

## Personal Wellness Inventory Reflection

**Learning Objective:** At the end of the activity, the students will have reflected on the results of their personal wellness inventory and identified ways to enhance their personal wellness through actively engaging in a Padlet Activity.

**Directions:** Complete the white spaces in the graphic organizer below after completing the Personal Wellness Inventory. Follow the directions for the Padlet Post Activity.

Physical Health Score	Mental/ Emotional Health Score	Social Health Score
51	55	80
Reflection		
Based on your results describe the area that you scored the highest and what do you feel was the biggest contributing factor for your wellness.		
I scored highest in the physical health category. The biggest factor is probably because my family naturally eats a relatively healthy diet. Both my parents have health conditions that require us to eat on the healthier side and cook our own food.		
Based on your results describe the area that you scored the lowest and what changes can you make to improve this area of wellness.		
My mental emotional health category was the lowest of the three. To improve this, I can talk to others more and try to be happier with the conditions I have.		
Padlet post		
<p>1.Post an electronic resource that you find helpful with improving one of the wellness areas. Be sure to identify which wellness area it will support in the subject line and not to duplicate a wellness resource already posted by your peers.</p> <p>2. Comment on two of your peers' posts on how that resource would help you personally working at your internship.</p> <p>3. Take a screenshot of your post and let me know who you left comments for in the private comments and attach to the assignment.</p>		