

# 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 <span style="font-size: 2em;">→</span> 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)
<b>Physical</b>		
<b>Intellectual</b>		
<b>Emotional</b>		
<b>Social</b>		
<b>Financial</b>		