



FEED YOUR FUTURE

8 Dimensions of
Wellness

What is Wellness?

What does Wellness mean to you?

Why is it important to learn about health?

How do we practice wellness everyday in our lives?

ACTION:

Using the questions above, have students take a few minutes to describe what they think wellness is, or what it means to them.

What is Wellness?

Wellness is an active effort a person makes to work towards reaching the best state of well-being and health possible for themselves. Wellness incorporates many different elements of well-being that are all connected.



The Dimensions of Wellness Include:

1. Financial
2. Environmental
3. Social
4. Spiritual
5. Occupational
6. Physical
7. Intellectual
8. Emotional

ELEMENTS OF WELL-BEING



SOCIAL



OCCUPATIONAL



FINANCIAL



ENVIRONMENTAL



PHYSICAL



INTELLECTUAL



SPIRITUAL



EMOTIONAL

ACTION:

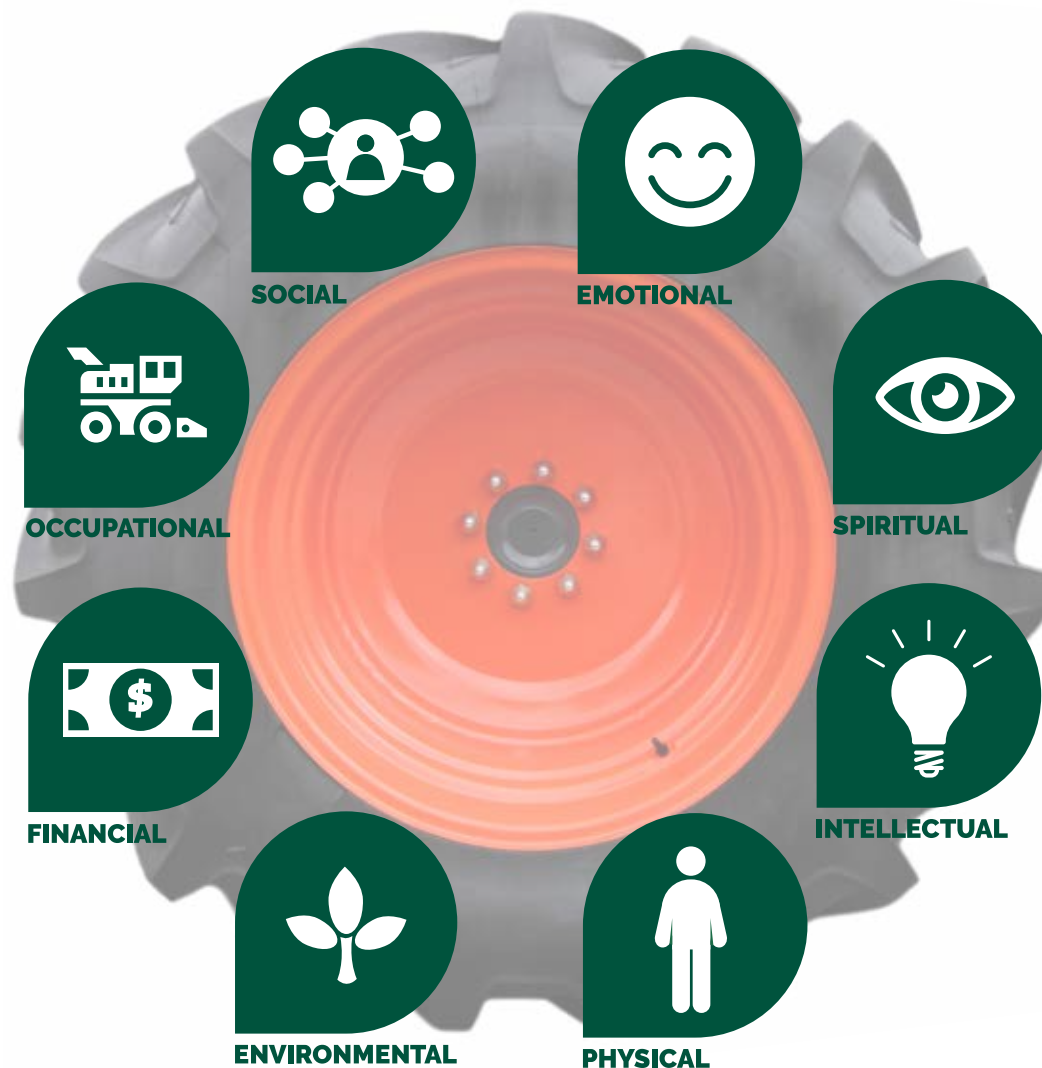
Students to give a definition of what they think each dimension means or represents.

Introducing the Wellness Wheel!

We like to think of the dimensions of health and wellness as a tractor wheel – if one part of the wheel is deflated, the whole wheel is affected and will not roll as smoothly. You may not notice small changes in the wheel, but over time, if parts of the wheel are neglected for too long, it will deflate completely, and you'll have a much bigger problem to tackle.

Health and wellness is more than being free from illness, it's the spirited process of change and growth that lasts a lifetime. It addresses the broader spectrum of your body, encompassing the overall balance of your physical, mental and spiritual well-being. It speaks to the way you live your everyday life.

Read on to understand these dimensions in more detail.



Our Wellness Wheel introduces all the dimensions of health and wellness that are crucial to living a well balanced life.

Emotional:

Being able to identify, understand and express your feelings. Learning how to handle stress and cope with emotional challenges in life.

Financial:

Learning about personal finances to become resourceful and in control of your money. Being able to build financial security and plan for your future.

Environmental:

The responsibility to engage in and create supportive and stimulating macro and micro environments for your well-being.

- o Macro environment: community, city/town, country, or planet
- o Micro environment: places we live, places we learn, or places we work

Social:

Learning how to navigate different social situations while making and keeping friends. Developing a support system and a sense of connection and belonging.



EMOTIONAL



FINANCIAL



ENVIRONMENTAL



SOCIAL



SPIRITUAL

Spiritual:

Creating and discovering purpose and meaning in your life. Learning the difference between right and wrong.



OCCUPATIONAL

Occupational:

Finding a career that is fulfilling and meaningful while learning how to balance work and personal life.



PHYSICAL

Physical:

Taking care of your body in all the ways it requires: physical, with exercise and sleep; nutrition, with food; and bodily health, with regular visits to the doctor.



INTELLECTUAL

Intellectual:

A love and curiosity for learning! Being curious about your surroundings and being open to growth. Creating a value base for yourself and learning from it.

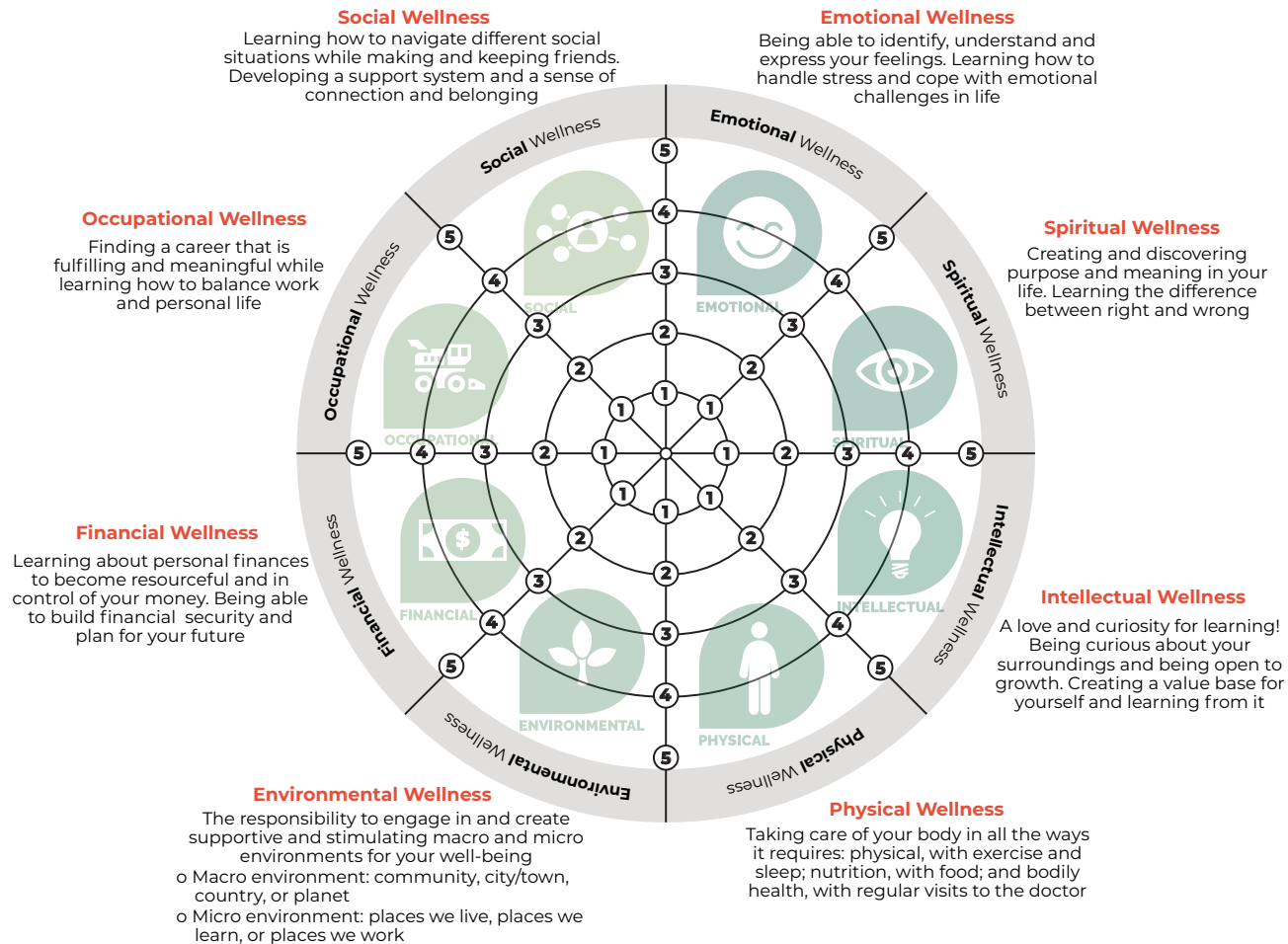


Baseline Wellness Test

Score your current level of happiness in each of the sections on this wheel. The scale is 1 – 5. One is your lowest level of happiness and five is your highest level of happiness. Everyone's wheel will look a little different; this is your own wheel, and it will quickly show you what is working and what still needs improvement.

Dimension Wheel Key:

1. I am very unhappy with this part of my life, and I definitely need to make some changes
2. I am unhappy with this part of my life
3. This part of my life is good but could use some balance or improvement
4. I am happy with this part of my life; a few tweaks would make it even better
5. I am completely happy with this part of my life



Baseline Wellness Test

Social Wellness

Learning how to navigate different social situations while making and keeping friends. Developing a support system and a sense of connection and belonging

- I am aware of the feelings of others & can respond to them compassionately
- I have a network of close & trusting people in my life
- I have a sense of belonging & do not feel isolated from my community
- I communicate with & get along with a wide variety of people
- I regularly spend time with people I like

Occupational Wellness

Finding a career that is fulfilling and meaningful while learning how to balance work and personal life

- I have balance between work/school & other areas of my life
- What I am doing, or planning to do, at work and/or school has purpose & meaning to me
- I am happy with the amount of control I have in my work
- My work allows me to make good use of my talents & skills

Financial Wellness

Learning about personal finances to become resourceful and in control of your money. Being able to build financial security and plan for your future

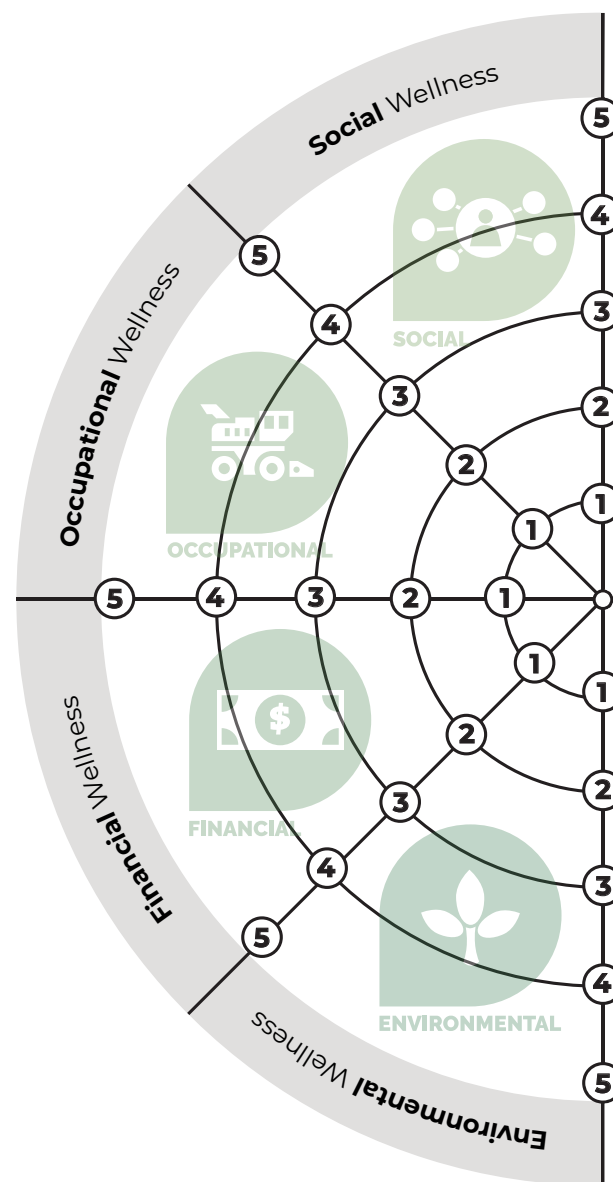
- I have a balance between saving for the future & spending today
- I have financial plans for my future
- My beliefs & values about money are in harmony with my behaviours
- I have people or resources in my life I can turn to for help/ advice on financial matters

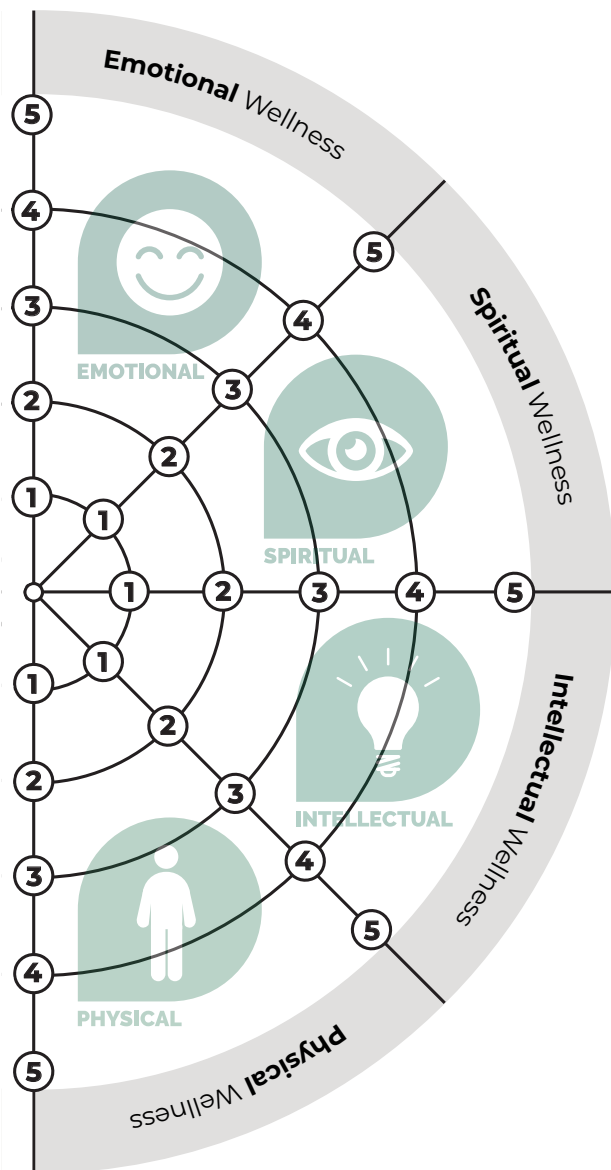
Environmental Wellness

The responsibility to engage in and create supportive and stimulating macro and micro environments for your well-being

- o Macro environment: community, city/town, country, or planet
- o Micro environment: places we live, places we learn, or places we work

- I tidy my home & work spaces to prevent clutter & dirt
- I try to conserve energy & recycle wherever I can
- I set aside time to enjoy nature & the outdoors
- I reflect or practice mindfulness when I can





Emotional Wellness

Being able to identify, understand and express your feelings. Learning how to handle stress and cope with emotional challenges in life

- I laugh often & have a sense of fun
- I am able to feel, label & express my feelings appropriately
- I feel like I am in control of my life & able to adapt to change
- I use stress management techniques that help me stay calm & relaxed
- I am able to recognize my personal shortcomings & accept/learn from my mistakes

Spiritual Wellness

Creating and discovering purpose and meaning in your life. Learning the difference between right and wrong

- I practice meditation, pray or engage in some type of growth practice
- I have a sense of meaning & purpose in my life
- Principles, ethics & morals provide guides for my life
- I have identified my values & can make conscious decisions based on these values daily
- I feel gratitude for the good things in my life

Intellectual Wellness

A love and curiosity for learning! Being curious about your surroundings and being open to growth. Creating a value base for yourself and learning from it

- I pursue stimulating or creative interests or hobbies
- I commit time & energy to self-development
- I make an effort to learn new things
- I try to see more than one side of an issue, especially if it is a controversial topic
- I look up things I don't know & ask questions

Physical Wellness

Taking care of your body in all the ways it requires: physical, with exercise and sleep; nutrition, with food; and bodily health, with regular visits to the doctor

- I eat a balanced & nutritional diet
- I exercise in a way that I like at least 3 times per week
- I get an adequate amount of sleep (7–9 hours/night)
- I am a non-smoker & avoid street drugs
- I am caught up on my annual physicals, dental checkups & self exams

Flourishing Your Roots

Reflect

1. List the things that make you happy right now/List the things that bring you peace right now/List the things that make you feel happiest
 - How often do you get to experience this feeling? Take one item and try to turn it into a daily or weekly practice
2. List the routines in your life: school, work, and personal
 - Which routines bring you joy? Cross out the routines that you dislike. Write down what you like about the routines that you circled
3. List the things you're really good at
 - Star the things that you had to work hard to achieve and underline the things that come naturally to you. Do any of these things overlap?
4. List the things that help you get away from your thoughts if you are feeling stressed or upset
 - Plan an hour this week to do one or more of these activities
5. List the best choices you have made in your life so far
 - Take time to reflect on this list and add to it this week
6. List the greatest compliments and encouragements you have ever been given
7. List the things you like to do that don't involve technology
 - Take 30 to 60 minutes each day this week to do something from this list
8. List the things that made you happy as a child
 - Pick 1 or 2 things from this list to try again this week
9. List the people who make you feel happy
 - Write down what it is about these people that makes you happy, and set a date to spend quality time with them this week, in person or virtually
10. List the things in your life that you can actually control
 - Cross off anything that involves other people. Look at this list if you feel stressed or upset this week to remind yourself of the things you can control
11. List the ways you are different now than you were in the past year or even 6 months. Observe the ways you've changed and grown
12. List the challenges or failures that have led to eventual success and accomplishment for you
 - Write out one thing that you have done recently that didn't work out but that you want to try again and improve

ACTION:

Teachers/students can start the week off with one or more of these questions to help students think more deeply about what is important in their life and what brings them balance, positivity, etc.



Flourishing Your Roots

Acknowledge

1. List the experiences that have made you feel like you are living your best life
 - Start with the ones you like the most and pick out themes you would like more of in your life
2. List the things about yourself that you don't need to change
3. List the ways that you think someone you love would describe you
4. List the happiest people you know
5. List the best opportunities you've received throughout your life
6. List the TV shows, movies and books that make you feel happy or make you laugh the most
7. List the ways you are kind to others
8. List the ways you invest in your mind, body and soul
 - Practice one of your favourite ways of investing in yourself for at least 15 minutes everyday
9. List the ways you have made a difference in someone else's life
 - Search social media to see who you think is making a difference in the world. How do you want to emulate them in your own community/circles?
10. List the things you are most proud of overcoming
11. List the people you think of as your chosen family
 - Describe how each person in your chosen family feels like family to you and write this next to their name

ACTION:

Teachers/students can start the week off with one or more of these questions to help students think more deeply about what is important in their life and what brings them balance, positivity, etc.



Flourishing Your Roots

Invest

1. List your values and beliefs
 - Are there elements of your life that aren't aligned with your personal values?
 - Spend time thinking about how your personal values and beliefs integrate with your life at home, how you interact with your friends and what motivates you in life
2. List the happiest and funniest stories and news you've heard lately
3. List the compliments you have given to others that you know were appreciated
4. List the spaces in your life you would like to organize and de-clutter. These spaces can be mental or physical
5. List the people who you want to spend more time with before the end of the year
 - Plan 1 hangout a week to make this happen
6. List your favourite foods that taste great and are healthy
 - Are these foods you can experiment in making at home or with friends? Try it!
7. List the areas in your life where you feel challenged in a positive way
 - Pick 1 challenge, big or small, and work through it this week
8. List 5 ways to get excited in the next 10 minutes
 - Next time you are feeling low or just need a boost, use this cheat sheet to bring positive energy to your day!
9. List the things you are curious about
 - Pick 1 of these interests and learn more about it
10. List the things that you hope will bring you joy this week
 - Review this list at the end of the week; make another list describing the moments that were actually your happiest

ACTION:

Teachers/students can start the week off with one or more of these questions to help students think more deeply about what is important in their life and what brings them balance, positivity, etc.



Flourishing Your Roots

Transform

1. List the things that were important to you 3 or 5 years ago but are not important now
2. List the ways money can buy happiness
 - Are there ways you can achieve these things/activities without money?
3. List the ways money cannot buy happiness
 - Choose one way to create happiness this week
4. List one achievement, big or small, every day this week
 - Identify how these achievements make you feel about yourself and your life
5. List the things you think you will want out of life 5 years from now
 - Is there anything you can start doing now to get closer to those things? Take steps this week to move towards your future goals
6. List some images that make you happy
 - Create a collection of these photographs and create a vision board, either physically or virtually
7. List the happiest moments of your month/week
8. List the outdoor places that make you feel at peace
9. List the physical activities you really enjoy doing
 - Remove the pressure of exercising for the purpose of changing your body – move because it feels good
10. List some things that bring purpose to your life
 - It's okay if it's hard to come up with ideas, the fact that you exist is purpose enough!

ACTION:

Teachers/students can start the week off with one or more of these questions to help students think more deeply about what is important in their life and what brings them balance, positivity, etc.



Growing Your Values

What is really important to you?

Which activities leave you feeling fulfilled and satisfied?

What is it about these activities or things that make them feel so special?

ACTION:

Students can answer the above questions and compare their answers to the values exercise.



Growing Your Values

Core values are very personal, and they help you explore what is important to you, not to other people, society or the world! When you are feeling unfulfilled in your school, work or life, it is often a sign that what you are doing does not match up with your core values.

1. Create two separate categories: one list for your life values and one list for your work/school values. Go over the entire list, choose words that stand out to you or that you connect with and then narrow this list down to your top 5 or 6
2. Take each value and spend time summarizing what it means to you personally and why it matters. Eg. If you chose creativity as an important value, write down what being creative means to you
3. The next step is to prioritize the values you have written down, rank them from the most important to the least important
4. Ask yourself how your current life and work/school allows you to live by these values



ACTION:

FEED YOUR FUTURE

Sprouting Your Goals

Setting goals allows you to create a clear picture of your ideal future and what you need to achieve it. Thinking of the future is inspiring and gets you excited for the possibilities available to you.

Value Map:

Breaking your goals into more defined categories can help give you direction in each area. What do Health, Personal, and Career/School goals mean to you?

Write a short definition for each category:

Health goals:

Personal goals:

Career/School goals:



Sprouting Your Goals

Setting goals allows you to create a clear picture of your ideal future and what you need to achieve it. Thinking of the future is inspiring and gets you excited for the possibilities available to you.

Law of Attraction:

Use this exercise to clarify what you want in your life; the law of attraction allows us to attract things that we are thinking about:

WHAT I DON'T WANT

WHAT I WANT

WHAT I DON'T WANT

Sprouting Your Goals

Setting goals allows you to create a clear picture of your ideal future and what you need to achieve it. Thinking of the future is inspiring and gets you excited for the possibilities available to you.

Who am I in 5 years?

In 5 years I am _____ years old

In 5 years my achievements include _____

In 5 years I contribute to _____ by _____

In 5 years I am an influence for _____

In 5 years I am helping the world by _____



Sprouting Your Goals

Your 5-year vision

What does your life look like and feel like in 5 years?

Try out different ways of writing your vision; it doesn't have to be perfect, and it can look any way you want it to. Use the information in the previous exercises to help you write your vision. All of these exercises help connect the dots and reveal who you are now and who you aspire to be in your future.

Remember, this exercise is for you and what you want for you, not what others want for you!

ACTION:

Incorporate your values from the exercise on page 15 into your 5-year vision. Dream big and write it all out here!



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

- Zig Ziglar

Sprouting Your Goals

5-Year Goal Worksheet:

Start with the end in mind, it's a domino effect!

Set your 5-year goal first, think big. What is your ultimate goal for each category: health, personal and career/school. Then move backwards to your 3-year goal. How do we break down the 5-year goal into more manageable steps? And finally, your 1-year goal. What can you do today and within the year to help you achieve your 3- and 5-year goals?

- Use affirmative language in the present tense:
 - Affirmative language states what you want, not what you don't want
 - Present language looks like: I am, I will, I have, I create, etc.
- Goals must be measurable, so you can watch the progress and check them off once you've reached it
- Have a deadline when your goal should be complete
- Break your goals into the three categories: Health, Career/School, Personal

Remember it's a domino effect! Completing and achieving your 1-year goals will bring you closer to your 3- and 5-year goals! These are not set in stone; you can adjust your goals any time and should review them often to make sure you are on track and make adjustments if you need to. Eg. every 6 months

For each goal, include one or two situations that could prevent you from reaching your goal, also include how you will overcome this challenge:

Eg. Health goal: I will train outside to run 5 km in 30 minutes

Winter is coming, and the weather might be unfavourable for running outside; I will overcome this obstacle by running inside a gym or using a treadmill.



Sprouting Your Goals

5-Year Goal Worksheet:

Category: _____

5 Years

To get to my ultimate
5-year goal I will:



3 Years

To get to my 3-year goal,
which will bring me closer
to my 5-year goal, I will:



1 Year

To get to my 1-year goal,
which will bring me closer to
my 3- and 5-year goals, I will:

ACTION:

Complete this goal sheet for each category: Health, Personal and Career/School. Remember to start with the big picture and then break them down to manageable chunks – it's a domino effect! Completing and achieving your 1-year goal will bring you closer to your 3- and 5-year goals!

Sprouting Your Goals

5-Year Goal Worksheet:

Category: _____

5 Years	<div>To get to my ultimate 5-year goal I will:</div>	3 Years	<div>To get to my 3-year goal, which will bring me closer to my 5-year goal, I will:</div>	1 Year	<div>To get to my 1-year goal, which will bring me closer to my 3- and 5-year goals, I will:</div>



Sprouting Your Goals

5-Year Goal Worksheet:

Category: _____

5 Years

To get to my ultimate
5-year goal I will:



3 Years

To get to my 3-year goal,
which will bring me closer
to my 5-year goal, I will:



1 Year

To get to my 1-year goal,
which will bring me closer to
my 3- and 5-year goals, I will:



Agfor**Life**

Wellness & Safety

**FEED YOUR
FUTURE**

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