

## My Personal Wellness Goals

Choose three of the following personal wellness components and write a concrete goal for your first semester in college within each selected component, for a total of at least three goals. For each goal, list at least one campus resource that you can use to help you meet this goal and specific, practical steps you will need to take to accomplish the goal. Use your notes from the lecture on personal wellness in addition to information about your college's campus resources to complete this activity in the chart below

*Sample goal and plan: I will plan and stick to a regular exercise program by going to the student recreational facility four times a week, taking a walk with my roommate once a week, and signing up for aerobics classes. This will help me maintain a healthy body and function at my best capacity.*

### Components of Personal Wellness

- Nutrition
- Exercise Routines
- Sleep Hygiene
- Medication Routines
- Stress Management
- Psychological/Mental Health
- Healthful Living Space
- Social Relationships
- Recreational Activities
- Safety Precautions
- Personal Health Choices
- Spirituality
- Prevention & Care of Illness/Injury

	Wellness Component	Description of Goal	Resources to Use & Specific Steps to Take
<b>Goal #1</b>			
<b>Goal #2</b>			
<b>Goal #3</b>			

