

NAME: _____

MOD: _____

DATE: _____

DUE: _____

MY HEALTH & WELLNESS SELF-ANALYSIS

DIRECTIONS: Think of the information and activities you experienced while learning about mental and emotional health. Use the following worksheet to develop a personal health analysis for the areas we learned about. Examining your personal health levels regularly can help to identify sources of negative behaviors and deal with them in a responsible healthy manner!

THE HEALTH TRIANGLE:

1. The area of my health triangle that needs the most improvement is: _____
2. I believe this area needs the most improvement because:
3. Two ways I can improve this area of my health triangle are:

PHYSICAL HEALTH:

1. TRUE or FALSE: I get enough physical activity each day. (circle T/F)
2. TRUE or FALSE: I would like to get more physical activity each day. (circle T/F)
3. TRUE or FALSE: I followed my entire personal exercise plan. (circle T/F)
4. Give yourself a grade (1-100) for your physical health and explain your answer:

MENTAL/EMOTIONAL HEALTH:

1. Do you find it difficult to express your thoughts and emotions? _____
2. Which emotion do you feel you struggle expressing the most? _____
3. Describe how you will address this emotion in a more positive manner in the future:

COMMUNICATION:

1. What is your biggest communication strength? _____
2. What is the communication skill you need to improve the most? _____
3. What is one area of communication you would like to use more often and why?

RESPONSIBLE DECISION MAKING:

1. When making a decision, do you always consider your options, outcomes, consequences? _____
2. What are two benefits to using the responsible decision making model when you make a decision?
3. List 2 negative results that can occur from making a decision without thinking it through: