

Mapping Your Choices to Well-Being

30 minutes, 3 stages

Your choices shape your well-being. Well-being has five parts: emotional, intellectual, social, spiritual, and physical ([Topic](#)). This assignment asks you to look at how your decisions affect your health. You will pick one change you can make. You will study the factors that shape your lifestyle. You will describe what contributes to your personal well-being. ([Outcome](#)).

Stage 1: Identify Your Dimensions (8 min)

Well-being has five parts that work together ([Topic](#)). It is not just one thing. For each part below, write one or two short sentences. Describe your current state in that area. Be honest.

Emotional/Psychological: How do you typically manage your feelings? What emotions occur most often during your day?

Intellectual: What kinds of learning or thinking interest you? Are you developing new skills or knowledge?

Social: Who do you spend most of your time with? Do these relationships feel supportive?

Spiritual: What gives your life meaning or purpose? What values matter most to you?

Physical: How much sleep, movement, and healthy food are you getting? How do you feel in your body?

Stage 2: Trace One Choice (12 min)

Pick one habit or choice you make often. Examples: phone use, food choices, friends, stress, or schoolwork.

Write the choice: _____

Now answer these questions:

1. Which dimension or dimensions does this choice affect? (It may touch more than one.)
2. What factors influence you to make this choice? Consider peer pressure, expectations of others, your own attitudes about yourself, or external circumstances ([Outcome](#)).
3. Does this choice move you toward better well-being or away from it? Explain.
4. If this choice creates a barrier to your health, what action could you take instead ([Outcome](#))?

Stage 3: Design One Improvement (10 min)

Choose one part of your well-being to improve. It can be any of the five dimensions. Write a short plan using these parts:

What I want to improve: (Name the dimension and the specific change.)

Why this matters to me: (What will be better if I do this?)

One concrete action I will take: (Make it small and doable, like "Sleep 30 minutes earlier." Avoid vague goals like "Be healthier.")

When I will start: (Name a specific day this week.)

How I will know it is working: (What will you notice about yourself after one week?)

Self-check

1. Can you name the five dimensions of health and give an example of how two of them connect to each other?
2. Describe one factor (other than your own choice) that influences the decisions you make about your health. Where does that influence come from?
3. What is the difference between identifying a barrier to your well-being and developing a plan to improve it?