DRAW A LINE CONNECTING THE DIMENSION OF WELLNESS WITH THE CORRESPONDING WELLNESS STRATEGY/ GOAL

Physical Health	Make an entry in a 'Positivity Journal' each day (3 positive things that happened today or 3 things I am grateful for).
Nutritional Health	Learn new study skills. Do some online research about it.
Mental Wellness	Make a point before buying something to consider whether the purchase is really necessary or worth spending the money on.
Spiritual Wellness	Reduce the number of times you eat out.
Emotional Wellness	Use a reusable coffee cup, water bottle and lunch container.
Intellectual Wellness	Get 8-10 hours of sleep, whenever possible.
Professional Health/ (Educational)	Pick up the phone and talk to a family member or friend you haven't spoken to in a while.
Financial Wellness	Take a nature walk and give yourself time to think about your life.
Environmental Wellness	Spend extra time each week catching up on school work so you don't feel overwhelmed by school.
Social Wellness	Ask for help when I'm feeling stressed, upset or angry and my emotions are feeling overwhelming. Talk to friends, family, teachers or other professionals.

LIVEWORKSHEETS