

TAKE ACTION PLAN

Review your scores (U-Max Wellness Assessment Score Sheet) related to each of the 7 Dimensions of Wellness. For those areas where you scored lower, consider what might have a significant impact on your daily life (e.g., interferes with your performance, causes distress, etc.) and focus on those behaviors. Then ask yourself what you feel capable of changing.

STEP 1 – In what ways have/could the sports/activities specified to this class impact each dimension of wellness (provide details following each of the seven dimensions listed below)?

- Emotional Wellness:** Emotions are part of our everyday lives. They guide us and motivate us in everything we do. Understanding them through guided exercises can certainly help gain better control over those emotions and ourselves.
- Environmental Wellness:** How we interact with our environment not only directly affects us and those around us, but in many ways it is the legacy each of us leaves behind. It's important to be educated, aware, and vigilant in this.
- Intellectual Wellness:** Intellectual growth is the key to progress both as individuals and as a species. Seeing the value in that and expressing it through action is how we grow.
- Occupational Wellness:** Most people end up working full time or more which accounts for a very significant portion of our lives. It's only right that we seek out value in our occupations beyond money.
- Physical Wellness:** Physical health isn't always in our control but it directly affects every other aspect of our lives. We need to understand that, and use that knowledge to control what health aspects we can.
- Social Wellness:** Our interactions with others are also a huge part of our own health and our legacy. It's not always easy, but investing in that is important for social creatures like us.
- Spiritual Wellness:** Without "a place in the world" it's easy for everything to seem meaningless, but once you find that place everything has value.

STEP 2 – What behavioral aspects of each dimension are you ready and willing to work on (provide details following each of the seven dimensions listed below)? NOTE – this could be related to the specified sports/activities related to this class, or aspects outside of class.

- Emotional Wellness:** I already meditate a lot, but only occasionally as focused introspection. Increasing that specifically could certainly help me in expressing myself to others.
- Environmental Wellness:** I recently started vermicomposting (worms). I think I'll help my sisters and parents start doing it too.
- Intellectual Wellness:** I've been so busy lately that my organization has been lacking. But that snowballs into being even more busy. I'll invest more into organizing my time.
- Occupational Wellness:** Not having a job right now, or for the foreseeable future sucks, but it does give me time to do more research on what jobs to aim for in the long run.
- Physical Wellness:** I exercise a lot, it helps keep me sane, but mostly generic exercise. I should better plan what kind of exercise to do and when.
- Social Wellness:** There are old friends I haven't talked to or seen in a long while. It's do us both some good to reach out to them.
- Spiritual Wellness:** I'm still trying to find my place in the world and it keeps on changing. Perhaps some meditation on the subject will help ground me some.

STEP 3 – Select ONE of the behaviors you listed above (within STEP 2) and take action by setting a SMART goal:

Specific – develop the details of your goal (what, where, when, why): Morning Introspective Meditation Mon, Wed
My room while my tea steeps
10 mins minimum, whatever is relevant, romantic feelings

Measurable – define a quantity (frequency, amount, etc.) that you can measure: How long these meditations go on and how often I skip them (Hopefully never)

Attainable – do you have the means/ attitude to accomplish this goal (provide details beyond yes or no response): yes

Realistic – consider the goal and your time-frame. Is this doable (provide details beyond a yes or no response): I took a class at WSU on meditation and it not only gave me the tools but helped motivate me

Time – by what deadline or time-frame do you wish to accomplish your goal: I hope that progress will continue to motivate me such that new goals are established as necessary. No time frame

I'm trying to make this a part of my routine, so as long as progress is being made, there is no deadline. You can't really rush meditation.

STEP 4 – What do you anticipate the benefits to be from working on this behavior (e.g., better time management skills, improved quality of relationships, etc.)? I expect it to improve the quality of my relationships with others now and in the future with new people I meet as I'll better understand my own emotional reactions that are less tangible to me now.

STEP 5 – What potential obstacles/barriers do you foresee might occur along the way towards reaching your goal(s); and what steps could you take to prevent or address each of these obstacles/barriers to ensure the likelihood of success? It's easy to plateau in self understanding so persistence is key. Some days will be very helpful, others may even hurt. It's also important to balance this with proper self esteem exercises.

STEP 6 – How can you reward yourself throughout the process, as well as once you have achieved your goal(s)? I think the process will be rewarding in itself. Perhaps I could save my nice tea for days on which I do meditate as planned.

STEP 7 – What other factors do you believe might help you in reaching your goal(s), (e.g., support of family or friends, seeing results, journaling, etc.)? I do maintain a meditation journal that has already helped a lot. Tracking progress through direct expression is almost meditating in itself.

STEP 8 – On what date will you start, and what specific reasons factored into your decision to start on this particular day? I'll start today. There's no reason not to. The sooner I start the sooner it will pay off.