

HEALTH GOAL SETTING PROJECT

Rationale - Goal-setting skills are essential to help students identify, adopt and maintain healthy behaviors. This standard includes the critical steps needed to achieve both short-term and long-term health goals. These skills make it possible for individuals to have aspirations and plans for the future.

National Health Education Standard #6 – Students will demonstrate the ability to use goal-setting skills to enhance health

Performance Indicators

- 6.12.1. Assess personal health practices and overall health status.
- 6.12.2. Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.
- 6.12.3. Implement strategies and monitor progress in achieving a personal health goal.

Activity 1: Your Wheel of Wellness

This activity provides you with an opportunity to reflect on your current health and explore your dimensions of wellness. This activity connects with the assessing aspect of the skill of goal setting. For each dimension, list any **health-enhancing behaviors** that you currently engage in (those behaviors that enhance your wellness in this domain). Second, list any **risky behaviors** that you currently engage in (those behaviors or lack of behaviors that might compromise your health in this dimension). Keep in mind that not engaging in health-enhancing behaviors within a dimension can also be potentially health deterring. List those as well.

Dimensions	Behaviors (also identify a lack of behaviors if appropriate)
Physical	
Social	
Mental/Emotional	
Spiritual	
Occupational	
Intellectual	
Environmental	

After you have done this, think about how you have arrived at your current state of health. You may reflect on events in your life that have led you to the place you are at right now. Keep in mind that this is a reflective exercise intended to help you learn more about yourself.