

ACTION ASSIGNMENT: Unit 2 - Part B

1. Describe a time when your dimensions of health were unbalanced. Which specific dimensions of health (physical, social, emotional, intellectual, spiritual) were neglected? How did this affect you?

What did you do or could you have done to improve the situation?

How did this affect your future wellness goals? Be specific and provide details.

2. For each dimension of health, create a new challenge. Ensure your examples are different from the Health Challenges stated in the course.

Physical	Spiritual	Emotional	Intellectual	Social

3.

Choose **one** of the challenges you listed in the previous chart. Break down this challenge into a specific, achievable goal.

Wellness Dimension:	
My Goal: (Specific, realistic, achievable)	
Steps I will take to achieve my goal. (Provide two "I will statements")	
Benefits I will get from achieving my goal. (Provide two "I will statements")	
Barriers that might get in the way of my goal. (Provide two)	
Resources I can use to help me achieve my goal.	