

Work

1	2	3	4	5	6	7	8	9	10
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Activity	Date Completed	Points

In constructive work lay the roots of true service to humanity and the real joy of living.

-Charlotte Gulick

Work is the first two letters in WoHeLo, and the value featured in this Inner-Exploration. Hard-work and determination are important skills to have as you journey through your education and career. But this section focuses on more than just how to be a hard worker – it features activities designed to reinforce goal management skills, encourage civic engagement and service, and cultivate a growth mindset as you continue to be a leader in your community.

You must earn **10 points** in the Work Inner-Exploration by completing the activities of your choice. Record the activity, date completed, point value and a reflection of your experience. Fill out the charts above (or create your own) to track your progress.

Health

1	2	3	4	5	6	7	8	9	10
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Activity	Date Completed	Points

Health is fundamental.

-Charlotte Gulick

Health comes in many forms. In this Inner-Exploration, you will delve into important aspects of your physical health, your mental health, and the health of the environment. It is important to remember that what is healthy looks different for every person and every age. The way this Inner-Exploration deals with health isn't about how fast you can run the mile or anything like that – it's about exploring individual plans for improving your personal wellbeing (however you can).

You must earn **10 points** in the Health Inner-Exploration by completing the activities of your choice. Record the activity, date completed, point value and a reflection of your experience. Fill out the charts above (or create your own) to track your progress.

WORK · HEALTH · LOVE

Love

1	2	3	4	5	6	7	8	9	10
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Activity	Date Completed	Points

Love was our highest law.

-Charlotte Gulick

Charlotte Gulick knew that love in all forms is incredibly important for development and growth. This section isn't just about romantic love (sorry, Romeo and Juliet) – these activities encourage you to explore self-love, community relationships, Sparks, passions and potential. You'll learn ways to cultivate a positive identity and navigate the tricky landscape of relationships.

You must earn **10 points** in the Love Inner-Exploration by completing the activities of your choice. Record the activity, date completed, point value and a reflection of your experience. Fill out the charts above (or create your own) to track your progress.

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