

# Personal Plan For Wellness

#1

**What IMPACT will these SMART-Goal Plans have on my Wellness?**  
(Specific, Measurable, Action-based, Realistic, Timeline)

i will be healthier

**One example of how ONE of my plans contributes to  
or interconnects to the other dimensions:**

read more books instead of using my phone

## Physical (Self-Care, Physical Activity, Healthy Eating, Safety)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

i prefer to sleep more than anything so i never really do anything physical unless its walking home from school everyday. i need to start doing physical activity or i am going to end up very unhealthy and i want to fix that before it gets to out of hand.

### This Week's SMART-Goal Plan...

since the weather has gotten very nice and the sun rises earlier than in the winter, i want to start going for a jog every morning before school so i can get in shape.

### Challenges & Alternatives:

i will want to watch TV or sleep in

### Supports Needed:

alarm clock to waker up early

## Social (Relationships with YOURSELF and OTHERS)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

i think my relationships are good but i have been spending more and more time at home being alone rather than being out with friends and socializing

### This Week's SMART-Goal Plan...

make new plans with my friends so that we can all hang out so we can get to know each other more and make memories!

### Challenges & Alternatives:

i will wanna play video games or just sleep

### Supports Needed:

my friends help me make plans or i make plans.

## Psychological (Matters of the HEAD and HEART)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

i am an over thinker and stress over little things that don't really matter and it effects how i act and how i think.

### This Week's SMART-Goal Plan...

i am going to go Online and try to find exercises or things that could help me relieve stress and clear my mind.

### Challenges & Alternatives:

i have trouble controlling myself

### Supports Needed:

have an app downloaded on my phone for this purpose.

## Spiritual (Sense of IDENTITY, MEANING and PURPOSE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

i don't really practice anything

### This Week's SMART-Goal Plan...

i am going to meditate more so i feel more at peace

### Challenges & Alternatives:

get distracted with other things like work, or tv.

### Supports Needed:

just take my time out of my day to meditate

## Environmental (Your FOOTPRINT, awareness of SOCIAL JUSTICE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

i normally just stay in my house and use lots of power by watching tv or using other electrnics.

### This Week's SMART-Goal Plan...

i am going to be outside more so i can save power and only use it when its needed.

### Challenges & Alternatives:

wanting to just stay in the house and tv

### Supports Needed:

i need to have a reminder on my phone so i can remember to save energy.

# Personal Plan for Wellness (PPW)

#1

## Rubric Assessment

<b>SNAPSHOTS</b>	<b>Needs Support</b> 1 mark	<b>Progressing Towards</b> 2 marks	<b>Meeting Expectations</b> 3 marks	<b>Exceeding Expectations</b> 4 marks
<b>Dimension Ranking</b>	Two (2) or less dimensions completed.	Three (3) dimensions completed	Four (4) dimensions completed	Five (5) dimensions completed
<b>Use of Dimension Criteria</b>	Reflection shows very little reflection & mostly just summarizes the criteria points.	Reflection shows little thought & application of the criteria and at times merely summarizes the criteria points.	Reflection shows some thoughtful application of the criteria and does not merely summarize the criteria points.	Reflection shows thorough, thoughtful application of the criteria and does not merely summarize the criteria points.
<b>Depth of Self-Reflection</b>	Responses demonstrate a lack of reflection and personalization of the dimension criteria.	Responses demonstrate minimal reflection and personalization of the dimension criteria.	Responses demonstrate a general reflection and personalization of the dimension criteria.	Responses demonstrate an in-depth reflection and personalization of the dimension criteria.

## PLANS

<b>SMART Goals</b> (Specific, Measurable, Action-Oriented, Realistic, Timeline)	Goal statements include 1-2 of the required SMART goal criteria.	Goal statements include 3 of the required SMART goal criteria.	Goal statements include 4 of the required SMART goal criteria.	Goal statements include 5 of the required SMART goal criteria.
<b>When</b>	May or may not include a start date and end date. Timeline is not realistic.	Includes limited timeline with very few specific dates. Timeline may not be achievable.	Includes a clear timeline that highlights specific dates and times for certain steps.	A detailed and realistic timeline is identified. Start, end, check-in and evaluation dates are highlighted. Possible reasons for changes to timeline are clarified.
<b>Where</b>	Locations are not included.	Locations are eluded to or vaguely included.	Included are details about where most steps are to be carried out.	Includes specific details as to exactly where each step is to be carried out.

<b>PLANS</b> (cont'd)	<u>Needs Support</u> 1 mark	<u>Progressing Towards</u> 2 marks	<u>Meeting Expectations</u> 3 marks	<u>Exceeding Expectations</u> 4 marks
<b>Supports</b>	Identifies <b>one (1)</b> support.	Identifies <b>two (2)</b> supports.	Includes <b>two (2) or more supports</b> including a <b>PEER support</b> .	Includes <b>two (2) or more supports</b> including an <b>ADULT support</b> .
<b>How</b>	Includes a <b>vague description</b> of what is to be done.	Includes <b>limited details</b> about what is to be done.	Includes an <b>outline</b> of what is to be done but <b>specifics as to how</b> the goal will be achieved <b>may/ may not be missing</b> .	Includes a <b>detailed outline</b> of what is to be done. The specific <b>step-by-step process</b> provides a <b>clear picture</b> of the conditions required to achieve the goal.
	<b>Only challenges</b> or only <b>alternatives</b> are provided.	<b>Challenges</b> are <b>vaguely provided</b> and <b>alternatives may/ may not be considered</b> .	<b>Challenges</b> have been <b>considered but alternatives may/ may not be provided</b> .	<b>Analysis of both potential challenges and alternatives</b> are included.
<b>Structure</b>	Writing is <b>unclear and disorganized</b> . Thoughts <b>ramble</b> and make <b>little sense</b> . There are <b>numerous spelling or grammar errors</b> throughout the response.	Writing is <b>unclear and/or disorganized</b> . Thoughts are <b>not expressed in a logical manner</b> . There are <b>more than three spelling or grammar errors</b> .	Writing is <b>mostly clear, concise, and well organized</b> with good <b>sentence/paragraph construction</b> . Thoughts are expressed in a <b>coherent and logical manner</b> . There are <b>no more than three spelling or grammar errors</b> . <i>capitals.</i>	Writing is <b>clear, concise, and well organized</b> with <b>excellent sentence/paragraph construction</b> . Thoughts are expressed in a <b>coherent and logical manner</b> . There are <b>no spelling or grammar errors</b> .
<b>TOTALS:</b>	<b>1</b>	<b>10</b>	<b>9</b>	

**Comments:**

$$\frac{20}{40} = 50\%$$



# Personal Plan For Wellness

#2

## **What IMPACT will these SMART-Goal Plans have on my Wellness?**

**(Specific, Measurable, Action-based, Realistic, Timeline)**

It will make me a healthier, happier person overall. As I don't think I am my happiest or healthiest, as of right now. So hopefully my challenges in this PPW will make me a happier and healthier person overall. Also a person that can also accept who I am. All of my goal are really simple, easy, and will shape me to become a better person.

## **One example of how ONE of my plans contributes to or interconnects to the other dimensions:**

My physical goal is to eat healthy and this connects my other dimensions, such as spiritual, social, environmental, physiological. As i cant have healthy relations, peaceful mind, or be who I am as a person if i do not eat healthy.

### **Physical (Self-Care, Physical Activity, Healthy Eating, Safety)**

#### **Self-Reflection ``Snapshot``...**

**Worst Ever    1    2    3    4    5    Best Ever**

Checking upon my physical snapshot. I think I am doing better than I was last time i reflected on my physical snapshot. My self care is lower than it was before, although i have the time to study, an allow myself to have breaks, but however i do find myself slaking off when i study. I will read through the outline once and then, i will give myself a two hour break. I am also not eating well, I have been eating less than half of what i usually do. During lunch, i used to have rice and meat as my lunch but now i eat maybe two bites and then i stop. Probably due to my New Year resolution. I also tend to skip out on meals with my family. I am also very surprised that I have not been injured once this whole dance season. Usually I end up sitting out for maybe 2 classes. My physical activity as of now has dropped, now that dance season is over i have nothing to do in my spare time, except doing homework. Sometimes if i have extra time I'll jog for 30mins at my own slow pace. I have

#### **This Week's SMART-Goal Plan...**

From Sunday June 10th to to Saturday June 17th, my goal is to eat healthier, by having 3 meals a day and having less processed meat and more plant based food. And to have supper with my family once again, even if I'm not eating i should spend my time with them as they are eating and provide them company that they have been missing since i have skipped my meals to eat with them.

#### **Challenges & Alternatives:**

On Monday June 11th, I know parents will be out of town and they might get home late, so therefore I might be asleep before they get here or I may have eaten before. As an alternative i

#### **Supports Needed:**

I need the support of my friends and my family, especially my dad, mom, and Kelly, and quite possibly my Aunts and Uncles. They encourage me to keep going. But as my dad says it's okay to have a cheat day once in a while, he doesn't complain when i

### **Social (Relationships with YOURSELF and OTHERS)**

#### **Self-Reflection ``Snapshot``...**

**Worst Ever    1    2    3    4    5    Best Ever**

My social snapshot as of now, includes the communication and relationships with all of my teachers, friends, family. When i am unclear about something I ask my teachers for clarification and understanding, to make sure I answer everything properly. When i also have troubles with any assignments, i also ask my classmates and friends for help, or just to talk about anything random with them, and maybe have a good laugh. I talk to my parents about my life, what's happening at school, discuss my marks/grades. In english class or in all classes, i tend to have homework all the time because i do not use my time wisely, and visit with other the whole entire class.

#### **This Week's SMART-Goal Plan...**

My goal for Sunday June 18th to Saturday June 25th, I will try to come home without homework from all classes. To be specific English, and history, because those are the two classes that I tend to always have homework in and get nothing finished.

#### **Challenges & Alternatives:**

Some challenges that need to be considered are my classmates trying to talk to me, I get distracted with something, or my friends just goofing off. Some alternatives would be asking the teacher if it

#### **Supports Needed:**

Before I can leave or put my headphones in for music i need the teachers permission to do so. I also need the respect of my classmates to help me finish my goal for the week from the 18th to the 25th. I also need myself to help me persevere through

## Psychological (Matters of the HEAD and HEART)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

My physiological snapshot as of now, is really good. During this term I have had some rough days, as in earlier this month i had my road test and failed it, but however, it was a learning experience and i have learned many things from the first experience. Nowadays i always joke around with my friends, saying that i will fail, but i don't usually as this does make me feel better that i got higher then what i originally thought. When my friends do this i usually encourage them by saying that they won't fail and they will do really good. During this week, we have archery, and i was better than i was last year, but however i'm still not as good as i could be. I believe that i could be better, once i shoot, i try to reflect and try to aim a little more to the left/right or higher/lower. I have maybe cried once in the whole moth, and that was due to the buildup of homework and exams/tests. But i did however get over it and did really good on all assignments, and tests. In history class i have been

### This Week's SMART-Goal Plan...

My goal from June 18th to June 25th is to keep encouraging others to do their best. But i also want myself to think positively and not negatively, as it does impact my moods in the end a bit.

### Challenges & Alternatives:

So in our class, after we have written a tests or did an assignment we always compare marks, we always tell each other what we got. Sometimes when i get a lower mark i do feel bad. So as an

### Supports Needed:

I need the support of my mom, dad, sister, teachers, and friends. As they do encourage me all the time to try my best, and tell me that my best is all that they can ask for. They also give me

## Spiritual (Sense of IDENTITY, MEANING and PURPOSE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

My spiritual snapshot as of now. I believe that I was born with a reason and that reason is to be unique and different. My identity is just to myself and nobody else, as myself is enough for everyone. Sometimes there are times that I wish i born from a different family, had a different hair color or just all together looked different. I look at myself, and I find reason to put myself down, as I'd tell myself that im fat, even though i'm not. I always get insecure when everyone starts mentioning weight as, i am scared to reveal what i weigh, because im scared that people will make fun of it. But anyways, i think the meaning of spiritual for me means to happily and to its fullest, when responsibilities and homework are not piled up. It also means to stay positive. I always try to be positive, but sometimes those thoughts get to my head, but i always try my best to ignore them and live life to its fullest, instead of living away in shame.

### This Week's SMART-Goal Plan...

From June 18th to June 25th, I wish I can tell myself positive about everything that i am, and that includes my weight, how i look, where i come from, and most importantly the person I am.

### Challenges & Alternatives:

Some challenges i might face are that, people might joke around about weight, and those thought might start to creep back into my head. As an alternative, once i hear the word weight i will leave the

### Supports Needed:

I need my family as a support, as they tell me everyday that you look fine, i need the support of my teachers to step in once i feel uncomfortable, but i also need the help of my friends, as they do

## Environmental (Your FOOTPRINT, awareness of SOCIAL JUSTICE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

My environmental snapshot as of now include my footprint, and my awareness of social justice. Our school is made up of others from different backgrounds and i am able to get along with everyone. I know that i look different my on the inside i do feel like i belong, as if my class were just a big family. However, i do tend to stick with my group that includes 4 other people. But i do worry about everyone that is in my class and not just those that i always talk to, i may not be able to express if but i am able to feel sympathy for them. As i am from a different background, i do have different ways of doing things, such as eating. I do eat differently from others as i usually have rice and different side dishes to eat. It is now getting hotter outside, and i still get rides from my dad every morning. My ecological footprint is huge because i don't walk when i am able to. And it will get even bigger in time, if i do keep getting rides wherever i go. Sometimes i really wish there was this place that i can go to relax. But however sometimes it does get

### This Week's SMART-Goal Plan...

During the week of June 18th and June 25th, my goal is to go outside as often as a kid should. Not because i have to but because it is probably better for my health.

### Challenges & Alternatives:

Some challenges that i might face along the way is the weather, or massive amount of homework, and the dreaded finals to study for. Instead of going outside for a long time i will go outside for a


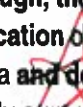
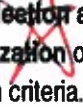
### Supports Needed:

I need the support of my family to encourage me to go outside, but most importantly i need myself will to go outside even though i might have tons of homework, or have many tests to study for.



# Personal Plan for Wellness (PPW)

#2

## Rubric Assessment

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<b>Dimension Ranking</b>	Two (2) or less dimensions completed.	Three (3) dimensions completed	Four (4) dimensions completed	Five (5) dimensions completed 
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## PLANS

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<b>PLANS</b> (cont'd)	<b><u>Needs Support</u></b> 1 mark	<b><u>Progressing Towards</u></b> 2 marks	<b><u>Meeting Expectations</u></b> 3 marks	<b><u>Exceeding Expectations</u></b> 4 marks
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<b>TOTALS:</b>				<b>40</b>

**Comments:**

$$\frac{40}{40} = 100\%$$



# Personal Plan For Wellness

#3

## What IMPACT will these SMART-Goal Plans have on my Wellness?

(Specific, Measurable, Action-based, Realistic, Timeline)

My SMART goal plans will improve my social awareness, physical health, intelligence, and social skills. My overall wellness will improve if i follow these goals.

## One example of how ONE of my plans contributes to or interconnects to the other dimensions:

My physical dimension goal to eat more healthy fruits and vegetables may lead me to cultural food which connects with the environmental dimension.

### Physical (Self-Care, Physical Activity, Healthy Eating, Safety)

#### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

My movement concepts are proficient. I have good spatial awareness, body awareness, effort awareness, and movement strategies. I have developed complex skills through amateur sports that have carryover to other sports and activities. I know game tactics and strategies that can help win a team based sport. I try to eat al healthily as possible but there simply isn't that great of access too quality food at my house so I eat a lot of sugar. I need to work on my nutrition. If an injury is serious enough I will seek medical care immediately in hopes to get better as soon as possible. I do not partake in any harmful behaviors.

#### This Week's SMART-Goal Plan...

From June 10 to June 17 I want to eat more fruits and vegetables and cut harmful things such as overly sugary foods and processed meat.

#### Challenges & Alternatives:

Healthy groceries can be expensive or hard to access; I may not enjoy eating healthy.

#### Supports Needed:

My Mom to buy healthy food or take me grocery shopping.

### Social (Relationships with YOURSELF and OTHERS)

#### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

I can peacefully and maturely resolve conflict and disagreement with other people. I can get along with and understand others points of view. I feel connected to my friends and the things around me in my environment such as pets and my class. I care for others who are close to me such as my family and friends. I nurture relationships with family and friends.

#### This Week's SMART-Goal Plan...

From June 10 to June 17 I want to establish or strengthen a relationship with a family or friend.

#### Challenges & Alternatives:

I may not have time to do this or may not want to.

#### Supports Needed:

My Mom to help me connect with relatives on her side of the family.

## Psychological (matters of the HEAD and HEART)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

I can handle difficult situations well and see them as an opportunity to develop my psychological dimension. I adopt a generally positive attitude when exposed to new things and experiences. I accept personal limitations and try my hardest to work around them. I am great at making other laugh and can easily control my own emotions when the need arises. I am very comfortable expressing every one of my emotions. I learn and use new information I am exposed to correctly and strive to learn more everyday. I don't engage in much creative thinking but i do engage in critical thinking and keep up with current world events. I am generally curious which builds on my learning base and my drive to want to learn new things.

### This Week's SMART-Goal Plan...

From June 10 to June 17 i want to engage in more creative thinking and try to connect more with the left side of my brain, Possibly taking up a creative habit such as drawing or writing.

### Challenges & Alternatives:

I normally don't use my creative thinking so I am untrained in how to be creative.

### Supports Needed:

I will need supports such as creative friends and parents to help me be more creative.

## Spiritual (Sense of IDENTITY, MEANING and PURPOSE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

I don't feel a sense of belonging to anything greater than myself nor do i believe in any kind of god or religion. I don't have a specific purpose in life. I can understand that happiness isn't just money or assets. I don't generally have a desire to comfort or help others. I am very generous and show gratitude. I have a desire to contribute to my society by volunteering. I don't have a sense of wonder about the intricacies of nature. I attempt to stay away from conflict and disorder and make the world a better more peaceful place.

### This Week's SMART-Goal Plan...

From June 10 to June 17 I want to research a religion that has a sense of a higher being or belonging to a cause.

### Challenges & Alternatives:

I am generally disinterested in religion.

### Supports Needed:

my mom to buy me a religious book such as a bible.

## Environmental (Your FOOTPRINT, awareness of SOCIAL JUSTICE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

I can get along with people in my environment who hold different values, beliefs, and perspectives. I can understand and empathize with them also. I do not feel a sense of belonging to a large social unit. I don't usually reach out to other to care for them. I sometimes want to take part in meaningful causes beyond myself to help others. I don't follow any traditions myself but I respect all that do. I understand that people can come from different socioeconomic statuses and have different world views because of that. I respect and encourage cultural practices within diverse societies and the laws that come with them.

### This Week's SMART-Goal Plan...

From June 10 to June 17 i want to connect with someone with a different socioeconomic status.

### Challenges & Alternatives:

I don't have access to many people with different socioeconomic statuses.

### Supports Needed:

My Mom to help me find someone that they know who is less or more fortunate than myself.

# Personal Plan for Wellness (PPW)

#3

## Rubric Assessment

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## **PLANS**

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<b>Supports</b>	Identifies <b>one (1) support</b> .	Identifies <b>two (2) supports</b> .	Includes <b>two (2) or more supports</b> including a <b>PEER support</b> .	Includes <b>two (2) or more supports</b> including an <b>ADULT support</b> .
<b>How</b>	Includes a <b>vague description</b> of what is to be done.	Includes <b>limited details</b> about what is to be done.	Includes an <b>outline</b> of what is to be done but <b>specifics as to how</b> the goal will be achieved <b>may/may not be missing</b> .	Includes a <b>detailed outline</b> of what is to be done. The specific <b>step-by-step process</b> provides a clear picture of the conditions required to achieve the goal.
	<b>Only challenges</b> or <b>only alternatives</b> are provided.	<b>Challenges</b> are <b>vaguely provided</b> and <b>alternatives may/may not be considered</b> .	<b>Challenges</b> have been considered but <b>alternatives may/may not be provided</b> .	Analysis of both <b>potential challenges</b> and <b>alternatives</b> are included.
<b>Structure</b>	Writing is <b>unclear and disorganized</b> . Thoughts <b>ramble</b> and <b>make little sense</b> . There are <b>numerous spelling or grammar errors</b> throughout the response.	Writing is <b>unclear and/or disorganized</b> . Thoughts are <b>not expressed in a logical manner</b> . There are <b>more than three spelling or grammar errors</b> .	Writing is <b>mostly clear, concise, and well organized with good sentence/paragraph construction</b> . Thoughts are expressed in a <b>coherent and logical manner</b> . There are <b>no more than three spelling or grammar errors</b> .	Writing is <b>clear, concise, and well organized with excellent sentence/paragraph construction</b> . Thoughts are expressed in a <b>coherent and logical manner</b> . There are <b>no spelling or grammar errors</b> .
<b>TOTALS:</b>		<b>2</b>	<b>18</b>	<b>8</b>

**Comments:**

$$\frac{28}{40} = 70\%$$

# Personal Plan For Wellness

#2

**What IMPACT will these SMART-Goal Plans have on my Wellness?**

**(Specific, Measurable, Action-based, Realistic, Timeline)**

having these smart goal plans will have a positive impact on my mental and physical health.

**One example of how ONE of my plans contributes to  
or interconnects to the other dimensions:**

Read more books instead of looking at a screen to read (using your phone).

## **Physical (Self-Care, Physical Activity, Healthy Eating, Safety)**

### **Self-Reflection ``Snapshot``...**

**Worst Ever    1    2    3    4    5    Best Ever**

I am always walking everyday to drop off my sibling and my cousin to school. During wellness class, we get a leisure day. I choose to go to the gym and play volleyball or basketball in small groups. Right now in my life, in the physical area, I am a mediocre level. I do simple physical skills during physical activities, such as running, jogging, jumping. Recently we played soccer and floor hockey. You have to learn complex skills in handling a hockey stick and shooting with it. Accurately kicking a soccer ball to the target. Sprinting and dodging opponents help me become agile. I eat more vegetables than I usually do and consult to the doctor at least once a week.

### **This Week's SMART-Goal Plan...**

Try to go outside and walk for at least 30 minutes every other day for the next week. Try to eat more healthy food. Try to observe my health everyday for the next week.

### **Challenges & Alternatives:**

Try to stay consistent throughout the week.

### **Supports Needed:**

I will need the support of my friends and family.

## **Social (Relationships with YOURSELF and OTHERS)**

### **Self-Reflection ``Snapshot``...**

**Worst Ever    1    2    3    4    5    Best Ever**

I've been getting along better with my siblings recently. There are less fighting between me and my siblings. helping people with problems with school has always been a norm for me. I do the best I can to help anyone. I try not to get in an argument with anyone. I also care about the people struggling.

### **This Week's SMART-Goal Plan...**

Help someone who is feeling down. Try to include people in activities that feel left out. Try not to get mad easily if I am ticked off. make people happy.

### **Challenges & Alternatives:**

It will be hard not getting mad at someone when they are ticking me off. I will try to keep my anger down.

### **Supports Needed:**

I will need the support of my peers, family, friends and teachers.

## Psychological (Matters of the HEAD and HEART)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

I have adopted a positive attitude. I accept my limitations and not turn down a challenge. I can control my emotions better. I try not to get mad at anyone who is annoying me. I laugh at happy things and let my emotions out. I draw and paint to show my emotions. I like to cook to express my emotions as well as to keep my self calm.

### This Week's SMART-Goal Plan...

I will try to get less angry. Express my emotions appropriately. Draw more to calm me down. I will try to cook even more dishes.

### Challenges & Alternatives:

I will have to avoid annoying people better.

### Supports Needed:

I will need the support of my friends and family.

## Spiritual (Sense of IDENTITY, MEANING and PURPOSE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

I am good at spiritual section. Recently I have not missed a single Sunday of church since I was confirmed. I pray everyday for the health of my family. I am generous to people and feel like I have a purpose in life. I try to volunteer to the best of my ability. I try to keep my composure and anger down to avoid conflict amongst other people.

### This Week's SMART-Goal Plan...

I will try to continue to go to church every Sunday. I will try to be consistent praying everyday. I will try to be in peace with everyone around me.

### Challenges & Alternatives:

It would be a challenge to be consistent going to church every Sunday.

### Supports Needed:

I will need the support of my parish community, my family and friends.

## Environmental (Your FOOTPRINT, awareness of SOCIAL JUSTICE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

I am accepting of different cultures. I like to make new friends with a different ethnicity. I accept people that have different genders and the people that feel they don't belong to society. I respect everyone around me. I throw garbage once every week. I recently started planting in a small garden.

### This Week's SMART-Goal Plan...

When washing myself and dishes, I'll try not to use too much water. I will try to keep my plants alive. I will try to remember to throw garbage every week.

### Challenges & Alternatives:

Knowing if I've used too much water or not.

### Supports Needed:


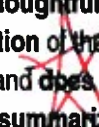
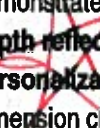
I would need the help of my family especially my parents to keep me aware and remember to do my chores.






# Personal Plan for Wellness (PPW)




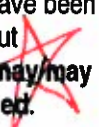
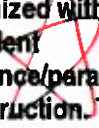



#4

## Rubric Assessment

<b>SNAPSHOTS</b>	<u>Needs Support</u> 1 mark	<u>Progressing Towards</u> 2 marks	<u>Meeting Expectations</u> 3 marks	<u>Exceeding Expectations</u> 4 marks
<b>Dimension Ranking</b>	Two (2) or less dimensions completed.	Three (3) dimensions completed	Four (4) dimensions completed	Five (5) dimensions completed 
<b>Use of Dimension Criteria</b>	Reflection shows very little reflection & mostly just summarizes the criteria points.	Reflection shows little thought & application of the criteria and at times merely summarizes the criteria points.	Reflection shows some thoughtful application of the criteria and <del>does not</del> merely summarize the criteria points. 	Reflection shows thorough, thoughtful application of the criteria and does not merely summarize the criteria points.
<b>Depth of Self-Reflection</b>	Responses demonstrate a lack of reflection and personalization of the dimension criteria.	Responses demonstrate minimal reflection and personalization of the dimension criteria.	Responses demonstrate a general reflection and personalization of the dimension criteria.	Responses demonstrate an in-depth reflection and personalization of the dimension criteria. 

## **PLANS**

<b>SMART Goals</b> <i>(Specific, Measurable, Action-Oriented, Realistic, Timeline)</i>	Goal statements include 1-2 of the required SMART goal criteria.	Goal statements include 3 of the required SMART goal criteria.	Goal statements include 4 of the required SMART goal criteria. 	Goal statements include 5 of the required SMART goal criteria.
<b>When</b>	May or may not include a start date and end date. Timeline is not realistic.	Includes limited timeline with very few specific dates. Timeline may not be achievable. 	Includes a clear timeline that highlights specific dates and times for certain steps.	A detailed and realistic timeline is identified. Start, end, check-in and evaluation dates are highlighted. Possible reasons for changes to timeline are clarified.
<b>Where</b>	Locations are not included.	Locations are eluded to or vaguely included.	Included are details about where most steps are to be carried out. 	Includes specific details as to exactly where each step is to be carried out.

<b>PLANS</b> (cont'd)	<b><u>Needs Support</u></b> 1 mark	<b><u>Progressing Towards</u></b> 2 marks	<b><u>Meeting Expectations</u></b> 3 marks	<b><u>Exceeding Expectations</u></b> 4 marks
<b>Supports</b>	Identifies <b>one (1) support</b> .	Identifies <b>two (2) supports</b> .	Includes <b>two (2) or more supports</b> including a <b>PEER support</b> . 	Includes <b>two (2) or more supports</b> including an <b>ADULT support</b> . 
<b>How</b>	Includes a <b>vague description</b> of what is to be done.	Includes <b>limited details</b> about what is to be done.	Includes an <b>outline</b> of what is to be done but <b>specifics as to how</b> the goal will be achieved <b>may/ may not be missing</b> . 	Includes a <b>detailed outline</b> of what is to be done. The specific <b>step-by-step process</b> provides a clear picture of the conditions required to achieve the goal.
	<b>Only challenges or only alternatives</b> are provided.	<b>Challenges</b> are <b>vaguely provided</b> and <b>alternatives may/ may not be considered</b> .	<b>Challenges</b> have been considered but <b>alternatives may/ may not be provided</b> . 	Analysis of both <b>potential challenges and alternatives</b> are included.
<b>Structure</b>	Writing is <b>unclear and disorganized</b> . Thoughts <b>ramble and make little sense</b> . There are <b>numerous spelling or grammar errors</b> throughout the response.	Writing is <b>unclear and/or disorganized</b> . Thoughts are <b>not expressed in a logical manner</b> . There are <b>more than three spelling or grammar errors</b> .	Writing is <b>mostly clear, concise, and well organized with good sentence/paragraph construction</b> . Thoughts are expressed in a <b>coherent and logical manner</b> . There are <b>no more than three spelling or grammar errors</b> .	Writing is <b>clear, concise, and well organized with excellent sentence/paragraph construction</b> . Thoughts are expressed in a <b>coherent and logical manner</b> . There are <b>no spelling or grammar errors</b> . 
<b>TOTALS:</b>				

**Comments:**

$$\frac{32}{40} = 80\%$$

# Personal Plan For Wellness

#5

## What IMPACT will these SMART-Goal Plans have on my Wellness?

(Specific, Measurable, Action-based, Realistic, Timeline)

i think i will feel a lot better by doing some of these things. some may be challenging but im willing to at least try to improve this to better my wellness.

## One example of how ONE of my plans contributes to or interconnects to the other dimensions:

my physical and my social kind of interconnect because if i had a better eating habits it would make me feel better and i wouldn't be so miserable all the time. so then i could be nicer to my mom and eating healthier.

### Physical (Self-Care, Physical Activity, Healthy Eating, Safety)

#### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

My physical activity and fitness level is usually really good but i have been slacking a lot. Because i hurt myself i needed time to heal and i just didn't get back to it once i was healed. I have been eating really bad which has been making me feel sick a lot. If i would of been eating healthy i wouldn't have this problem. my safety has been good other than me hurting my leg but i healed fast so that5 was good.

#### This Week's SMART-Goal Plan...

My goal for this week is to start eating healthy and exercising more. After i hurt myself in track i stopped being active and not eating great.

#### Challenges & Alternatives:

my challenges to eating healthy is that im working at the pool and i tend to eat when im bored so i over eat while waiting in the office and as soon as it comes to my break i am not hungry anymore

#### Supports Needed:

my parents to help me pack healthy snacks to bring to the pool.

### Social (Relationships with YOURSELF and OTHERS)

#### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

my relationship with myself has been good. i have been really happy and im not so hard on myself sometimes. my relationship with others has been the best it probably ever has been. my friendships have been good we have been getting along but may have a disagreement every once in a while which doesn't last long before its resolved.

#### This Week's SMART-Goal Plan...

my goal is to start being nicer to my mom.

#### Challenges & Alternatives:

I haven't been feeling good and been really tired and when i get home my mom wants me to do more stuff and i dont want to do it.

#### Supports Needed:

my mom to understand that im very tired and i will try to do most of the things shes asked.



## Psychological (Matters of the HEAD and HEART)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

my mental state has been pretty good i feel like the medicine im on has been a big part in this. my emotional state has been really good i feel so much happier than i have been feeling recently. my intellectual has been really good i have been able to pay attention much more in class and im more on task then i usually am.

### This Week's SMART-Goal Plan...

my plan is to stay positive through this week cause finals are soon and its really stressful.

### Challenges & Alternatives:

that i will have to try catch up in all my classes

### Supports Needed:

my teachers to tell me what im missing and haven't handed into them.

## Spiritual (Sense of IDENTITY, MEANING and PURPOSE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

i feel like my sense identity has been good long with my meaning and purpose. i understand that theres a purpose to life and i understand the meaning towards it.

### This Week's SMART-Goal Plan...

my goal for this week is to help comfort people and to help them out with whatever.

### Challenges & Alternatives:

the person may not want my help which is understandable and may just need space

### Supports Needed:

them to want help or comfort

## Environmental (Your FOOTPRINT, awareness of SOCIAL JUSTICE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

my environmental part of things isn't very good because i have littered and i just ignored that there was trash on the ground. i could improve this by picking up the garbage.



### This Week's SMART-Goal Plan...

my goal for this week is to help our earth with not littering if i see garbage i will pick it up because even something that little could make a difference

### Challenges & Alternatives:

people will just keep littering and it probably wont stop

### Supports Needed:

the supports i need is maybe the town to be encouraged to not litter anymore

# Personal Plan for Wellness (PPW)

#5

## Rubric Assessment

<b>SNAPSHOTS</b>	<u>Needs Support</u> 1 mark	<u>Progressing Towards</u> 2 marks	<u>Meeting Expectations</u> 3 marks	<u>Exceeding Expectations</u> 4 marks
<b>Dimension Ranking</b>	Two (2) or less dimensions completed.	Three (3) dimensions completed	Four (4) dimensions completed	Five (5) dimensions completed
<b>Use of Dimension Criteria</b>	Reflection shows very little reflection & mostly just summarizes the criteria points.	Reflection shows little thought & application of the criteria and at times merely summarizes the criteria points.	Reflection shows some thoughtful application of the criteria and does not merely summarize the criteria points.	Reflection shows thorough, thoughtful application of the criteria and does not merely summarize the criteria points.
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## PLANS

<b>SMART Goals</b> (Specific, Measurable, Action-Oriented, Realistic, Timeline)	Goal statements include 1-2 of the required SMART goal criteria.	Goal statements include 3 of the required SMART goal criteria.	Goal statements include 4 of the required SMART goal criteria.	Goal statements include 5 of the required SMART goal criteria.
<b>When</b>	May or may not include a start date and end date. Timeline is not realistic.	Includes limited timeline with very few specific dates. Timeline may not be achievable.	Includes a clear timeline that highlights specific dates and times for certain steps.	A detailed and realistic timeline is identified. Start, end, check-in and evaluation dates are highlighted. Possible reasons for changes to timeline are clarified.
<b>Where</b>	Locations are not included.	Locations are eluded to or vaguely included.	Included are details about where most steps are to be carried out.	Includes specific details as to exactly where each step is to be carried out.

<b>PLANS</b> (cont'd)	<b><u>Needs Support</u></b> 1 mark	<b><u>Progressing Towards</u></b> 2 marks	<b><u>Meeting Expectations</u></b> 3 marks	<b><u>Exceeding Expectations</u></b> 4 marks
<b>Supports</b>	Identifies <b>one (1)</b> support.	Identifies <b>two (2)</b> supports.	Includes <b>two (2) or more supports</b> including a <b>PEER support</b> .	Includes <b>two (2) or more supports</b> including an <b>ADULT support</b> .
<b>How</b>	Includes a <b>vague description</b> of what is to be done.	Includes <b>limited details</b> about what is to be done.	Includes an <b>outline</b> of what is to be done but <b>specifics as to how</b> the goal will be achieved <b>may/ may not be missing</b> .	Includes a <b>detailed outline</b> of what is to be done. The specific <b>step-by-step process</b> provides a <b>clear picture</b> of the conditions required to achieve the goal.
	<b>Only challenges or only alternatives</b> are provided.	<b>Challenges are vaguely provided</b> and <b>alternatives may/ may not be considered</b> .	<b>Challenges have been considered but alternatives may/ may not be provided</b> .	<b>Analysis of both potential challenges and alternatives are included</b> .
<b>Structure</b>	Writing is <b>unclear and disorganized</b> . <b>Thoughts ramble</b> and <b>make little sense</b> . There are <b>numerous spelling or grammar errors</b> throughout the response.	Writing is <b>unclear and/or disorganized</b> . Thoughts are <b>not expressed in a logical manner</b> . There are <b>more than three spelling or grammar errors</b> .	Writing is <b>mostly clear, concise, and well organized with good sentence/paragraph construction</b> . Thoughts are expressed in a <b>coherent and logical manner</b> . There are <b>no more than three spelling or grammar errors</b> . <i>Capitals.</i>	Writing is <b>clear, concise, and well organized with excellent sentence/paragraph construction</b> . Thoughts are expressed in a <b>coherent and logical manner</b> . There are <b>no spelling or grammar errors</b> .
<b>TOTALS:</b>		<b>10</b>	<b>9</b>	<b>4</b>

**Comments:**

$$\frac{23}{40} = 58\%$$



# Personal Plan For Wellness

#6

## What IMPACT will these SMART-Goal Plans have on my Wellness?

(Specific, Measurable, Action-based, Realistic, Timeline)

These smart goals will make sure that each and every one of the five dimensions are where i want them to be in tip top shape. These goals will help me be a more rounded person. These goals will also help me stay motivated in life and help me have a better understanding of my wellness. Continuing, these goals will help me stay focused on what i find important in my life and to make progress. They help me to become the person i want to be. These goals have a complete and direct positive affect on my wellness.

## One example of how ONE of my plans contributes to or interconnects to the other dimensions:

Two dimensions that i see completely connected are my physiological and social dimensions. They both involve my mental well being and connections with others and myself. I can see this in the goals i created for both dimensions. one goal is about nurturing my relationship with my mom and the other is about bettering my relationship with myself. I see these as closely related and they both contribute to each other. My goal from my physiological dimension contributes to me social dimensions and vise-versa. They are closely related.

### Physical (Self-Care, Physical Activity, Healthy Eating, Safety)

#### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

Now that I am in at the point in the school year where there are less sports I participate in, my physical wellness is below what I would like it to be. I still have baseball so my movement concepts are pretty good. I can do lots of complex movement still very well. Like sliding in baseball and hitting the ball in baseball. Or even pitching. these movement all include multiple steps. These movements that I am doing at this point are done very well and are complex for me. I still understand and am learning new game tactics and strategies. I had to learn new game tactics and strategies for baseball as I just started this year and haven't played since like grade 4. I do and practice these skills about twice a week. I would like to include more physical activity into my life so that I was doing it at least 4 times a week. My nutrition has improved a lot. I have stopped eating so many carbs and started eating a more balanced diet with fruits, veggies, and meat. I reach out and

#### This Week's SMART-Goal Plan...

My smart goal is to go to the gym for an hour 4 times next week. I want to do a workout that is intense enough to make me sweat and feel a burn.

#### Challenges & Alternatives:

Having enough time to go to the gym is my only challenge. An alternative to this is doing a home workout or going for a run.

#### Supports Needed:

A major support for me is my mom as she will encourage me to workout and actually do it with me. another support is my brother, he is very encouraging.

### Social (Relationships with YOURSELF and OTHERS)

#### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

My social dimension is probably the best it has been in a while. I haven't found myself in any kind of conflict in a while. I've started to get along better with everyone around me and have broadened my friendship with people who I haven't ever been that close with. I feel a slight connection to a group and have a sense of belonging, especially with my baseball team and a few people in my class. I care for others still and try and show them that i care about them but being considerate and listening to them. I make sure all my relationships are doing well but am struggling with my mine and my moms relationship. The only spot in my social dimension that i think needs work is with my mom. I'd like to work on that to get back to the relationship we used to have.

#### This Week's SMART-Goal Plan...

Spend at least a half hour each day in the next week with just me and my mom, without distractions like our phones.

#### Challenges & Alternatives:

-Me not having time.  
-My mom not having time.  
An alternative is spending more time on a day we have time.

#### Supports Needed:

The only support needed for this to happen is my mom as she has to be on board with this and is a part of the goal.

## Psychological (Matters of the HEAD and HEART)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

My psychological dimension is quite well. My mental health is pretty good, except for the fact that I am tired all the time. I probably don't get enough sleep which makes me feel exhausted all day. I have been able to keep a positive attitude when dealing with problems and have learned to grow from challenges. Making the best out of a bad situation is my strong suit and I do very well with that. I deal with my emotions very well. I cry when I need to cry and express my emotions with people I trust like my mom and my grandma. I am able to talk about my emotions and what's making me feel the way I feel. I am happy lots and laugh all the time. I am also constantly being curious, learning and trying new things. Somewhere I have acquired new information from is hospitals. I have spent a lot of time in hospitals the past 5 months and have used it to learn new things that I see useful for my future. I use and think about this information constantly.

### This Week's SMART-Goal Plan...

Have time each day this week which is dedicated completely to myself to do things like reading, painting, or just relaxing and working on relieving stress.

### Challenges & Alternatives:

A challenge is not having enough time to dedicate to myself or other distractions like chores, homework, or my phone. An alternative is providing more time for this the previous or next

### Supports Needed:

My parents need to support me and realize what I am doing so they don't interrupt me or distract me with other things.

## Spiritual (Sense of IDENTITY, MEANING and PURPOSE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

I feel I belong in this world. I think right now it's hard to see a purpose but I see a purpose for my future and who I am becoming to be. I see a place for me in the medical field as a nurse or healthcare professional. I see myself going beyond myself and helping others. I often find myself thinking about the world and nature and getting this feeling of amazement that I don't feel with anything else. I see so much beauty in nature and love to experience nature and new places. I am always finding ways in my life to reduce conflict and be the best me that I can. Usually the best me includes me being best for my peers and family and other individuals that surround me. I am always finding ways to help people around me. I just need to understand the happiness isn't always about money.

### This Week's SMART-Goal Plan...

Find and identify three things this week that make me really happy that aren't money related.

### Challenges & Alternatives:

A challenge is not being able to find three things, so I could find maybe 2 or at the least 1.

### Supports Needed:

My mom could be a support in a way that she can keep me on track and remind me of this goal.

## Environmental (Your FOOTPRINT, awareness of SOCIAL JUSTICE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

My environmental dimension is ok. I do well with getting along with those of different cultures and beliefs than me. I never makes this a factor in my life when choosing friends. I have respect for these things and never disrespect anyone for these factors. I am very accepting. The weather, geography, and pollution really do affect me. Weather determines what my day will be like. If it's hot and sunny I spend all the time I can outside. If it's cold and rainy I usually spend time on the couch watching movies. Sometimes I wish the weather didn't have such an effect on my activity choices. The geography affects me quite a lot. I wish I lived where there were lakes and mountains and I feel that if I did I would have a more active lifestyle and I would be happier. I contribute to pollution because I drive my car everywhere I go and do not walk instead of driving. Besides that I really don't pollute in any other way. I think my constructed environments positively affect my wellness but sometimes take away from it.

### This Week's SMART-Goal Plan...

My goal for the next week is to spend more time away from an constructed environment. An example of this would be going to the lake, or cypress, or even just hiking in the valley and being in nature.

### Challenges & Alternatives:

A major challenge is not having time to do these things. An alternative is to go to a park in town instead like the blue park to be almost surrounded by nature.

### Supports Needed:

My family needs to be there to support me and allow me to do these things like going hiking or such. Specifically my mom and my dad.

# Personal Plan for Wellness (PPW)

#6

## Rubric Assessment

<b>SNAPSHOTS</b>	<b>Needs Support</b> 1 mark	<b>Progressing Towards</b> 2 marks	<b>Meeting Expectations</b> 3 marks	<b>Exceeding Expectations</b> 4 marks
<b>Dimension Ranking</b>	Two (2) or less dimensions completed.	Three (3) dimensions completed	Four (4) dimensions completed	Five (5) dimensions completed
<b>Use of Dimension Criteria</b>	Reflection shows very little reflection & mostly just summarizes the criteria points.	Reflection shows little thought & application of the criteria and at times merely summarizes the criteria points.	Reflection shows some thoughtful application of the criteria and does not merely summarize the criteria points.	Reflection shows thorough, thoughtful application of the criteria and does not merely summarize the criteria points.
<b>Depth of Self-Reflection</b>	Responses demonstrate a lack of reflection and personalization of the dimension criteria.	Responses demonstrate minimal reflection and personalization of the dimension criteria.	Responses demonstrate a general reflection and personalization of the dimension criteria.	Responses demonstrate an in-depth reflection and personalization of the dimension criteria.

## PLANS

<b>SMART Goals</b> (Specific, Measurable, Action-Oriented, Realistic, Timeline)	Goal statements include 1-2 of the required SMART goal criteria.	Goal statements include 3 of the required SMART goal criteria.	Goal statements include 4 of the required SMART goal criteria.	Goal statements include 5 of the required SMART goal criteria.
<b>When</b>	May or may not include a start date and end date. Timeline is not realistic.	Includes limited timeline with very few specific dates. Timeline may not be achievable.	Includes a clear timeline that highlights specific dates and times for certain steps.	A detailed and realistic timeline is identified. Start, end, check-in and evaluation dates are highlighted.  Possible reasons for changes to timeline are clarified.
<b>Where</b>	Locations are not included.	Locations are eluded to or vaguely included.	Included are details about where most steps are to be carried out.	Includes specific details as to exactly where each step is to be carried out.



<b>PLANS</b> <b>(cont'd)</b>	<b><u>Needs</u></b> <b><u>Support</u></b> 1 mark	<b><u>Progressing</u></b> <b><u>Towards</u></b> 2 marks	<b><u>Meeting</u></b> <b><u>Expectations</u></b> 3 marks	<b><u>Exceeding</u></b> <b><u>Expectations</u></b> 4 marks
<b>Supports</b>	Identifies <b>one (1)</b> support.	Identifies <b>two (2)</b> supports.	Includes <b>two (2) or more supports</b> including a <b>PEER</b> support.	Includes <b>two (2) or more supports</b> including an <b>ADULT</b> support.
<b>How</b>	Includes a <b>vague description</b> of what is to be done.	Includes <b>limited details</b> about what is to be done.	Includes an <b>outline</b> of what is to be done but <b>specifics as to how</b> the goal will be achieved <b>may/ may not be missing</b> .	Includes a <b>detailed outline</b> of what is to be done. The specific <b>step-by-step process</b> provides a <b>clear picture</b> of the conditions required to achieve the goal.
	<b>Only challenges</b> or <b>only alternatives</b> are provided.	<b>Challenges</b> are <b>vaguely provided</b> and <b>alternatives may/ may not be considered</b> .	<b>Challenges</b> have been <b>considered</b> but <b>alternatives may/ may not be provided</b> .	<b>Analysis of both potential challenges and alternatives</b> are included.
<b>Structure</b>	Writing is <b>unclear and disorganized</b> . Thoughts <b>ramble and make little sense</b> . There are <b>numerous spelling or grammar errors</b> throughout the response.	Writing is <b>unclear and/or disorganized</b> . Thoughts are <b>not expressed in a logical manner</b> . There are <b>more than three spelling or grammar errors</b> .	Writing is <b>mostly clear, concise, and well organized with good sentence/paragraph construction</b> . Thoughts are expressed in a <b>coherent and logical manner</b> . There are <b>no more than three spelling or grammar errors</b> .	Writing is <b>clear, concise, and well organized with excellent sentence/paragraph construction</b> . Thoughts are expressed in a <b>coherent and logical manner</b> . There are <b>no spelling or grammar errors</b> .
<b>TOTALS:</b>		<b>2</b>	<b>6</b>	<b>28</b>

**Comments:**

$$\frac{36}{40} = 90\%$$



# Personal Plan For Wellness

#7

## What IMPACT will these SMART-Goal Plans have on my Wellness?

(Specific, Measurable, Action-based, Realistic, Timeline)

These goals will help me better schedule my week and my time. I will feel my own conscience feel better and by helping others I will feel a sense of purpose.

## One example of how ONE of my plans contributes to or interconnects to the other dimensions:

When hiking I'd do it with my father and we could build confidence in one another and really build our Social and Spiritual aspects of our wellness.

### Physical (Self-Care, Physical Activity, Healthy Eating, Safety)

#### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

I feel like I've learned better movement concepts and improve on the one I already knew such as my running speed. I feel like my complex skills such as my ability to shoot the basketball have greatly improved since the start of the year. I feel like my defensive side of most games is a strong part and I have a general sense of positioning when it comes to the offensive side of things. I have decreased my consumption of processed foods and it seems like my body is thanking me for it because I feel like I have more energy. Although I'm not in many situations in which I have to get medical help, if I'm in an accident I have the ability to go to the hospital. I avoid harmful behaviors such as doing drugs or drinking alcohol.

#### This Week's SMART-Goal Plan...

I plan to work out for at least an hour each day for the next coming week. Although I go outside at least an hour a day, it just seems like I'm not getting the benefits I need. Early in the morning I'll have a schedule that I'll follow closely to maximum results. I'll be sure to record hours so it will almost seem like a requirement of myself to do so.

#### Challenges & Alternatives:

I may not want to wake up early in the morning or that I will just be too tired later in the day. I could also improve my diet.

#### Supports Needed:

I will need my family to support my decision and motivate me so I don't give up midway through.

### Social (Relationships with YOURSELF and OTHERS)

#### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

I don't often get into many conflicts myself but I feel like I'm able to resolve other peoples' conflicts before it reaches a violent state. I feel like I have the ability to understand and get along with others regardless if their beliefs challenge my own if the same respect is given to me. I feel like I'm very connected to my family because we can share most things with each other and reach an understanding because we do care for each other. I feel like I am a caring person, being able to understand others and I feel like I'm a good listener so I care that way too. I feel like I have an aura about me that provides a sense of positivity for others around me.

#### This Week's SMART-Goal Plan...

I would like to make a new friend so I can have someone new to confide in. I'll probably meet them in stores or the rink that I'm going to on Saturday to help out the Good Sam. The way I'll measure it is by simply seeing if we are compatible and if we can contact each other elsewhere other than just these places that I made a new friend.

#### Challenges & Alternatives:

I am quite introverted so talking to new people is a bit stressful but if I just try and put that aside I feel like I can do. I could meet people elsewhere.

#### Supports Needed:

I need those people to cooperate and I need my family to understand that I may be gone more often trying to make these new friends.

## Psychological (Matters of the HEAD and HEART)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

I feel like I react to adversity in a quite optimistic manner as I believe these are the times that character is truly developed. These challenges build who you are as a person and this is the philosophy that I go by. I feel like I'm quite positive in the face of adversity and always try to avoid negativity. I understand that I'm not the best at everything and know my limitations and don't put people down if they are worse than me and don't get upset when I'm bested either. I feel like I can handle my emotions very well because I have a cool head and don't freak out when things don't go my way. I feel like I'm always laughing and it almost seems disruptive at times. I can express my feelings in a way that doesn't hurt someone else's but still gets my point across. I feel like I've been gifted a good memory designed to hold information and utilize it accordingly. I understand that you are never done learning and that people can always teach you new things. I like to be aware of what's

### This Week's SMART-Goal Plan...

I need to keep my average above the 93% that it's at currently. The only way I can do this is by keeping my head cool and not getting anxious of possible futures and live more in the moment. I just have to stay chill and not over-think too many things.

### Challenges & Alternatives:

I have to keep trying my hardest to keep my average high and I have multiple assignments due very soon. There really is no alternative to this option.

### Supports Needed:

I need my teachers to help cooperate with me as well as me cooperate with them.

## Spiritual (Sense of IDENTITY, MEANING and PURPOSE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

I feel like there is more to life than just myself and there is purpose beyond just me. I feel like my purpose is to help others and to see that other people see their own potential. I sometimes can understand that wealth isn't the solution to all problems but I have believe that financial stability can help give you things that make you happy. I love helping others although may seem to be reluctant to do so, I enjoy the feeling of helping someone with a math question or volunteering when nobody else will. I am grateful for a lot of things in life such as financial stability, my family, my friends which all make me feel a sense of belonging and happiness. I want to help society and grow what is known and discover what isn't. I am absolutely amazed by the beauty of thing world and the way humans have changed over the years, either by ideologies or physical appearance. I hate chaos and will try to stop all chaos to preserve order.

### This Week's SMART-Goal Plan...

I would like to explore the vast world around me. I plan on going hiking in the near future, although the date isn't final I'm really looking forward to it. You could track it by tracking kilometers travelled.

### Challenges & Alternatives:

I may feel like I lack some physical ability to explore the world. Alternatives could include driving out in the world but being in the environment seems to be the best option.

### Supports Needed:

I need my dad to drive me with me so we can explore not just in the Shaunavon area but far around it as well.

## Environmental (Your FOOTPRINT, awareness of SOCIAL JUSTICE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

I can get along with people regardless of their background as long as they make an effort to get along with me as well. I feel like I belong within my friends and community. I have the ability to care for others and do so accordingly. I believe that I can make a difference and like to invest myself into things like recycling. I understand that other people come from different cultures and that I appreciate mine as well. I understand that race, income, gender have an effect on how you are treated although maybe not completely right, it exists. I realize that even though I may disagree with somebody's practice that I can't make them change and they will continue to follow the laws and cultural norms that they follow. I'm aware that climate change exists and if we as humanity don't stop the consequences will be permanent. I enjoy mountainous environments because of the awe and wonder. I see that the constructed environments around me for the most part benefit my own wellness, like my pets, family, and friends I have.

### This Week's SMART-Goal Plan...

This week I plan on recycling more items such as cans and cartons. I believe that I am not recycling enough and that I should track all the things that I recycle. I feel like this is also very reasonable as it helps out the environment immensely.

### Challenges & Alternatives:

I sometimes may forget to track the items I recycled. Alternatives could include me using less items that need to be recycled or reusing the ones that do.

### Supports Needed:

I need my dad to buy paper for recording and have available recycling places.

# Personal Plan for Wellness (PPW)

#7

## Rubric Assessment

SNAPSHOTS	<u>Needs Support</u> 1 mark	<u>Progressing Towards</u> 2 marks	<u>Meeting Expectations</u> 3 marks	<u>Exceeding Expectations</u> 4 marks
	Two (2) or less dimensions completed.	Three (3) dimensions completed	Four (4) dimensions completed	Five (5) dimensions completed
Dimension Ranking	Two (2) or less dimensions completed.	Three (3) dimensions completed	Four (4) dimensions completed	Five (5) dimensions completed
Use of Dimension Criteria	Reflection shows very little reflection & mostly just summarizes the criteria points.	Reflection shows little thought & application of the criteria and at times merely summarizes the criteria points.	Reflection shows some thoughtful application of the criteria and does not merely summarize the criteria points.	Reflection shows thorough, thoughtful application of the criteria and does not merely summarize the criteria points. <i>Some</i>
Depth of Self-Reflection	Responses demonstrate a lack of reflection and personalization of the dimension criteria.	Responses demonstrate minimal reflection and personalization of the dimension criteria.	Responses demonstrate a general reflection and personalization of the dimension criteria.	Responses demonstrate an in-depth reflection and personalization of the dimension criteria.

## PLANS

<b>SMART Goals</b> <i>(Specific, Measurable, Action-Oriented, Realistic, Timeline)</i>	Goal statements include 1-2 of the required SMART goal criteria.	Goal statements include 3 of the required SMART goal criteria.	Goal statements include 4 of the required SMART goal criteria.	Goal statements include 5 of the required SMART goal criteria.
<b>When</b>	May or may not include a start date and end date. Timeline is not realistic.	Includes limited timeline with very few specific dates. Timeline may not be achievable.	Includes a clear timeline that highlights specific dates and times for certain steps.	A detailed and realistic timeline is identified. Start, end, check-in and evaluation dates are highlighted. Possible reasons for changes to timeline are clarified.
<b>Where</b>	Locations are not included.	Locations are eluded to or vaguely included.	Included are details about where most steps are to be carried out.	Includes specific details as to exactly where each step is to be carried out.



<b>PLANS (cont'd)</b>	<b><u>Needs Support</u> 1 mark</b>	<b><u>Progressing Towards</u> 2 marks</b>	<b><u>Meeting Expectations</u> 3 marks</b>	<b><u>Exceeding Expectations</u> 4 marks</b>
<b>Supports</b>	Identifies <b>one (1)</b> support.	Identifies <b>two (2)</b> supports.	Includes <b>two (2) or more supports</b> including a <b>PEER</b> support.	Includes <b>two (2) or more supports</b> including an <b>ADULT</b> support.
<b>How</b>	Includes a <b>vague description</b> of what is to be done.	Includes <b>limited details</b> about what is to be done.	Includes an <b>outline</b> of what is to be done but <b>specifics as to how</b> the goal will be achieved <b>may/ may not be missing</b> .	Includes a <b>detailed outline</b> of what is to be done. The specific <b>step-by-step process</b> provides a <b>clear picture</b> of the conditions required to achieve the goal.
	<b>Only challenges or only alternatives</b> are provided.	<b>Challenges</b> are <b>vaguely provided</b> and <b>alternatives may/ may not be considered</b> .	<b>Challenges</b> have been <b>considered</b> but <b>alternatives may/ may not be provided</b> .	Analysis of both <b>potential challenges and alternatives</b> are included.
<b>Structure</b>	Writing is <b>unclear and disorganized</b> . Thoughts <b>ramble</b> and <b>make little sense</b> . There are <b>numerous spelling or grammar errors</b> throughout the response.	Writing is <b>unclear and/or disorganized</b> . Thoughts are <b>not expressed in a logical manner</b> . There are <b>more than three spelling or grammar errors</b> .	Writing is <b>mostly clear, concise, and well organized</b> with <b>good sentence/paragraph construction</b> . Thoughts are expressed in a <b>coherent and logical manner</b> . There are <b>no more than three spelling or grammar errors</b> .	Writing is <b>clear, concise, and well organized</b> with <b>excellent sentence/paragraph construction</b> . Thoughts are expressed in a <b>coherent and logical manner</b> . There are <b>no spelling or grammar errors</b> .
<b>TOTALS:</b>			<b>12</b>	<b>24</b>

**Comments:**

$$\frac{36}{40} = 90\%$$



# Personal Plan For Wellness

#8

## What IMPACT will these SMART-Goal Plans have on my Wellness?

(Specific, Measurable, Action-based, Realistic, Timeline)

If I follow through with each goal I made my overall wellness will improve. It will improve because I will help others and make me feel better about myself. Also, I will improve my physical aspect which will make me feel better and healthier. Overall, if I accomplish my goals I will feel better about myself and I may also help others around me feel good.

## One example of how ONE of my plans contributes to or interconnects to the other dimensions:

One example of how one of my plans contributes to the other, would be that my physical dimension contributes to my psychological dimension. I think this because if I'm physically healthy my mind will be in a better mindset. I will feel better about myself and will give off my good energy to others who need it.

### Physical (Self-Care, Physical Activity, Healthy Eating, Safety)

#### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

Checking up on how I'm doing so far I think I'm doing well in all of these areas. My self-care is still very well because I allow myself breaks when I study. Also, when I'm feeling sick, which doesn't happen very often, I will tell somebody who can do something about it. I won't just deal with it myself and hope it goes away. Next, with physical activity I did have a low spot where I stopped going to the gym and many of my sports ended. Now, I am going back to the gym, but it is at a gradual pace. Next, my healthy eating definitely went down when I stopped going to the gym, but after watching Micheal Pollan's, "In Defense of Food," I feel as though I'm trying harder to get back to eating healthier and being more physically active. To eat healthier I will eat smaller portions and not snack when not needed. Now that I have my Novice 1 driver's license, I will make sure I'm safe by not speeding and paying better attention while driving. Also, at the gym if I do something I am not the best at. I

#### This Week's SMART-Goal Plan...

After watching "In Defense of Food" and "What The Health" I found that I am not eating the healthiest foods. From June 10th to June 17th my SMART-goal plan is to follow Michael Pollan's seven word rules. Eat Food. Not Too Much. Mostly Plants. At lunch I will go home to make a better choice rather than having processed meat and bread everyday. I will have more fruits and vegetables as snacks. I will help out with making the decisions for dinner everyday too.

#### Challenges & Alternatives:

Many of the snacks in my house are not the healthiest so I will just have to not reach for them and just find the fruits and vegetables to eat.

#### Supports Needed:

I will need support from my friends and family, especially my Mom, Dad, brother and sister. My auntie always eats healthy so I could contact her and ask for help or some ideas on what I should eat.

### Social (Relationships with YOURSELF and OTHERS)

#### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

My relationship with myself is very well. I think of myself as a valuable person and care about my health. With others I am not the best at sharing what I feel, but I get along with most people. Even if I'm not a fan of them, I will be nice to them and listen to what they have to say.

#### This Week's SMART-Goal Plan...

From June 10th to June 17th my SMART-goal plan is to be more comfortable with sharing my thoughts. When people ask seriously about what I'm thinking I can seriously answer.

#### Challenges & Alternatives:

A challenge will be others making me feel uncomfortable. an alternative could be me writing in a journal to share my thoughts

#### Supports Needed:

I will need support from my friends and family to this. my parents and friends could help me by making me more comfortable with sharing my thoughts.

## Psychological (Matters of the HEAD and HEART)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

When things are not going my way I tend to not lose my temper or get tough on myself. I can usually stay cool, calm and collected through tough times.

### This Week's SMART-Goal Plan...

My goal is to be able to pick myself up when pitching in a fastball game. Sometimes I get a little down on myself when I've walked many players and all I will need to do is take a breath and forget about it.

#### Challenges & Alternatives:

If others are getting bored then I feel more pressure and don't so well. one alternative would be for me to pick everyone elses emotions up so I can help myself out

#### Supports Needed:

The support I need will have to come from my teammates and my coaches. If they see I'm getting down on myself I may need a time-out or just cheered up.

## Spiritual (Sense of IDENTITY, MEANING and PURPOSE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

I have never felt as though I don't have a purpose or a meaning. My purpose is important and I feel as though I have a full life to live. My identity is does not have to be known throughout the world, but I would like to make an impact on many lives.

### This Week's SMART-Goal Plan...

My SMART-goal plan from June 10th to June 17th, is to help others see their purpose and meaning. Our class is very hard on each other which makes some feel bad about themselves. I could help and make others feel better and tell people that we shouldn't be so rude.

#### Challenges & Alternatives:

A challenge would be that people don't want help and they'll turn me away or not listen. An alternative would be that I could help another person instead or a different way to reach out to them.

#### Supports Needed:

I will support from the people I reach out to people. Also, I could get their friends invloved so they feel comfortable.

## Environmental (Your FOOTPRINT, awareness of SOCIAL JUSTICE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

Since I just got my license I have been driving everywhere lately. At home we recycle everything we can, we compost grass clippings, use reusable water bottles, reusable sandwich containers and we use a Brita Filter.

### This Week's SMART-Goal Plan...

From June 10th to June 17th, my SMART-goal plan is to walk wherever I can. When I am going to a freinds house I should walk there and I should walk to school more often. I will do this when I am not in a rush before or after school.

#### Challenges & Alternatives:

I will be late to school and have to get there fast so I'll drive. Or I could have mnay things to carry and need a ride.

#### Supports Needed:

I will need msotly my brother and sister because they are the only ones that I drive to school with. If they hurry in the morning we could walk.

# Personal Plan for Wellness (PPW)

#8

## Rubric Assessment

<b>SNAPSHOTS</b>	<b>Needs Support</b> 1 mark	<b>Progressing Towards</b> 2 marks	<b>Meeting Expectations</b> 3 marks	<b>Exceeding Expectations</b> 4 marks
<b>Dimension Ranking</b>	Two (2) or less dimensions completed.	Three (3) dimensions completed	Four (4) dimensions completed	Five (5) dimensions completed
<b>Use of Dimension Criteria</b>	Reflection shows very little reflection & mostly just summarizes the criteria points.	Reflection shows little thought & application of the criteria and at times merely summarizes the criteria points.	Reflection shows some thoughtful application of the criteria and does not merely summarize the criteria points.	Reflection shows thorough, thoughtful application of the criteria and does not merely summarize the criteria points.
<b>Depth of Self-Reflection</b>	Responses demonstrate a lack of reflection and personalization of the dimension criteria.	Responses demonstrate minimal reflection and personalization of the dimension criteria.	Responses demonstrate a general reflection and personalization of the dimension criteria.	Responses demonstrate an in-depth reflection and personalization of the dimension criteria.

## PLANS

<b>SMART Goals</b> (Specific, Measurable, Action-Oriented, Realistic, Timeline)	Goal statements include 1-2 of the required SMART goal criteria.	Goal statements include 3 of the required SMART goal criteria.	Goal statements include 4 of the required SMART goal criteria.	Goal statements include 5 of the required SMART goal criteria.
<b>When</b>	May or may not include a start date and end date. Timeline is not realistic.	Includes limited timeline with very few specific dates. Timeline may not be achievable.	Includes a clear timeline that highlights specific dates and times for certain steps.	A detailed and realistic timeline is identified. Start, end, check-in and evaluation dates are highlighted. Possible reasons for changes to timeline are clarified.
<b>Where</b>	Locations are not included.	Locations are eluded to or vaguely included.	Included are details about where most steps are to be carried out.	Includes specific details as to exactly where each step is to be carried out.



<b>PLANS</b> (cont'd)	<b><u>Needs Support</u></b> 1 mark	<b><u>Progressing Towards</u></b> 2 marks	<b><u>Meeting Expectations</u></b> 3 marks	<b><u>Exceeding Expectations</u></b> 4 marks
<b>Supports</b>	Identifies <b>one (1)</b> support.	Identifies <b>two (2)</b> supports.	Includes <b>two (2) or more supports</b> including a <b>PEER</b> support.	Includes <b>two (2) or more supports</b> including an <b>ADULT</b> support.
<b>How</b>	Includes a <b>vague description</b> of what is to be done.	Includes <b>limited details</b> about what is to be done.	Includes an <b>outline</b> of what is to be done but <b>specifics as to how</b> the goal will be achieved <b>may/ may not be missing</b> .	Includes a <b>detailed outline</b> of what is to be done. <del>The specific step-by-step process provides a clear picture of the conditions required to achieve the goal.</del>
	<b>Only challenges</b> or <b>only alternatives</b> are provided.	<b>Challenges</b> are <b>vaguely provided</b> and <b>alternatives may/ may not be considered</b> .	<b>Challenges</b> have been <b>considered</b> but <b>alternatives may/may not be provided</b> .	<b>Analysis of both potential challenges and alternatives are included.</b>
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<b>TOTALS:</b>			<b>6</b>	<b>32</b>

**Comments:**

$$\frac{38}{40} = 95\%$$



# Personal Plan For Wellness #9

**What IMPACT will these SMART-Goal Plans have on my Wellness?**

**(Specific, Measurable, Action-based, Realistic, Timeline)**

it will amke me eat better and set goals.

**One example of how ONE of my plans contributes to  
or interconnects to the other dimensions:**

is to eat with my family at ther dinner table and communicate with then in a good manner .

## **Physical** (Self-Care, Physical Activity, Healthy Eating, Safety)

### **Self-Reflection ``Snapshot``...**

**Worst Ever** 1 2 3 4 5 **Best Ever**

my motivating conceptsare football and the people around me . complexz skills i have are smarty physically avtive motivated happy love to work with people.i am embracing my eating habbits and i will start to eat more healthy. if i do not do this if needed i could seek medicall health care. i am very good at avioding harmfull behaviours and people that make me mad.

### **This Week's SMART-Goal Plan...**

Is to eat better and eat more healthy foods.this will take 7 or mre days eat apples bananas ect.

### **Challenges & Alternatives:**

have healthy foods in the house

### **Supports Needed:**

i will need me, parents, friends.

## **Social** (Relationships with YOURSELF and OTHERS)

### **Self-Reflection ``Snapshot``...**

**Worst Ever** 1 2 3 4 5 **Best Ever**

i resolvee things in a good manner and i alway reach a consesece with the person. i get along well with people even if they have a different perspective.i always feel conected in a group and with my family.i care for others really wellbecause i am really careing .

### **This Week's SMART-Goal Plan...**

i will talk to people in a less harmfull manner.

### **Challenges & Alternatives:**

poeple making me mad

### **Supports Needed:**

friends family doctors

## Psychological (Matters of the HEAD and HEART)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

i have a positivbe attlud towards everything i do .i am learning lots of new things every day. i am able to laugh with others. i amke thwe best out of bad situations. I WILL START GOING TO THE GYM AND TRYING TO BE more fit

### This Week's SMART-Goal Plan...

is to be morer ementally involved in things

### Challenges & Alternatives:

brain dosent let me do that

### Supports Needed:

doctor family friends

## Spiritual (Sense of IDENTITY, MEANING and PURPOSE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

i have a sense of beloning with my peers and friends. i have a desire to comfort others . i can and do show graditude and generosity by helping people out if they are i need. i always attempt to reduce conflict and noty to hurt peopel cus it is not good for anyone i wills tart ot eat with myl family at the dinner table ands communicate better.

### This Week's SMART-Goal Plan...

be moe spirituat EAT A T THWE TABLE WITH MY FAMILY

### Challenges & Alternatives:

not a SPIRITUAL PERSON

### Supports Needed:

family friends

## Environmental (Your FOOTPRINT, awareness of SOCIAL JUSTICE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

i can get along with people with different backgrounds. i have a sense of beloning where evere i go. i am weilling to reach out to others . the quality of food is good but it does polute

### This Week's SMART-Goal Plan...

start picking garbage

### Challenges & Alternatives:

dont have time


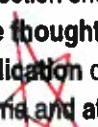
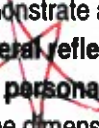
### Supports Needed:

me family

# Personal Plan for Wellness (PPW)

## Rubric Assessment

#9

<b>SNAPSHOTS</b>	<b><u>Needs Support</u></b> 1 mark	<b><u>Progressing Towards</u></b> 2 marks	<b><u>Meeting Expectations</u></b> 3 marks	<b><u>Exceeding Expectations</u></b> 4 marks
<b>Dimension Ranking</b> 	Two (2) or less dimensions completed.	Three (3) dimensions completed	Four (4) dimensions completed	Five (5) dimensions completed
<b>Use of Dimension Criteria</b>	Reflection shows very little reflection & mostly just summarizes the criteria points.	Reflection shows little thought & application of the criteria and at times merely summarizes the criteria points. 	Reflection shows some thoughtful application of the criteria and does not merely summarize the criteria points.	Reflection shows thorough, thoughtful application of the criteria and does not merely summarize the criteria points.
<b>Depth of Self-Reflection</b>	Responses demonstrate a lack of reflection and personalization of the dimension criteria.	Responses demonstrate minimal reflection and personalization of the dimension criteria.	Responses demonstrate a general reflection and personalization of the dimension criteria. 	Responses demonstrate an in-depth reflection and personalization of the dimension criteria.

## PLANS

<b>SMART Goals</b> (Specific, Measurable, Action-Oriented, Realistic, Timeline)	Goal statements include 1-2 of the required SMART goal criteria.	Goal statements include 3 of the required SMART goal criteria. 	Goal statements include 4 of the required SMART goal criteria.	Goal statements include 5 of the required SMART goal criteria.
<b>When</b>	May or may not include a start date and end date. Timeline is not realistic.	Includes limited timeline with very few specific dates. Timeline may not be achievable. 	Includes a clear timeline that highlights specific dates and times for certain steps.	A detailed and realistic timeline is identified. Start, end, check-in and evaluation dates are highlighted. Possible reasons for changes to timeline are clarified.
<b>Where</b>	Locations are not included. 	Locations are eluded to or vaguely included.	Included are details about where most steps are to be carried out.	Includes specific details as to exactly where each step is to be carried out.



<b>PLANS</b> (cont'd)	<u>Needs Support</u> 1 mark	<u>Progressing Towards</u> 2 marks	<u>Meeting Expectations</u> 3 marks	<u>Exceeding Expectations</u> 4 marks
<b>Supports</b>	Identifies one (1) support.	Identifies two (2) supports.	Includes two (2) or more supports including a <b>PEER</b> support. <i>specific</i>	Includes two (2) or more supports including an <b>ADULT</b> support.
<b>How</b>	Includes a <b>vague description</b> of what is to be done.	Includes <b>limited details</b> about what is to be done.	Includes an <b>outline</b> of what is to be done but <b>specifics as to how</b> the goal will be achieved <b>may/ may not be missing</b> .	Includes a <b>detailed outline</b> of what is to be done. The specific <b>step-by-step process</b> provides a <b>clear picture</b> of the conditions required to achieve the goal.
	<b>Only challenges or only alternatives</b> are provided.	<b>Challenges are vaguely provided</b> and <b>alternatives may/ may not be considered</b> .	<b>Challenges</b> have been considered but <b>alternatives may/ may not be provided</b> .	Analysis of both <b>potential challenges and alternatives</b> are included.
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<b>TOTALS:</b>	<i>3</i>	<i>8</i>	<i>6</i>	

**Comments:**

$$\frac{17}{40} = 43\%$$

# Personal Plan For Wellness

#10

**What IMPACT will these SMART-Goal Plans have on my Wellness?**  
(Specific, Measurable, Action-based, Realistic, Timeline)

**One example of how ONE of my plans contributes to  
or interconnects to the other dimensions:**

Read more books instead of using my phone

## **Physical** (Self-Care, Physical Activity, Healthy Eating, Safety)

### **Self-Reflection ``Snapshot``...**

**Worst Ever** 1 2 3 4 5 **Best Ever**

i am probably a 4 in the physical area. i work best on my own and sometimes in groups depending who i'm with. my physical activities are an everyday thing, i love to play sports and i am always outside doing something physical.

### **This Week's SMART-Goal Plan...**

be more physical, work in more groups and encourage others

### **Challenges & Alternatives:**

some of my challenges are to encourage my family to be more physical as well.

### **Supports Needed:**

I would maybe have someone with me to do and encourage me in doing better to improve.

## **Social** (Relationships with YOURSELF and OTHERS)

### **Self-Reflection ``Snapshot``...**

**Worst Ever** 1 2 3 4 5 **Best Ever**

i would probably rate myself a 3 in the social area. my relationship with my family is probably a 5 we tend to get along all the time. me and my friends are maybe a 4 we get along most of the time but sometimes dont get along.

### **This Week's SMART-Goal Plan...**

try and get along with my friends more and encourage them to do the same

### **Challenges & Alternatives:**

being able to get along with some poeple

### **Supports Needed:**

my parents and peers

## Psychological (Matters of the HEAD and HEART)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

i am currently a 4 in the psychological areas. i will try really hard to learn new things. and get the support that i need to learn new things and i will try hard to get people to help me.

### This Week's SMART-Goal Plan...

trying to learn new things and get people to help me.

#### Challenges & Alternatives:

learning new things

#### Supports Needed:

parents, teachers, all friends

## Spiritual (Sense of IDENTITY, MEANING and PURPOSE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

i am currently in the 5 area of the spiritual part. i do really have a strong desire to help others and encourage them to try new things.

### This Week's SMART-Goal Plan...

teach kids new things and help them teach others.

#### Challenges & Alternatives:

teaching others

#### Supports Needed:

parents, friends

## Environmental (Your FOOTPRINT, awareness of SOCIAL JUSTICE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

i am a very nice person, i like meeting new people and encouraging others, i am a very accepting person and i love helping others out.

### This Week's SMART-Goal Plan...

meet new people, teach new things and help out others.

#### Challenges & Alternatives:

being able to meet new people.

#### Supports Needed:

parents, peers



# Personal Plan for Wellness (PPW)

#10

## Rubric Assessment

<b>SNAPSHOTS</b>	<b><u>Needs Support</u></b> 1 mark	<b><u>Progressing Towards</u></b> 2 marks	<b><u>Meeting Expectations</u></b> 3 marks	<b><u>Exceeding Expectations</u></b> 4 marks
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## PLANS

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<b>PLANS</b> (cont'd)	<b><u>Needs Support</u></b> 1 mark	<b><u>Progressing Towards</u></b> 2 marks	<b><u>Meeting Expectations</u></b> 3 marks	<b><u>Exceeding Expectations</u></b> 4 marks
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<b>TOTALS:</b>	<i>3</i>	<i>8</i>	<i>9</i>	

**Comments:**

$$\frac{20}{40} = 50\%$$

# Personal Plan For Wellness

#1

## What IMPACT will these SMART-Goal Plans have on my Wellness?

(Specific, Measurable, Action-based, Realistic, Timeline)

It will make me a bigger contribution to mu community I feel like I will be more involved with others and be living a happier life

## One example of how ONE of my plans contributes to or interconnects to the other dimensions:

My social goal is to solve conflicts with a friend or a person that also interconnects with the spiritual dimension because it involves with not having conflict too.

### Physical (Self-Care, Physical Activity, Healthy Eating, Safety)

#### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

In wellness 10 we spend time going into the gym doing individual games and group games, each game takes strategies that you need to use to win a game. For example in hockey everyone needs to go back on defense to defend from scoring and so your not out numbered in the defensive zone, you also need everyone on offense to score a goal, challenging yourself to learn complex skills is important in physical activity so that you get better at things. Healthy eating is the thing that keeps you energized with the right nutrients and so that you don't become overweight. Approaching injuries is something I usually do if its major, usually when little things happen I leave it to heal, but if i need it to be healed quickly before an important event I will get work done on it. I avoid harmful behaviors really well I don't do anything bad because I know it will affect me.

#### This Week's SMART-Goal Plan...

For this weeks smart goal I am going to work on my vertical everyday for 30 minutes using block jumps and skip ropes.

#### Challenges & Alternatives:

Getting time to do it with baseball and helping at the lake also being involved

#### Supports Needed:

I shouldn't needs supports except for getting the right equipment.

### Social (Relationships with YOURSELF and OTHERS)

#### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

Getting along with others is really important because it keeps a positive mindset but I do get involved in a lot of conflict because I hated being dissed by other people so I always have to find a way to solve it, I could probably start to just ignore it and tell an adult. People that think different than me and have different perspectives I am totally fine with I just continue with my opinion and ignore theres. Caring for others important because if you don't care for some people they probably don't care for you and it could make them upset and I do care for others unless they dislike me. I don't get involved with other peoples relationships so I have no problem with that at all and it never bothers me.

#### This Week's SMART-Goal Plan...

Go out for supper with a friend this week and resolve a conflict with them and maybe with others.

#### Challenges & Alternatives:

Resolving the conflict will be hard to do without arguing and maybe starting another one thats worse.

#### Supports Needed:

Other friends to help me



## Psychological (matters of the HEAD and HEART)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

I do get mad when some things don't go my way, or I do something I shouldn't have or I play bad in a sport. I usually think bad of myself which makes me mad and I never get over it and make it better. Remaining positive is hard in certain situations that mean a lot to me and its hard to get over things I messed up on. I am a pretty humorous guy and I like making others laugh and developing a good relationship. I can handle emotions really well without it affecting me. I do really well in school I can memorize things in a heart beat and pick up on things that others maybe can't. I love learning on how top do new things maybe with vehicle or anything. I am a very curious guy I like to know everything around me that affects me even though it doesn't matter

### This Week's SMART-Goal Plan...

Learn how to change the oil in my truck with my dad this week because it is due for a change. This will take around an hour after school to finish

### Challenges & Alternatives:

Getting the time to do it with my Dad so he can teach me.

### Supports Needed:

My Dad to help me through the process to complete this project

## Spiritual (Sense of IDENTITY, MEANING and PURPOSE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

I've never had the desire to help people that are struggling because I don't like being around others that are hard to deal with because it makes me uncomfortable. I am contributing to society in some ways by getting my 12 volunteer hours for wellness and helping others around the community. I am a happy person usually accept with conflict with others, its hard to solve but I do easily get over it and ignore it in my life.

### This Week's SMART-Goal Plan...

On Saturday this week going to the Good Sam supper and volunteering 5 hours into serving and helping the elders.

### Challenges & Alternatives:

Knowing what to do when I get there and making sure I have nothing going on. Getting the visitors to enjoy there time

### Supports Needed:

I don't need much support other than from Ms. Leroy to help me throughout this supper.

## Environmental (Your FOOTPRINT, awareness of SOCIAL JUSTICE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

There is lots of different cultures in Shaunavon and I try my hardest to respect them because they are knew to our culture and the way we role in Shaunavon. I feel like a do belong to a large social unit which isn't religious but my family and cousins are a large unit that do lots of things together. I follow all the laws in Shaunavon and I never even attempt to break a law. Shaunavons weather climate is perfect lately, we get rain, snow and sun and none of it affects me. I will do things in the weather without it affecting me. I love going to the lake in the summer its nice and peaceful out there, there is water to jump in and its very easy to enjoy. Polluting the Earth is turing the Earth upside down, I think pollution is bad but its hard not to do it because we need oil and gas and other things to run vehicles, airplanes, boast until we get the right technology. Our environment is very good hear we have gravel roads and animals everywhere to live off of and we also control them.

### This Week's SMART-Goal Plan...

Pick garbage out of the ditches for 3 days in the next week to help out our environment and save animals wildlife.

### Challenges & Alternatives:

Getting the time to spend 2 hours picking garbage after school.


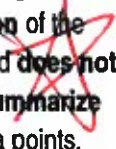

### Supports Needed:

Family or peers to help me.


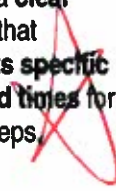
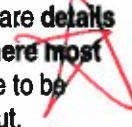
# Personal Plan for Wellness (PPW)

#11

## Rubric Assessment

<b>SNAPSHOTS</b>	<b><u>Needs Support</u></b> 1 mark	<b><u>Progressing Towards</u></b> 2 marks	<b><u>Meeting Expectations</u></b> 3 marks	<b><u>Exceeding Expectations</u></b> 4 marks
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## PLANS

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<b>PLANS</b> (cont'd)	<b><u>Needs Support</u></b> 1 mark	<b><u>Progressing Towards</u></b> 2 marks	<b><u>Meeting Expectations</u></b> 3 marks	<b><u>Exceeding Expectations</u></b> 4 marks
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<b>TOTALS:</b>			<b>15</b>	<b>16</b>

**Comments:**

$$\frac{31}{40} = 78\%$$



# Personal Plan For Wellness

#12

## **What IMPACT will these SMART-Goal Plans have on my Wellness?**

**(Specific, Measurable, Action-based, Realistic, Timeline)**

The goals I've set for myself will give my wellness a more positive side, It will help myself become more positive to not only myself but for what is also around me. It will change how I view things, and will be for the better of not only my wellness but everyone else's that it will reflect on.

## **One example of how ONE of my plans contributes to or interconnects to the other dimensions:**

My physical goal can contribute to each and everyone of my other dimensions of goals, because by me staying active during this time period to complete my goal, it gives me a positive and healthy attitude for me wanting to complete my other goals also.

### **Physical (Self-Care, Physical Activity, Healthy Eating, Safety)**

#### **Self-Reflection ``Snapshot``...**

Worst Ever    1    2    3    4    5    Best Ever

My physical and fitness level is not always the best, I do not participate in any activities during school or after school, most days are work or going home doing nothing, although my fitness may not be the best I am always active when I do need to do an physical activity, I am very healthy. I keep myself healthy and make sure I am eating the right foods, I take care of myself very well to keep my body efficient and healthy.

#### **This Week's SMART-Goal Plan...**

My main physical goal for this week is to be more active, besides just going to work, go out and do an activity such as swimming or something that is related to fitness.

#### **Challenges & Alternatives:**

A challenge that could interfere with this goal is my hours of work, I usually work after school until closing but a way for me to get around this goal is to work around those hours or a day I am not

#### **Supports Needed:**

A supporter could more and likely be my friends, we can go and do an activity together.

### **Social (Relationships with YOURSELF and OTHERS)**

#### **Self-Reflection ``Snapshot``...**

Worst Ever    1    2    3    4    5    Best Ever

I think that I am a very sociable person, and the biggest thing about myself is that I can talk to anyone and get along with them immediately. I always try my best to respect anyone I talk too. I mostly put others before myself depending on the situation, I feel like I have a strong connections with everyone around me. The only big thing I tend to struggle with is my relationship with family members, some day's are better than others. Mostly with my parents my dad had completely walked out of my life a month ago so things are not the easiest but I am glad I have a strong relationship with my mom, even though some days I can be a pain.

#### **This Week's SMART-Goal Plan...**

My goal for not only this week but weeks beyond this, is to build better relationships with those around me, to not have anything come between a person and I. To make sure everything is on a good term with each and every person I talk too or have a relationship with.

#### **Challenges & Alternatives:**

The only challenge I could see myself having in this is building the relationships to where I would like to see them because it is not always easy with each and every person but to avoid this

#### **Supports Needed:**

a huge supporter for this would be the people around me, to help me and them grow a better healthier relationship;

## Psychological (matters of the HEAD and HEART)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

I struggle a lot with emotions, I handle them in a way where they're not shown or affect others, but they do get out of hand to myself. I usually have a positive attitude towards other people, I am most happiest whenever I am out with friends, or at a party with people I had just met. I am able to show people when I am happy, but sometimes they can not recognize my other moods because I keep to myself. I do know what to do if I am in a wrong or difficult situation. I use to just give up on a situation but for a while now I try to deal with the situation rather than walking away to make it even more bigger than it needs to be.

### This Week's SMART-Goal Plan...

My goal for this week is to make plans of what to do in situations where I am needing help and how to control the feelings I can get.

### Challenges & Alternatives:

A challenge I see myself struggling with it being to overwhelmed and getting frustrated of what to do, a way to handle this would be to go to someone to help me with the problem I am facing.

### Supports Needed:

A supporter could be a parent, friend, teacher, or even a school councilor.

## Spiritual (Sense of IDENTITY, MEANING and PURPOSE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

I have a sense of belonging to where ever I go, I can very well understand the true purpose of happiness and I for sure know how to show generosity to others, only thing that reflects on me in this criteria is that not always I have a positive mind set on life, but it something I learn to deal with and move forward from rather than it bringing me down and making me hold back on anything.

### This Week's SMART-Goal Plan...

My goal is to get a sense of everything around me, to recognize what is around me and to be thankful for it, to take a moment and realize how everything is and that it is going good.

### Challenges & Alternatives:

a challenge that could reflect on this goal is having a negative mind set and not reaching far enough into my mind set, but to get around this obstacle is to not take everything in as a negative way.

### Supports Needed:

a supporter could be family, friends, even teachers.

## Environmental (Your FOOTPRINT, awareness of SOCIAL JUSTICE)

### Self-Reflection ``Snapshot``...

Worst Ever 1 2 3 4 5 Best Ever

I find that I am a very good person to reach out and help other people when needed, I accept everyone as who they are. I respect our environment as it comes but I will say that I have been a person who has not recycled a bottle and have seen garbage and not pick it up, but I am planning on changing it.

### This Week's SMART-Goal Plan...

My goal for this week is to help clean our environment, such as recycling or helping picking up litter.

### Challenges & Alternatives:

A challenge for this would be to forget, or not enough time to go around, but to work through this challenge is to try my best and set a reminder for myself.




### Supports Needed:

a supporter could be members within the community to also do the same as what I want to do.


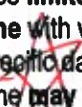

# Personal Plan for Wellness (PPW)

#12

## Rubric Assessment

<b>SNAPSHOTS</b>	<b>Needs Support</b> 1 mark	<b>Progressing Towards</b> 2 marks	<b>Meeting Expectations</b> 3 marks	<b>Exceeding Expectations</b> 4 marks
<b>Dimension Ranking</b> 	Two (2) or less dimensions completed.	Three (3) dimensions completed	Four (4) dimensions completed	Five (5) dimensions completed
<b>Use of Dimension Criteria</b>	Reflection shows very little reflection & mostly just summarizes the criteria points.	Reflection shows little thought & application of the criteria and at times merely summarizes the criteria points.	Reflection shows some thoughtful application of the criteria and does not merely summarize the criteria points. 	Reflection shows thorough, thoughtful application of the criteria and does not merely summarize the criteria points.
<b>Depth of Self-Reflection</b>	Responses demonstrate a lack of reflection and personalization of the dimension criteria.	Responses demonstrate minimal reflection and personalization of the dimension criteria.	Responses demonstrate a general reflection and personalization of the dimension criteria. 	Responses demonstrate an in-depth reflection and personalization of the dimension criteria.

## PLANS

<b>SMART Goals</b> <i>(Specific, Measurable, Action-Oriented, Realistic, Timeline)</i>	Goal statements include 1-2 of the required SMART goal criteria.	Goal statements include 3 of the required SMART goal criteria. 	Goal statements include 4 of the required SMART goal criteria.	Goal statements include 5 of the required SMART goal criteria.
<b>When</b>	May or may not include a start date and end date. Timeline is not realistic.	Includes limited timeline with very few specific dates. Timeline may not be achievable. 	Includes a clear timeline that highlights specific dates and times for certain steps.	A detailed and realistic timeline is identified. Start, end, check-in and evaluation dates are highlighted. Possible reasons for changes to timeline are clarified.
<b>Where</b>	Locations are not included.	Locations are eluded to or vaguely included. 	Included are details about where most steps are to be carried out.	Includes specific details as to exactly where each step is to be carried out.



<b>PLANS</b> <b>(cont'd)</b>	<b><u>Needs</u></b> <b><u>Support</u></b> 1 mark	<b><u>Progressing</u></b> <b><u>Towards</u></b> 2 marks	<b><u>Meeting</u></b> <b><u>Expectations</u></b> 3 marks	<b><u>Exceeding</u></b> <b><u>Expectations</u></b> 4 marks
<b>Supports</b>	Identifies <b>one (1)</b> support.	Identifies <b>two (2)</b> supports.	Includes <b>two (2) or more supports</b> including a <b>PEER</b> support. <i>Spec</i>	Includes <b>two (2) or more supports</b> including an <b>ADULT</b> support.
<b>How</b>	Includes a <b>vague description</b> of what is to be done.	Includes <b>limited details</b> about what is to be done.	Includes an <b>outline</b> of what is to be done but <b>specifics as to how</b> the goal will be achieved <b>may/ may not be missing</b> .	Includes a <b>detailed outline</b> of what is to be done. The specific <b>step-by-step process</b> provides a <b>clear picture</b> of the conditions required to achieve the goal.
	<b>Only challenges</b> or <b>only alternatives</b> are provided.	<b>Challenges</b> are <b>vaguely provided</b> and <b>alternatives may/ may not be considered</b> .	<b>Challenges</b> have been <b>considered</b> but <b>alternatives may/ may not be provided</b> .	Analysis of both <b>potential challenges</b> and <b>alternatives</b> are included.
<b>Structure</b>	Writing is <b>unclear</b> and <b>disorganized</b> . Thoughts <b>ramble</b> and make <b>little sense</b> . There are <b>numerous spelling or grammar errors</b> throughout the response.	Writing is <b>unclear</b> and/or <b>disorganized</b> . Thoughts are <b>not expressed</b> in a <b>logical manner</b> . There are <b>more than three spelling or grammar errors</b> .	Writing is <b>mostly clear, concise, and well organized</b> with <b>good sentence/paragraph construction</b> . Thoughts are expressed in a <b>coherent and logical manner</b> . There are <b>no more than three spelling or grammar errors</b> .	Writing is <b>clear, concise, and well organized</b> with <b>excellent sentence/paragraph construction</b> . Thoughts are expressed in a <b>coherent and logical manner</b> . There are <b>no spelling or grammar errors</b> .
<b>TOTALS:</b>		<i>6</i>	<i>18</i>	

**Comments:**

$$\frac{24}{40} = 60\%$$