

MY PERSONAL WELLNESS CHART

Name _____

Date _____ Class _____

Directions: Please write out at least **3 strengths** and **3 challenges** that you have in each of the seven areas of health. (please refer to class notes to define each of the health areas)

PART I

Mental Health

Strengths

Challenges

Physical Health

Strengths

Challenges

Social Health

Strengths

Challenges

Emotional Health

Strengths

Challenges

Spiritual Health

Strengths

Challenges

Career Health

Strengths

Challenges

Environmental Health

Strengths

Challenges

PartII After reviewing all of your challenges from above:

a) describe three changes can you make in your life to be healthier,

1.

2.

3.

b) how can you make each of those changes happen?

1.

2.

3.