

## My Well-Being


	Total Points Earned
10	Total Points Possible
	Percentage

Name \_\_\_\_\_

Date \_\_\_\_\_

Class \_\_\_\_\_

**Directions:** Answer the questions below to analyze your present and future well-being

Present  Future		
Well-Being Domains	Identify at least one way you are <u>currently</u> contributing to your well-being in each domain. (5 points)	Identify at least one way you can <u>begin</u> to contribute to your well-being in each domain. (5 points)
Physical		
Intellectual		
Social		
Emotional		
Financial		