MY WELLNESS TRIANGLE

Directions: List ways you are physically, mentally and socially healthy. Use your personal inventory assignment as a guide for strengths in each section.

Mental Health
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Social Health
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________________________________________________________________________

Physical Health
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Review questions on the back...
Review Questions:

1). Explain how health, quality of life, and self-esteem are all related...

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2). Explain how setting goals can impact all areas of health in a positive way...

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3). Identify one area of health you scored low on and one change you could make to improve your health in that area...

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