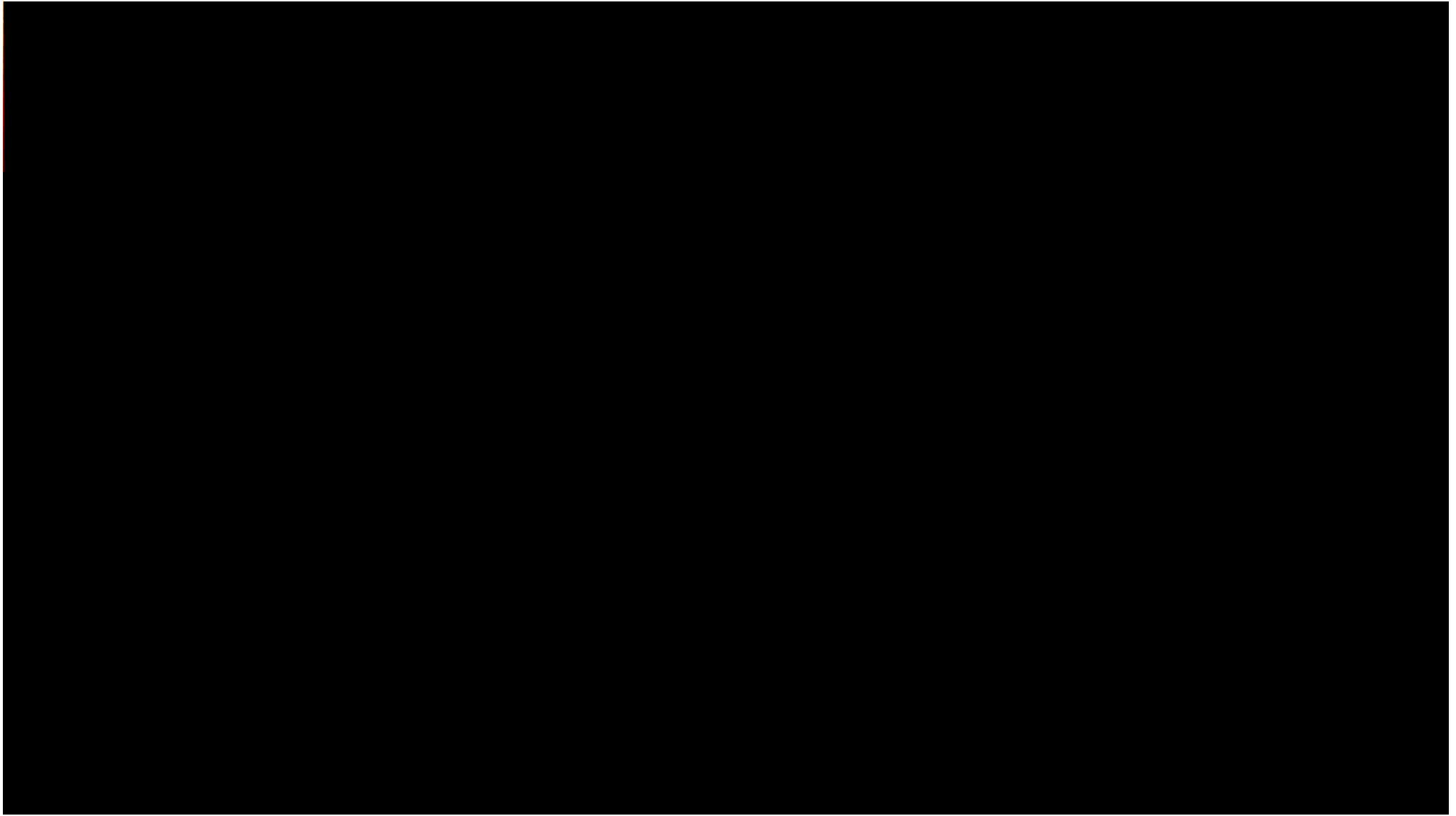
be
YOU

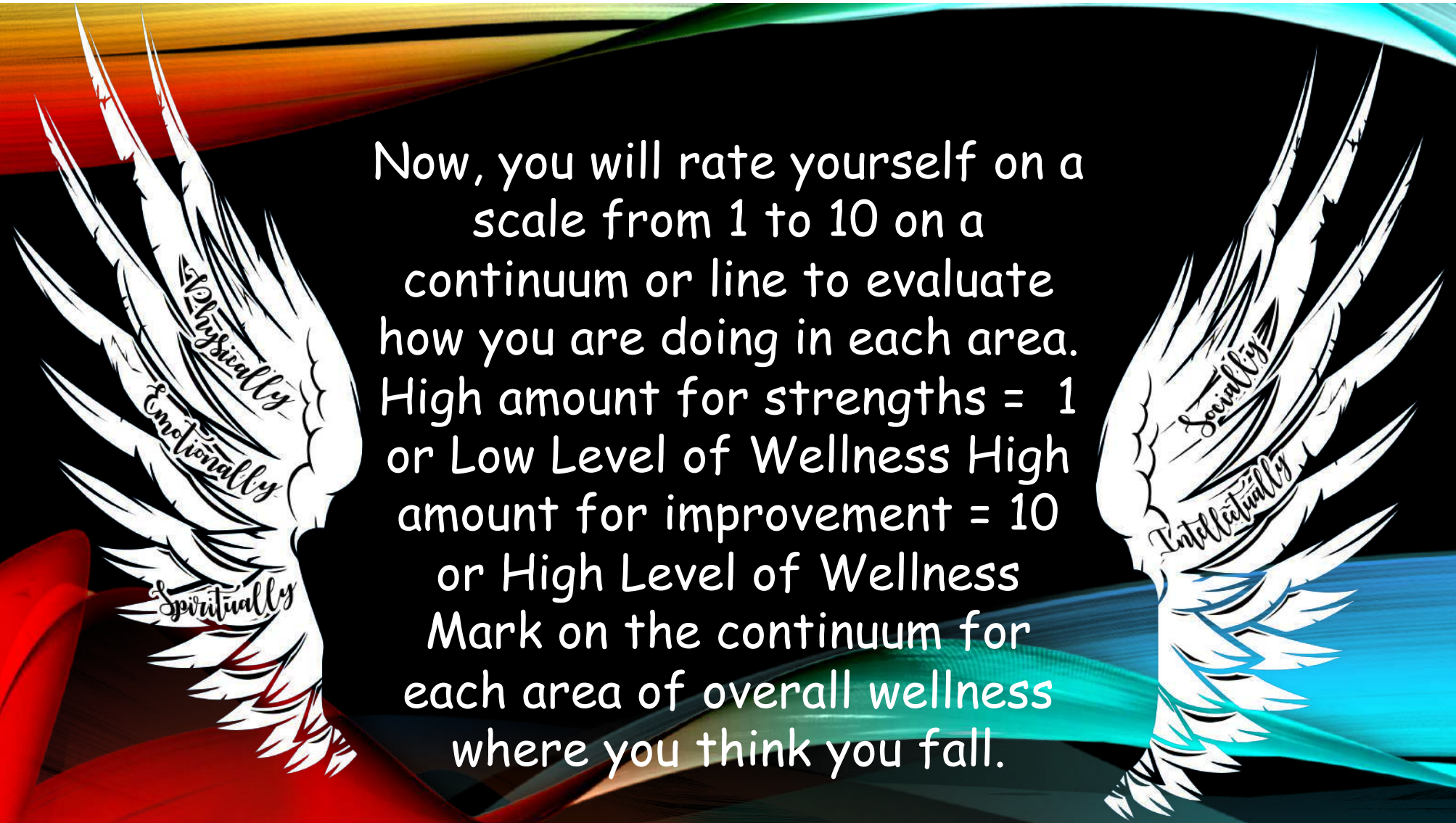
Socially

Intellectually

OBJECTIVE:
I can set goals for
improvement
in my overall
health and well-being
based on my
self-assessment.







Now, you will rate yourself on a scale from 1 to 10 on a continuum or line to evaluate how you are doing in each area. High amount for strengths = 1 or Low Level of Wellness High amount for improvement = 10 or High Level of Wellness Mark on the continuum for each area of overall wellness where you think you fall.



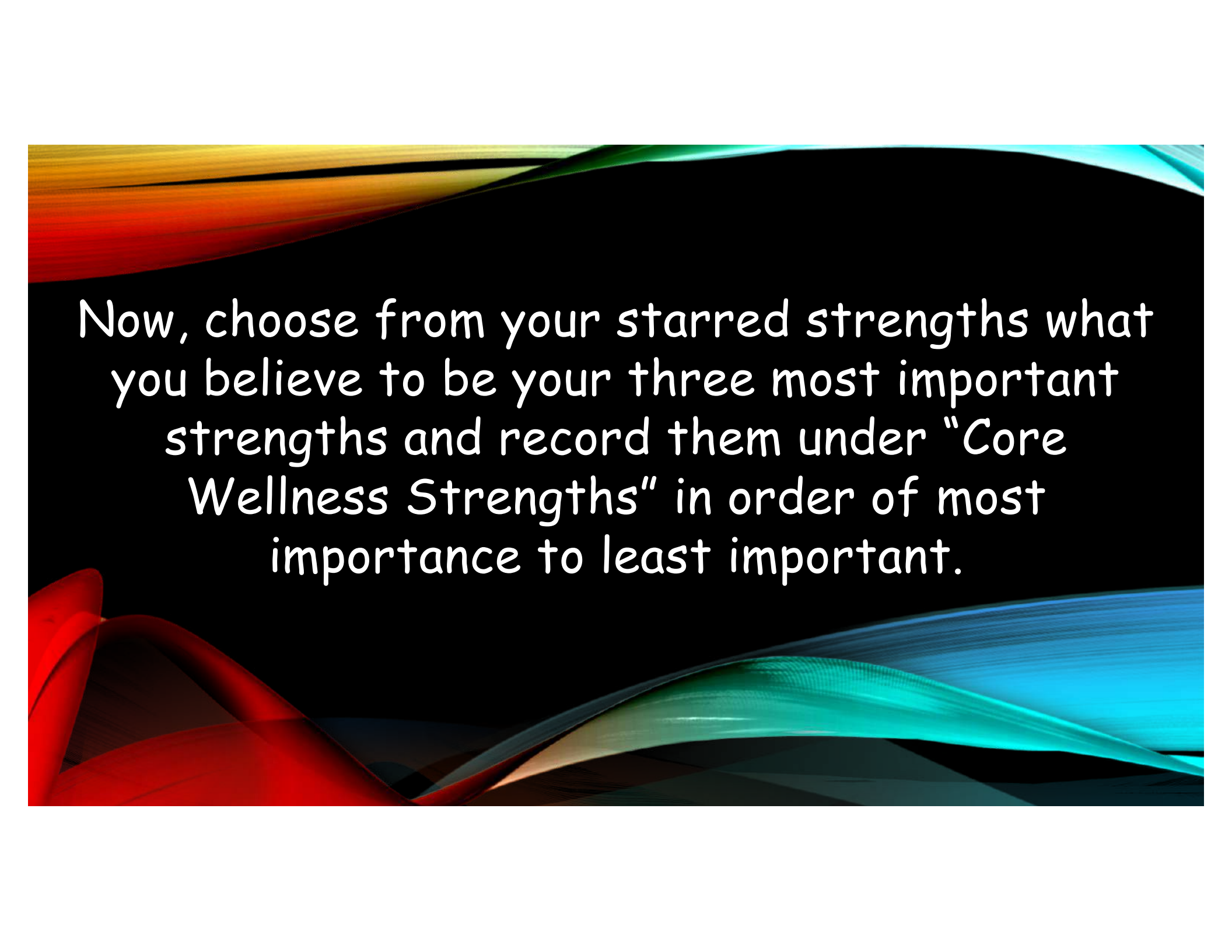
be
YOU

Did any of the continuum
results surprise you?
Why or why not?
Finish the sentence for
each area of wellness.



be
YOU


What do the continuum results reveal about your high and low levels of wellness? Look for patterns, similarities and differences.
Finish the sentence for each area of wellness.



Now, choose from your starred strengths what you believe to be your three most important strengths and record them under "Core Wellness Strengths" in order of most importance to least important.




Finish the sentence about what you are most proud of when it comes to your overall wellness.




Now, choose from your checked areas for improvement what you believe to be your three most important areas and record them under "Core Wellness Areas for Improvement" in order of most importance to least important.

Finally, write at least three goals in the form of I will statements to help you work intentionally on being YOU.





You will now have about 10 minutes to write a letter to yourself. Your teacher will give you a piece of paper. On this piece of paper, you will write a letter telling yourself how you will be your best self this year. You can include the goals that you wrote. You can also include items from the survey that you noticed were areas for improvement. **No one will read this letter but you,** so be honest with yourself and commit to doing the things that you write down.

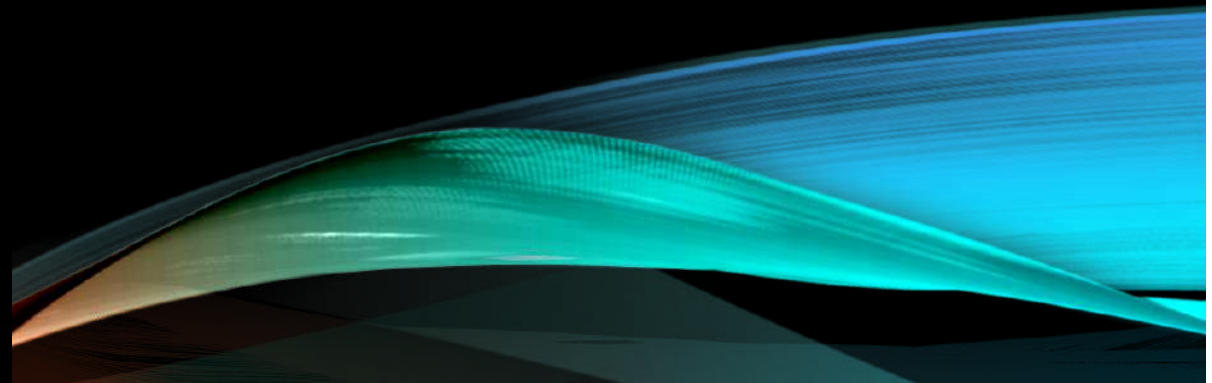


Your teacher will give you an envelope. Please put your letter in the envelope. Seal the envelope. Write your first and last name, PE Teacher and PE Period on the outside of the envelope. Your teacher will collect the envelope and save for you to read at the end of the year.

be

YOU

NOW, WORK DAILY
TO ACHIEVE YOUR
GOALS AND
CONTINUE TO
WORK ON BEING
YOU!



OBJECTIVE:
I have set goals for
improvement
in my overall
health and well-being
based on my
self-assessment.

