

Personalized Wellness Action Plan

Lesson Plan: Goal-Setting with the 8 Dimensions of Wellness

Grade Level: 6th-8th grade

Curriculum Outcome:

- Health 2: Describe various short- and long-term goals that can be used to enhance health.
- Health 2: SMART Goal format and process.

Lesson Objectives:

1. Understand the concept of wellness and its eight dimensions.
2. Identify personal strengths and areas for growth within each dimension of wellness.
3. Develop skills in setting specific, measurable, achievable, relevant, and time-bound (SMART) goals for each dimension of wellness.
4. Create a personal wellness action plan based on their identified goals using the attached worksheet.

Lesson Duration: 1 class periods (45-60 min)

Materials:

1. Whiteboard or flip chart with markers
2. Handout or worksheet on the 8 Dimensions of Wellness (attached)
3. Writing materials for students

Procedure:

- A. Introduction to the 8 Dimensions of Wellness (20 mins)
 1. Begin the lesson by explaining the concept of wellness to the students. Emphasize that wellness is a holistic approach to health that encompasses various dimensions of well-being.
 2. Introduce the [eight dimensions of wellness](#) to the students: physical, emotional, social, intellectual, occupational, environmental, spiritual, and financial.
 3. Facilitate a class discussion on each dimension, discussing its importance and how it contributes to overall well-being.
- B. Identifying Personal Goals and Creating a Personalized Wellness Action Plan (25 mins)
 1. Distribute the worksheet on the 8 Dimensions of Wellness Action Plan to each student.
 2. Ask students to reflect on their own lives and identify areas where they feel strong or balanced in each dimension and areas that need improvement.
 3. Instruct students to set one specific and achievable goal for each dimension of wellness. Encourage them to use the SMART goal-setting approach to ensure clarity and effectiveness in their goals.
 - a. SMART Goal Resources:
 - i. [How to Set SMART Goals | Goal Setting for Students - YouTube](#)
 - ii. [How To Write SMART Goals in 5 Steps \(With Examples\) | Indeed.com](#)

4. Instruct students to create a personal wellness action plan based on their identified goals. The action plan should outline specific steps they will take to achieve each goal.
5. Allow students to share their action plans with the class or in small groups. Encourage them to support and provide positive feedback to their peers.

Assessment:

1. Monitor students' engagement and participation during class discussions and activities.
2. Review the SMART goals set by each student to ensure they are specific, measurable, achievable, relevant, and time-bound.

Extension:

1. Encourage students to track their progress toward achieving their wellness goals regularly. They can maintain a wellness journal or use a wellness app to record their efforts and successes.
2. Integrate wellness-related activities, such as mindfulness exercises or physical activities, into daily routines to reinforce the importance of wellness in their lives.

Conclusion:

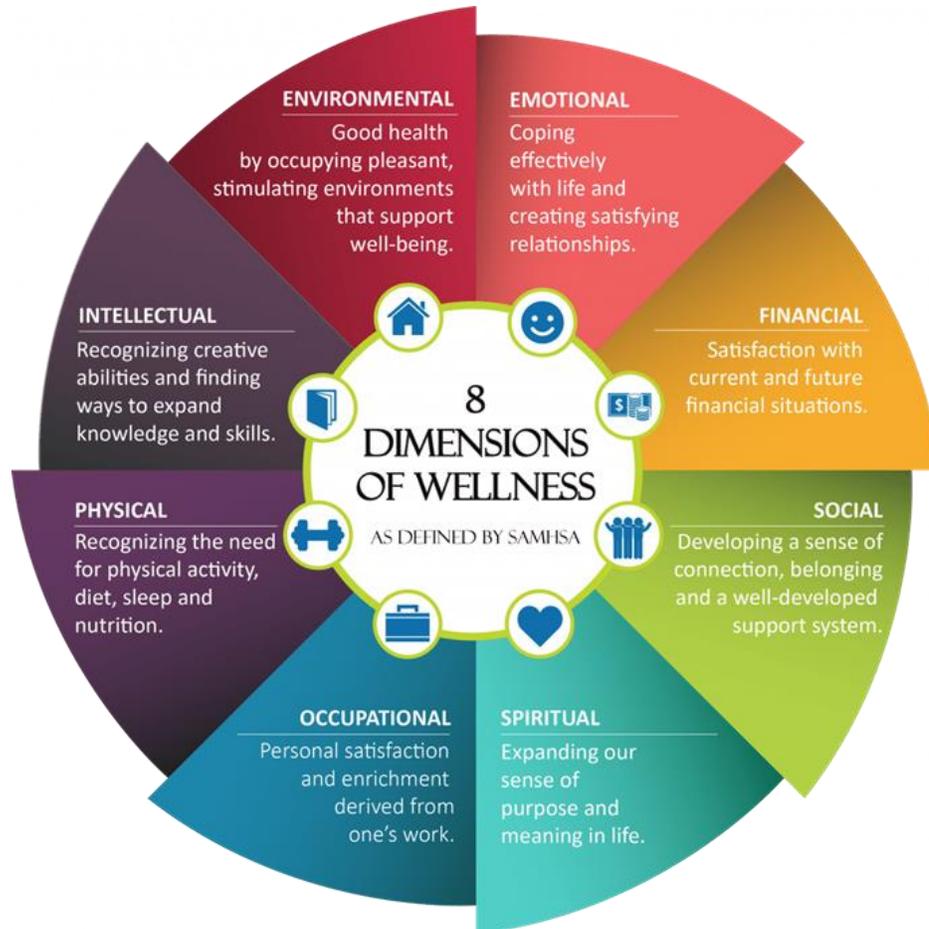
Teaching goal setting with the 8 Dimensions of Wellness provides students with a comprehensive understanding of their well-being and empowers them to take a proactive approach to their health. By setting and working towards meaningful goals in each dimension, students can lead more balanced, fulfilling lives, and cultivate lifelong habits that promote overall wellness.

8 Dimensions of Wellness Personalized Action Plan

Name: _____

Date: _____

In this wellness action plan, you will set specific, measurable, achievable, relevant, and time-bound (SMART) goals for each dimension of wellness. This plan will help you take actionable steps to improve your well-being in different areas of your life. Review your goals regularly and track your progress to stay on the path to a healthier and happier you!



1. Physical Wellness:

- Specific Goal: (What specific aspect of your physical health do you want to improve?)
 - Measurable: (How will you track your progress?)
 - Achievable: (Is the goal realistic and attainable for you?)
 - Relevant: (Why is this goal important to your overall well-being?)
 - Time-Bound: (By when do you plan to achieve this goal?)
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2. Emotional Wellness:

- Specific Goal: (What specific aspect of your emotional well-being do you want to work on?)
- Measurable: (How will you know if you are making progress?)
- Achievable: (Is the goal challenging yet possible for you to achieve?)
- Relevant: (How will this goal positively impact your emotional health?)
- Time-Bound: (Set a target date to achieve this goal.)

3. Social Wellness:

- Specific Goal: (What do you want to improve in your social interactions and relationships?)
- Measurable: (How will you measure your growth in this area?)
- Achievable: (Is the goal something you believe you can accomplish?)
- Relevant: (Why is this goal important to your social well-being?)
- Time-Bound: (Set a deadline to achieve this goal.)

4. Intellectual Wellness:

- Specific Goal: (What aspect of your intellectual growth do you want to focus on?)
- Measurable: (How will you know if you are making progress?)
- Achievable: (Is the goal realistic given your current circumstances?)
- Relevant: (How will this goal positively impact your intellectual well-being?)
- Time-Bound: (Set a time frame to accomplish this goal.)

5. Occupational Wellness:

- Specific Goal: (What aspect of your school or extracurricular activities do you want to improve?)
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- Measurable: (How will you measure your success in this area?)
- Achievable: (Is the goal something you are capable of achieving?)
- Relevant: (Why is this goal important to your overall well-being?)
- Time-Bound: (Set a target date for achieving this goal.)

6. Environmental Wellness:

- Specific Goal: (What aspect of your environment do you want to improve?)
- Measurable: (How will you track your progress in this area?)
- Achievable: (Is the goal feasible and within your control?)
- Relevant: (How will this goal positively impact your environmental well-being?)
- Time-Bound: (Set a deadline for accomplishing this goal.)

7. Spiritual Wellness:

- Specific Goal: (What aspect of your spiritual growth do you want to focus on?)
- Measurable: (How will you know if you are making progress?)
- Achievable: (Is the goal aligned with your beliefs and values?)
- Relevant: (Why is this goal important to your spiritual well-being?)
- Time-Bound: (Set a timeframe to achieve this goal.)

8. Financial Wellness:

- Specific Goal: (What aspect of your financial habits or understanding do you want to improve?)
 - Measurable: (How will you measure your financial progress?)
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- Achievable: (Is the goal realistic and attainable for you?)
- Relevant: (How will this goal positively impact your financial well-being?)
- Time-Bound: (Set a target date for achieving this goal.)

Actionable Steps: (List 5 steps you can take this week to move closer towards achieving your goals.)

1.

2.

3.

4.

5.

Overall Wellness Vision: (Describe your vision of yourself when all these wellness goals are achieved.)

Date: _____

Signature: _____

(Your signature to commit to working on your wellness action plan.)



Remember, achieving your wellness goals is a journey. Be kind to yourself, celebrate your progress, and stay motivated to keep moving forward!
