



The *Wellness* Program

Homework Worksheet

Name: _____

Habits

What is one habit you want to change now?

Is it a "keystone" habit? _____

What do you need to change in your environment to help create your new habit?

Complete the Check List for Habit Change and bring it to class with you.

2019 Vision/Goals

Complete the exercise on page 2 (rate your life in 11 areas). After looking over your ratings, what area(s) do you desire to see some change in 2019?

Rate your life in these 11 areas

On a scale of 1 to 10 (1 being needs help and 10 being satisfied) rate how you feel about your life in the following areas:

Relationships:	1	2	3	4	5	6	7	8	9	10
Social Life:	1	2	3	4	5	6	7	8	9	10
Health:	1	2	3	4	5	6	7	8	9	10
Physical Activity:	1	2	3	4	5	6	7	8	9	10
Happiness:	1	2	3	4	5	6	7	8	9	10
Home Environment:	1	2	3	4	5	6	7	8	9	10
Spirituality:	1	2	3	4	5	6	7	8	9	10
Creativity:	1	2	3	4	5	6	7	8	9	10
Finances:	1	2	3	4	5	6	7	8	9	10
Career:	1	2	3	4	5	6	7	8	9	10
Education:	1	2	3	4	5	6	7	8	9	10

Using visual cues that elicit more of the emotions you want to feel in these areas of your life, create a vision board for 2019.