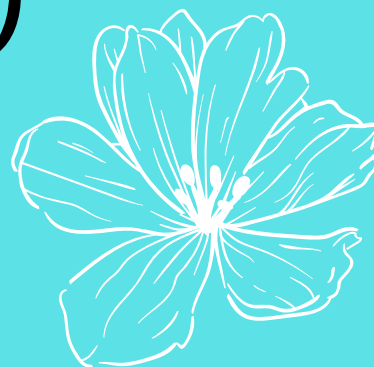


My
WELL-BEING

Workbook
2.0



CREATED BY *Jana* KOCI

WWW.UNIWELLSITY.EU

MY NAME

MY SCHOOL

Dear students,

Let me start with thank you. Thank you for caring for your well-being and thank you for being you. I used to struggle with my well-being and there were a few things that helped me to feel whole. The passion for the positive psychology, learning about science of well-being, becoming self aware of what I need, practicing activities building my well-being and being in touch with students like you. Learning about well-being together, talking about what works for us in our lives but also openly sharing our struggles and humanity by supporting each other made me a better person. **Each and every of you is very dear to me.** And I would like to give you this well-being workbook that is a part of my newest book *Well-being and Success for University Students*. I hope that you can learn here, became self aware and practice activities that fit you to support so called building blocks of your well-being, thus your positive emotions, engagement, your high quality relationships, meaning, achievement, physical health, your mindset, environment, economic security, and your authenticity.

And here is also my email (jana@uniwellsity.com) and instagram (@janakociphd) if you ever felt like being in touch.



I care for you. Enjoy your well-being journey and may your life be the way you want it to be. Be-well!

Jana

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Lets start with
MY WELL-BEING intentions:

This course is about building your well-being. Your journey towards a life you are happy about (are satisfied with) and enjoy to live (experience positive emotions) starts here. Write down and set your positive intentions. What are your intentions for joining this well-being course?

Use this space to write down your answer.



my signature



MY WELL-BEING *motivation 1*

Maximising your intrinsic motivation starts with knowing your “why.” The deep reason you want to complete this well-being course. Your “why” is linked to the things that are the most important in your life at this time, your big goals. Here’s what you need to do.

Begin with the end in mind and move towards what you want in your imagination. Why is attending this course important to you?

Step 1: Write down at least 1 big goal in your life right now. The thing you truly want to achieve. Tip: These are often the things that you think about most often or the things you actively spend time or money on. E.g. you want a more time for yourself; you want to start your own project; you want to find a job you will love; etc. Think for a minute and ask yourself: What it is what I really truly want? And write your thoughts down.

Use this space to write down your answer.



my signature



MY WELL-BEING *motivation 2*

Step 2: Link your main goal to completing this course. How does completing this course relate to you achieving your highest goal?

Use this space to write down your answer.



Step 3: Set what you wrote as a reminder somewhere you can see it. Write it on a sticky note and place it somewhere visible. Write it on a cover of your workbook. And take action on it.

Tip: Keep the end in sight. Motivation doesn't appear until you take action.

my signature



MY WELL-BEING *self-assessment*

Before you start your well-being course, it's important to get a sense of your baseline, your starting point. So, complete the self-assessment please. I would like to ask you not to skip this part. At the end of the course, we'll ask you again to take the post-challenge self-assessment so you can see your before and after results.

No matter your starting point in life, if you engage with the content from this well-being course and you do the tasks to the best of your abilities, you will see results.

Here are three simple guidelines:

1. The self-assessment is simple. You'll get a set of 21 statements. Simply rate them on a scale of 1 (strongly disagree) to 5 (strongly agree) how true are they for you.
2. You don't need to overthink it. Your initial gut instinct upon reading the statement is most likely the correct one.
3. When you are done, sum up the points. That's your starting number.

*Ready?
Let's do this!*



MY WELL-BEING *self-assessment* 1

Rate yourself on these statements on a scale from 1 to 5.

(1 - Strongly Disagree; 2. Disagree; 3. Neutral; 4. Agree; 5. Strongly Agree)

Rate 1-5

1. I have a clear vision of how I would like my well-future to look like.
2. I understand the fundamental theory on how to build my well-being.
3. I know the habits how to build my well-being.
4. I wake up each morning looking forward to my day.
5. I have thought deeply about my future life and know what I want.
6. I know very well how I stand right now and what my well-being looks like.
7. I have a plan in place for building my well-being.
8. I rarely experience stress.
9. I have a clear understanding of my character strengths.
10. I know how to use my character strengths to support my well-being.
11. I'm actively working on building my well-being.
12. My life as a students is very fulfilling for me. I love what I do at school.
13. My studies challenge me. It keeps me learning & growing.
14. My life is balanced & I'm not making sacrifices.
15. I rarely experience school stress.
16. I have thought deeply about my unique skills & talents.
17. I can express what I want and I set boundaries if I don't like something.
18. I can negotiate, state my case & achieve desired outcomes.
19. I believe that taking care of my well-being and about myself are good things.
20. I deserve the best well-being.
21. I'm happy with my well-being. I feel like I'm living the best life I can live.

Your total score

my points

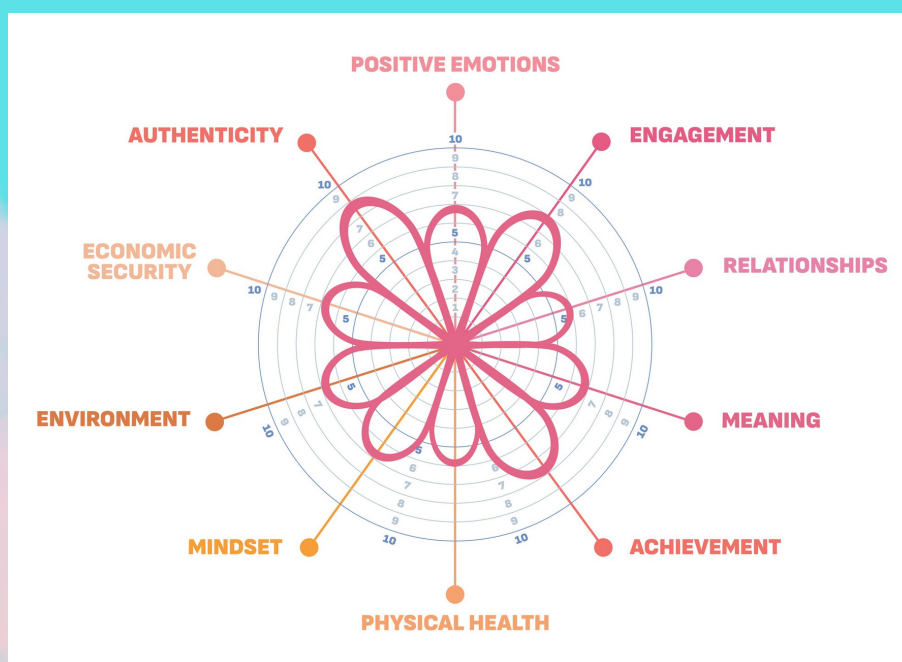


YOUR WELL-BEING *flower*

To build your well-being effectively, it is important to assess where do you stand at the moment. Completing your well-being wheel can provide you an opportunity to think about what can be done to improve your well-being and what you would like it to be in the future to get it more balanced.

Fill out your own flower diagram with nine different building blocks of your well-being. How would you rate your positive emotions, engagement, relationships, meaning, achievement, physical health, mindset, environment and economic security? Imagine a ladder with steps numbered from 0 at the bottom to 10 at the top. The top of the ladder represents the best result (I am doing really good in this area of my life), while the bottom of the ladder represents the worst (I would like to build this particular area of my life better).

After you assess all your well-being building blocks, draw your very own well-being flower! Circle the resulting numbers of your building block ladders. Then, draw the petal shape from the center of the wheel through all the numbers on each ladder to create your own flower!



YOUR WELL-BEING *flower*

Here is a set of statements you might want to look at that can help you assess how well you feel about each well-being building block:

Positive Emotions

(Experiencing happiness, joy, love, gratitude, etc. in the here and now.)

I generally experience positive emotions (happiness, joy, love, gratitude, interest, etc.) either alone or with others often. I feel overall satisfied with my life, I devote a satisfying time to my hobbies and interests, and I enjoy what I do at work and at school.

Engagement

(Being highly absorbed or experiencing flow while engaged in activities of one's life.)

I generally experience flow and engagement in my everyday life activities, at work, and at school often. I feel engaged while doing my hobbies, while spending time with other people, or even while being alone.

Relationships

(Having the ability to establish and maintain positive and caring high-quality relationships with others, characterized by experiences of love and appreciation.)

I generally experience high-quality relationships with my boss or supervisor, classmates, co-workers, friends, family members, and significant other(s), and I have a great relationship with myself.

Meaning

(The experience of being connected to something larger than the self or serving a higher purpose.)

I generally experience meaning in everyday life activities, purpose in life, meaning in school activities, and purpose in school studies. I build meaningful relationships and I participate in meaningful activities in my community. I have faith and I cultivate my spirit.

Achievement

(Experiencing a sense of mastery over a particular domain of interest or achieving important or challenging life/work goals, as well as completing simple tasks of everyday life.)

I generally recognize and celebrate both my smaller and bigger achievements, and I accept my failures. I am generally satisfied with my personal life achievements, education achievements, relationship achievements, self-improvement achievements, and financial achievements.



YOUR WELL-BEING *flower*

Physical Health

(Operationalized as a combination of high levels of biological, functional, and psychological health assets.)

I generally feel physically healthy considering my body movement, body posture, nutrition, and sleep while being able to relax and breathe properly, and I successfully avoid risky behaviors, such as smoking, alcohol consumption, or social media overuse.

Mindset

(Adopting a growth mindset characterized by an optimistic, future-oriented view of life, where challenges or setbacks are seen as opportunities to grow. This may also be a function of positive psychological capital).

I generally feel resilient, confident in myself, responsible, hopeful, optimistic, future-oriented, persistent, and passionate about my long-term goals, and I have a growth mindset in important domains of my life.

Environment

(The quality of one's physical environment (including spatiotemporal elements such as access to natural light, fresh air, physical safety, and a positive psychological climate) is aligned to the preferences of the individual.)

I generally experience a positive, healthy, and supportive environment at home, in my family, at work or school, in my community, and online, and I spend a satisfying amount of time outdoors in nature.

Economic Security

(Perceptions of financial security and stability required to satisfy individual needs.)

I generally feel financially secure considering my income, savings, investments, and access to quality health care, and I am managing my financial expenses well

Authenticity

(The ability to be true to oneself and to others. Constantly getting to know yourself, expressing who you really are, sharing what you truly think and being vulnerable).

I know myself and I love and accept myself for who I really am. I know my values and passions and I act on them. I set boundaries and I express what I really think or feel even if it is uncomfortable. I am myself in my relationships and I am willing to be vulnerable. I take responsibility for my actions.



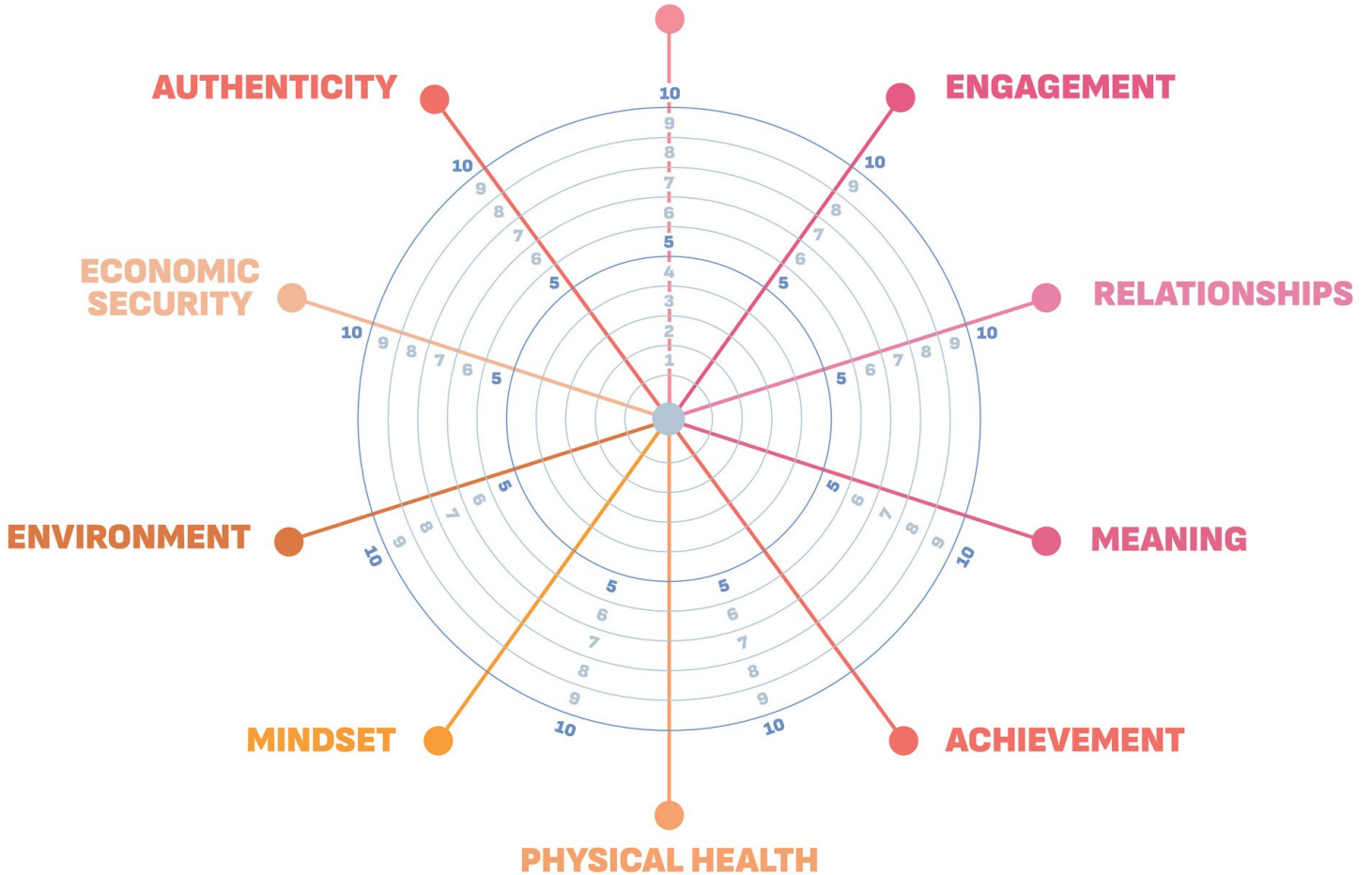
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POSITIVE EMOTIONS

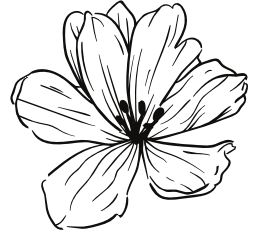


to-do list

notes



MY WELL-BEING REFLECTION



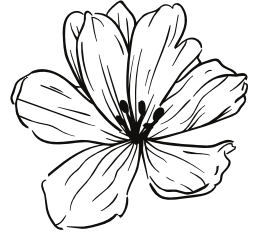
Looking at my well-being flower:
what would I conclude about my well-being?

what would I like to change & what can I do for it?

what I am happy about?



GRATITUDE TIME FOR
MY WELL-BEING



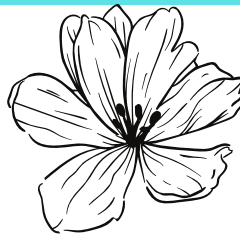
Thanks to my well-being I can:

I am thankful for (related to my well-being):

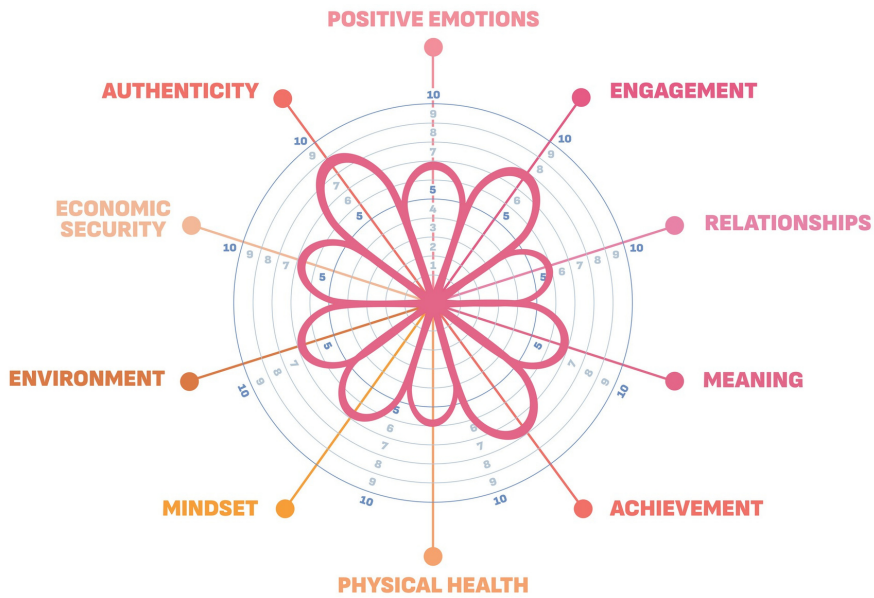
About my well-being I appreciate the most:



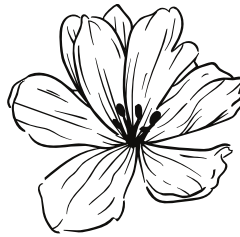
BUILDING MY WELL-BEING



notes of the day



BUILDING MY WELL-BEING



tips

- Laugh at yourself when messing things up!
- Find time for your hobbies.
- Text someone you care for and tell them you love them.
- Remind yourself why you chose the major you are in.
- Start your day by making your bed.
- Drink plenty of water today.
- When making any mistake, either small or big, ask yourself, “what have I learned?” next time.
- Clean your desktop on your computer and enjoy the good feeling!
- Do some activity you love doing in your free time that does not cost you anything at the same time.
- Remind yourself why you want good health and well-being for yourself.

questions

- 1 What actually is well-being to me?
- 2 What do I enjoy doing the most?
- 3 Who do I usually lose track of time with?
- 4 Who makes me feel accepted the way I truly am?
- 5 For whom or what do I get up from my bed in the morning?
- 6 What have I accomplished that makes me really proud of myself?
- 7 What is the smallest thing I can do for my body today?
- 8 What would a kind inner talk sound like?
- 9 Where and when can I get in touch with nature today?
- 10 What activity supports my well-being and is free of cost?



YOUR WELL-BEING *flowers*

Throughout the *Student Well-being Course*, as well as my newest book *Well-being and Success for University Students* and this entire *Workbook*, you will be introduced to the nine different building blocks of well-being with the acronym

PERMA5. Those are: Positive Emotions

Engagement

Relationships

Meaning

Achievement

Physical Health

Mindset

Environment

Economic Security

Authenticity

Each upcoming course class covers one specific building block. We will assess your well-being of the particular area at the beginning of each and *Your Well-being Workbook* will help you to do that.

You will also be introduced to many possible ways to strengthen your well-being building blocks in students' everyday lives. Our Uniwellsity team will do our best to help you to develop your well-being strengths in your unique and powerful way throughout the whole *Student Well-being Course*.

Enjoy caring for your well-being!



YOUR POSITIVE EMOTIONS *flower*

Experiencing Positive Emotions (Happiness, Joy, Love, Gratitude, etc.)

I experience positive emotions such as happiness, pride, contentment, and joy often in my life.

Life Satisfaction

I am highly satisfied with my life.

Time Devoted to Your Hobbies and Interests

I know the importance of making time for my hobbies, relaxation, and regeneration and to energize myself. I make sure that I prioritize my leisure and free time to enjoy my hobbies regularly.

Positive Emotions Experienced with Other People

I enjoy spending time with other people. I laugh often in others' company. I feel good about myself while being with others; I feel included and safe to fully express myself.

Enjoyment of What You Do at School

I enjoy every activity I do as a part of my studies. Even though it might be hard sometimes, I generally enjoy going to school, learning in classes, studying at home, completing assessments, and preparing for another school day.

Enjoyment of What You Do at Work or Part-time Job

I enjoy my work. I look forward to going to work every time it is scheduled. I enjoy my work role and all the work-related tasks I get to do during my shifts.

Shared Positivity

I genuinely enjoy seeing other people experience positive emotions.



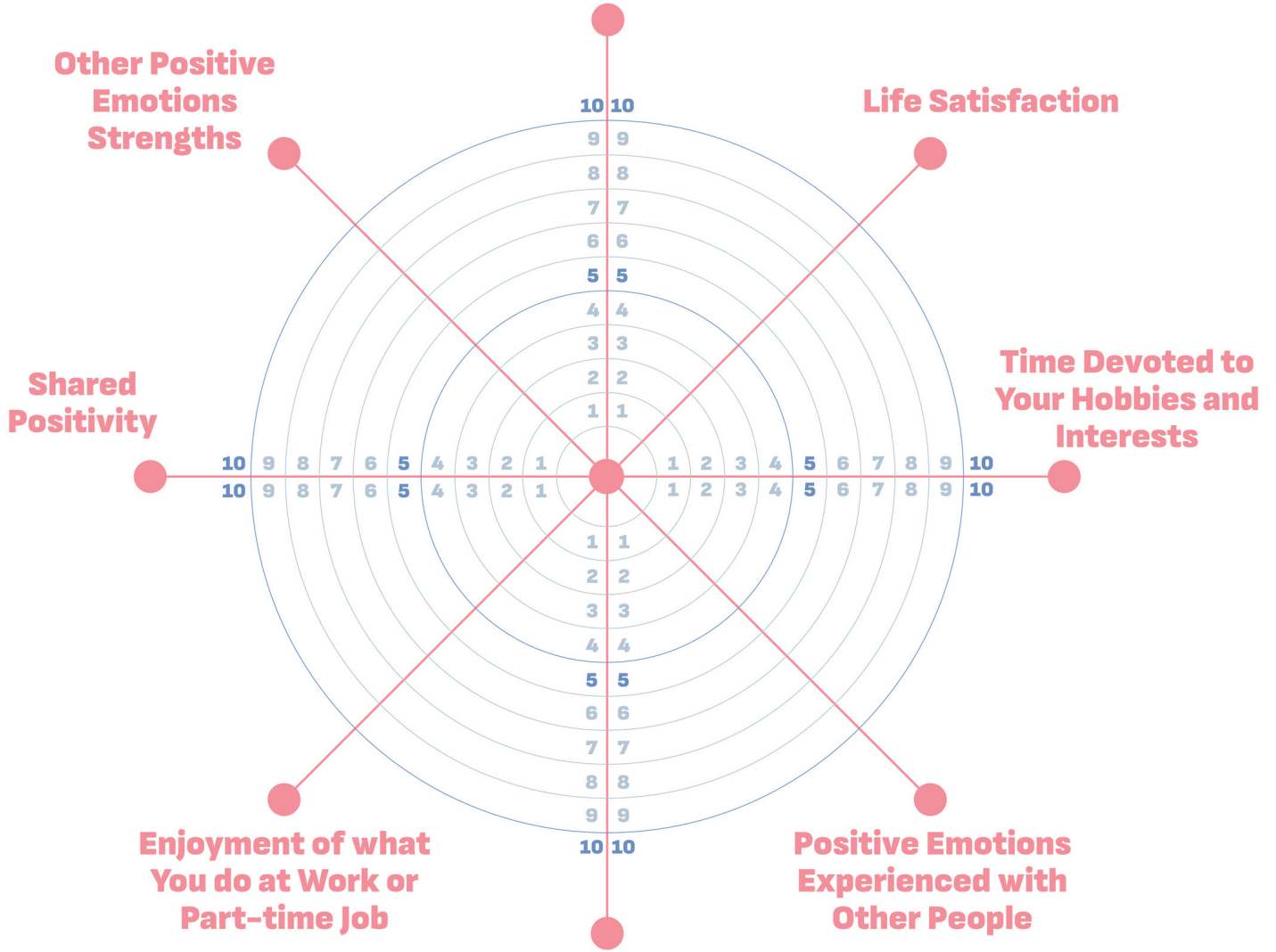
MY POSITIVE EMOTIONS

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Experiencing Positive Emotions (Happiness, Joy, Love, Gratitude etc.)



to-do list

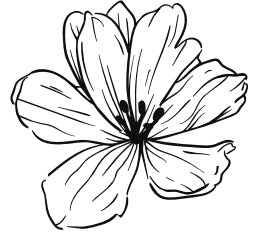
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Enjoyment of what You do at School

notes



MY WELL-BEING REFLECTION



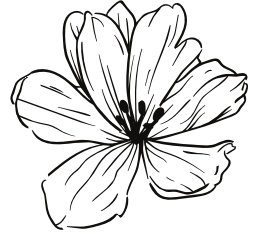
Looking at my positive emotions flower:
what would I conclude about it?

what would I like to change & what can I do for it?

what I am happy about?



GRATITUDE TIME FOR MY POSITIVE EMOTIONS



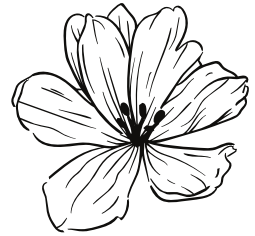
Thanks to my positive emotions I can:

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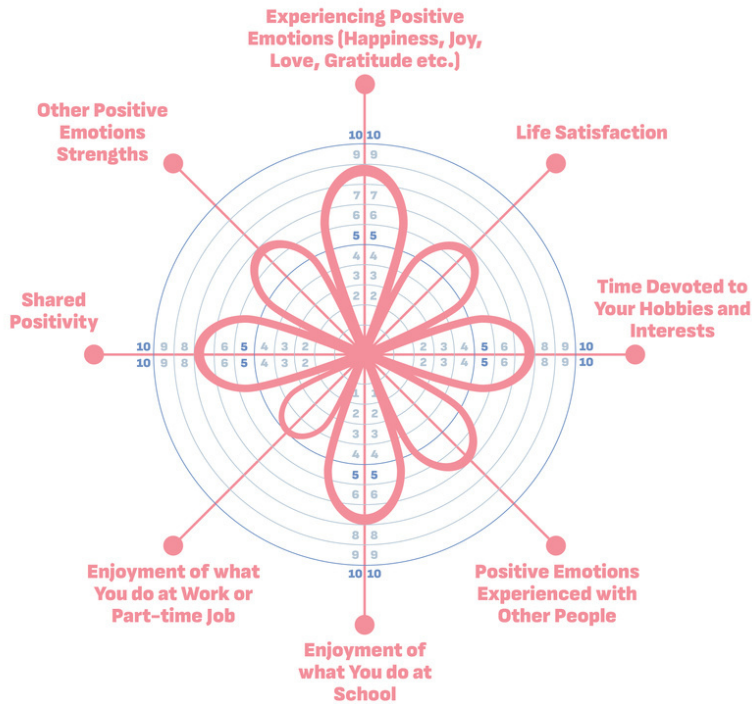
About my positive emotions I appreciate the most:



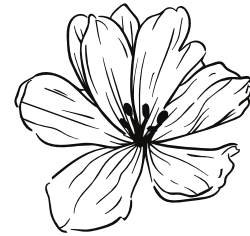
BUILDING MY POSITIVE EMOTIONS



notes of the day



BUILDING MY POSITIVE EMOTIONS



tips

- Give thanks. Whatever your day brings you, don't take anything for granted and express your gratitude.
- Laugh out loud! Let your whole body feel the excitement in moments that make you laugh and let it all out!
- Savor. Whether it is your morning coffee, a walk through a park, a phone call with your loved one, or lunch on the bench in front of your dorms. Savor the little things and make the most out of your everyday life.
- Process your emotions when feeling uncomfortable. Ask yourself what is here now? What sensations do I feel in my body? What kinds of emotions are present? Why do I feel this way? What could be the message behind this feeling? How is this feeling related to my core values in life?
- Share the good with others! Whether it is good news, an anecdote, or a cup of ice-cream.
- Good things are meant to be shared.
- Enjoy the positivity around you! Look around for moments when people laugh, are kind to each other, and savor witnessing the good in the world.
- Find time for what you love. Whether it is art, music, sports, relaxation, socializing, or spending time alone. Doing what you enjoy has the same priority as doing homework at school.
- Look for meaning in both the big and small activities you do in your everyday life.
- Take care of your body. Sleep, relax, move, eat real food, and dress up comfortably, rather than nicely. Put on your tennis shoes, your baggy hoody, and provide your body with the comfort it deserves.
- Start a what-went-well diary. Journal about what good your previous day gave you and stick to this habit for a few weeks to enjoy great changes in your life!

questions

- What am I looking forward to doing today?
- What and who makes me laugh?
- What do I appreciate about today?
- What went well yesterday?
- Who do I really enjoy spending time with?
- What hobbies do I miss doing and I will make time for this week?
- What is the smallest thing I can do to make my mood positive today?
- Where can I eat today to savor my food better?
- What can I do for others today to feel better about myself?
- What else can I do to support my positive emotions today?



YOUR ENGAGEMENT *flower*

Ability to Focus

I am able to focus and shift my focus in the direction I desire using my willpower. I avoid multitasking and I strengthen my ability to focus with different strategies, such as breathing exercises or meditation.

Engagement in Everyday Life Activities

I experience a great amount of engagement in everyday life activities such as self-care, housekeeping, or spending time with my loved ones. I am engaged when I study or when I have some time for myself no matter what activities I decide to choose.

Engagement in School

While understanding that boredom is a natural part of our life, I experience a great amount of engagement at school. In my classes, in seminars, and in my interactions with classmates and teachers. I don't feel bored during breaks; I enjoy lunch breaks and purposefully motivate myself to engage at school as much as possible.

Engagement in Work or Part-time Job

While understanding that boredom is a natural part of our life, I experience a great amount of engagement at work. I feel engaged while performing my regular work duties and also while working on new projects or activities. I engage with my colleagues and my boss in our meetings or discussions.

Engagement in Your Hobbies

I experience a great amount of engagement while doing what I enjoy in my free time. I do my best to find time for my hobbies and I prioritize my hobbies to learn, grow, and relax.



YOUR ENGAGEMENT *flower*

Engagement with Other People

I experience a great amount of social flow and engagement while interacting with other people. I experienced engaged conversations and high quality time. I like to talk to people and I enjoy listening to them.

Engagement in Your Alone Time

I experience a great amount of engagement in my alone time. I manage my time well to do activities I enjoy, to learn, or to practice. I know well what activities make me feel engaged and I participate in those when I'm alone. While understanding that boredom is a natural part of our life, I don't usually get bored when spending time on my own.

Creativity

I am happy with the time in my life I invest in my creativity. I let myself be creative while writing essays, working on projects, and even when I cook or decorate my home! I make time for activities that make me creative (e.g. drawing, crafting, writing, and photographing).

Experiencing Flow

I often experience flow, the state of relaxed peak performance, where I feel like being one with the activity I am doing.

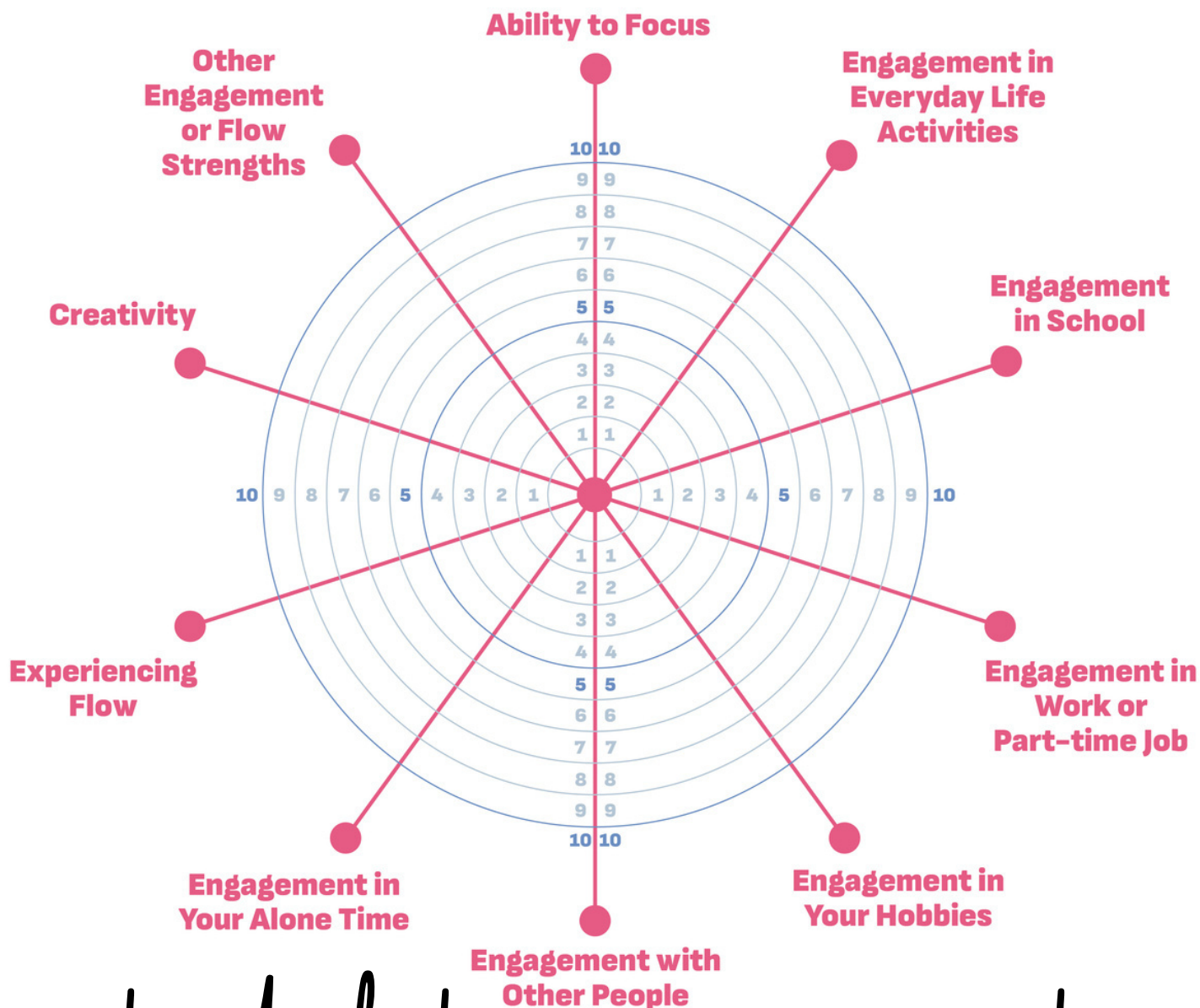


MY ENGAGEMENT

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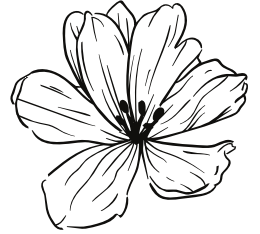


to-do list

notes



MY WELL-BEING REFLECTION



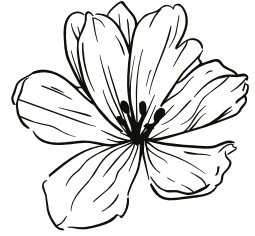
Looking at my engagement flower:
what would I conclude about it?

what would I like to change & what can I do for it?

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GRATITUDE TIME FOR MY ENGAGEMENT



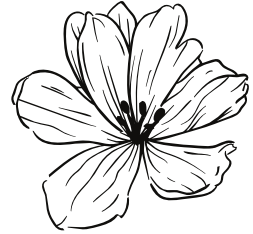
Thanks to my engagement I can:

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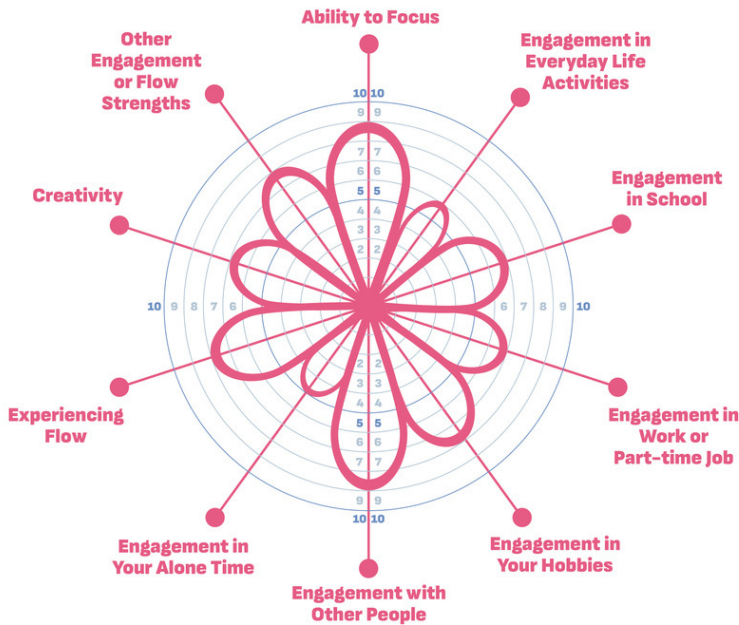
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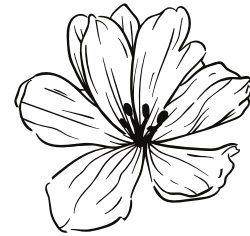
BUILDING MY ENGAGEMENT



notes of the day



BUILDING MY ENGAGEMENT



tips

- Make your autotelic activities list. A list of things you do for your own sake. For the activity itself, not for the result.
- Get clear about what activities, situations, or people make you more engaged using the AEIOU technique.
- Find ways to make time for such activities and for people who help you feel engaged.
- Book enough time for your flow activities in your calendar. Getting fully engaged and absorbed in the activity takes some time and once you get there, you don't want to interrupt your flow because you have other responsibilities to deal with.
- Make intention. Before you start your creative process, think of what you want it to be like and even visualize your successful achievement.
- Set your environment to support your engagement (e.g. find a place where you can focus the best, eliminate distractions, and set realistic goals).
- Balance your skills and challenges that certain activities demand. Either lower the pressure you put on yourself or raise the bar to challenge yourself.
- Try to stay relaxed throughout your creative process. Whether you write an essay, paint, or dance.
- Try to stay away from thoughts about whether people will like what you are doing/working on or not. Do it for yourself and for the feeling it generates for you.
- Recover from the flow. Longer periods of deep concentration can be physically and mentally demanding. Hydrate, eat, and rest.

questions

- What can I do to make my engagement a priority?
- What activities do I enjoy doing?
- What work activities make me forget about the world?
- What school activity makes me feel fully absorbed in the moment?
- What activities make me connected to myself?
- Who do I lose track of time with?
- What can I do to hang out with them more often?
- What is the smallest thing I can do today to increase my engagement?
- What was I doing last time I found myself in flow?
- What can I do to incorporate engaging activities into my life more often?



YOUR RELATIONSHIPS *flower*

High-Quality Relationships with Classmates

I enjoy seeing my classmates and spending time with them. I feel like a part of the group and I was even able to develop some friendships within our class. We try to be friendly to each other and we help each other out with school tasks if needed.

High-Quality Relationships with Teachers

Even though my relationships with teachers are formal, I have a good feeling about our interactions. I found my teachers to be friendly, respectful, and helpful if needed. I can openly express my opinions in our classes and I can talk to them about any issues I am facing with my studies if necessary.

High-Quality Relationship with Boss or Supervisor (feel free to skip if you don't have any)

My relationship with my boss or supervisor feels safe, empowering, and full of trust and respect. I can discuss my ideas openly and ask for advice or their mentorship anytime. I feel comfortable coming to my boss or supervisor for support in times of work overload.

High-Quality Relationships with Co-workers (feel free to skip if you don't have any)

I feel good about my relationships with my coworkers. I enjoy working with them and I feel like a part of the team. We trust each other and respect each other's work. We help each other out with some tasks when feeling overloaded with work.

High-Quality Relationships with Friends

I have developed loving and close relationships with friends throughout my life. I know that the number of friends does not matter. What matters is the good quality of friendships I have. I care for my relationships with my friends by initiating contact and making sure my friends know I am here for them. I know they are here for me if needed too.



YOUR RELATIONSHIPS *flower*

High-Quality Relationships with Family Members

My relationships with my family are empowering and respectful: they provide me with a sense of trust, they allow me to be my authentic self, and they help me feel great in my family.

High-Quality Relationships with Significant Other(s) (feel free to skip if you don't have any)

I feel loved in my relationship with my significant other(s), and I am capable of sharing my love. It is based on mutual care, trust, support, and a desire to grow together. We respect each other's boundaries and we are able to openly communicate about our feelings. We care for and help to build each other's well-being.

High-Quality Relationship with Yourself

I deeply care for myself. I am aware of my strengths and I support myself to use them. I also have compassion for my flaws. I know what I need and I prioritize my needs over pleasing others. I work daily with a respectful and loving attitude towards myself and I care for my own well-being.

High-Quality Relationship with People in Your Community

I enjoy positively interacting with people in my community (e.g., with my neighbors, cashiers in stores, teachers, and classmates) and I care for their well-being.

Great Social Skills

I actively listen to others; I am empathetic, authentic, forgiving, respectful, positive, and a team player; I express gratitude to others; and I help others while expecting nothing back.

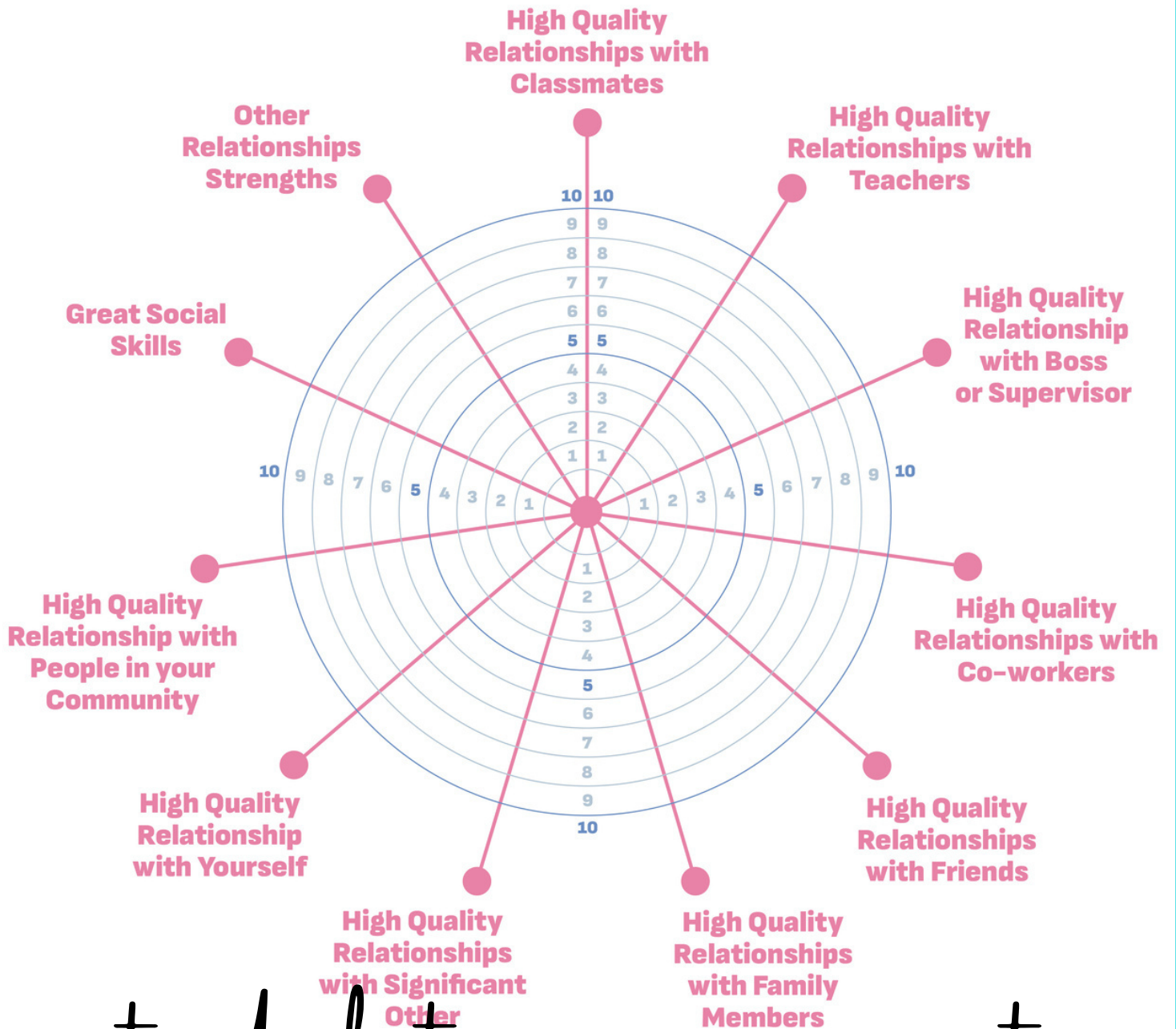


MY RELATIONSHIPS

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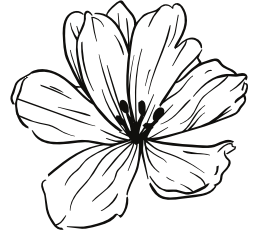
to-do list

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MY WELL-BEING REFLECTION



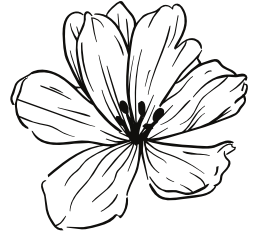
Looking at my relationships flower:
what would I conclude about it?

what would I like to change & what can I do for it?

what I am happy about?



GRATITUDE TIME FOR MY RELATIONSHIPS



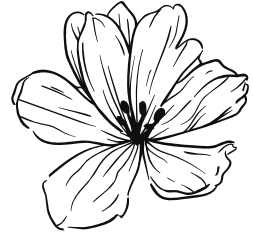
Thanks to my relationships I can:

I am thankful for (related to my relationships):

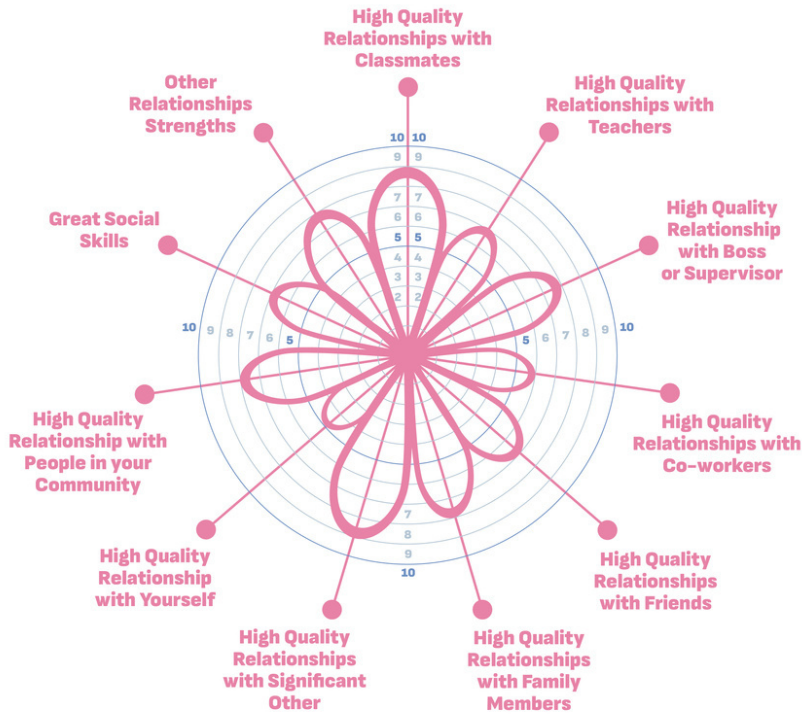
About my relationships I appreciate the most:



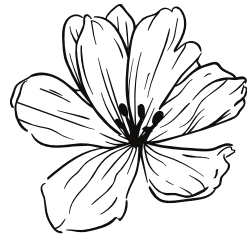
BUILDING MY RELATIONSHIPS



notes of the day



BUILDING MY RELATIONSHIPS



tips

- Prioritize your social health.
- Reflect on your relationships. What relationships are healthy for you and what are not so much?
- Make the relationships that make you feel safe, seen, heard, and loved unconditionally for who you are a priority.
- Use your character strengths as your natural ways to foster your relationships, whether it is kindness, humor, teamwork, leadership, fairness, or vitality.
- Check the community website and search for ways to volunteer to see how you could contribute to supporting your neighborhood.
- Practice social skills (e.g. active constructive listening, teamwork, or foster your authenticity) to be able to grow your relationship well-being.
- Ask your loved ones how you can contribute to their well-being.
- Care for yourself as much as you would care for someone very dear to you.
- Practice setting healthy boundaries and respect boundaries of people around you.
- Initiate positive interactions first. Smile at people, open doors for them, or start a small talk. Majority of the people will respond back to you very positively!

questions

- What is the smallest thing I can do today to foster my relationships?
- Who are the most important people in my life?
- How can I show love to people I care about today?
- What are my character superpowers and how can I contribute to the well-being of others today?
- What is the smallest thing I can do today to show myself love?
- What do I need and how can I provide it to myself?
- What can I do to be a better team player today?
- What do other people love about me?
- How can I serve my community today?
- Who can I call to show my love today?



YOUR MEANING *flower*

Meaning in Life

I have a strong sense of meaning in my life. I am aware of my values and passion, and I live my life in accordance with both. I have a good sense of where I would like my life to be headed.

Meaning in Everyday Life Activities

I see meaning in my everyday life activities. I set my personal goals and strategies to pursue said goals. I speak about my goals publicly if I feel comfortable to do so. I monitor my progress and I acknowledge my achievements.

Meaning in School Activities

I can see meaning in the majority of the school activities I do. If I don't, I am able to stop and think of how this particular activity will support me on my way to reach my personal goals or how it will benefit others. This helps me to be motivated, focused, and effective.

Meaning in Work Activities (feel free to skip if you don't work at the moment)

I can see meaning in the majority of work activities I do. If I don't, I am able to change my perspective and reveal meaning for either me, my organization, my coworkers, or how people beyond my work environment will benefit from what am I working on.

Serving Others

I am aware that it is important for my well-being to serve others in the best way possible. I take action and I try my best to be there for people around me when I feel energized and able to share. I use my character strengths in service of people and my community.



YOUR MEANING *flower*

Building Meaningful Relationships

I realize how meaningful high-quality relationships are for my life. I reflect on my relationships and prioritize those that support my social health. I proactively build high-quality relationships, and I care for the well-being of people around me.

Purpose in Life

I am aware of my life mission. I feel motivated to pursue my life goals and I know what the purpose of my life is. The accumulation of my meaningful goals has generated a life purpose for me. I reflect on my purpose and I give myself the freedom to change my goals if they no longer seem to be aligned with my values.

Faith and Spirituality

I sense that faith and spirituality contribute to my well-being and both faith and spirituality increase the sense of meaning in my life. Whether I am religious or not, I have faith and I cultivate my spirit in my everyday life.

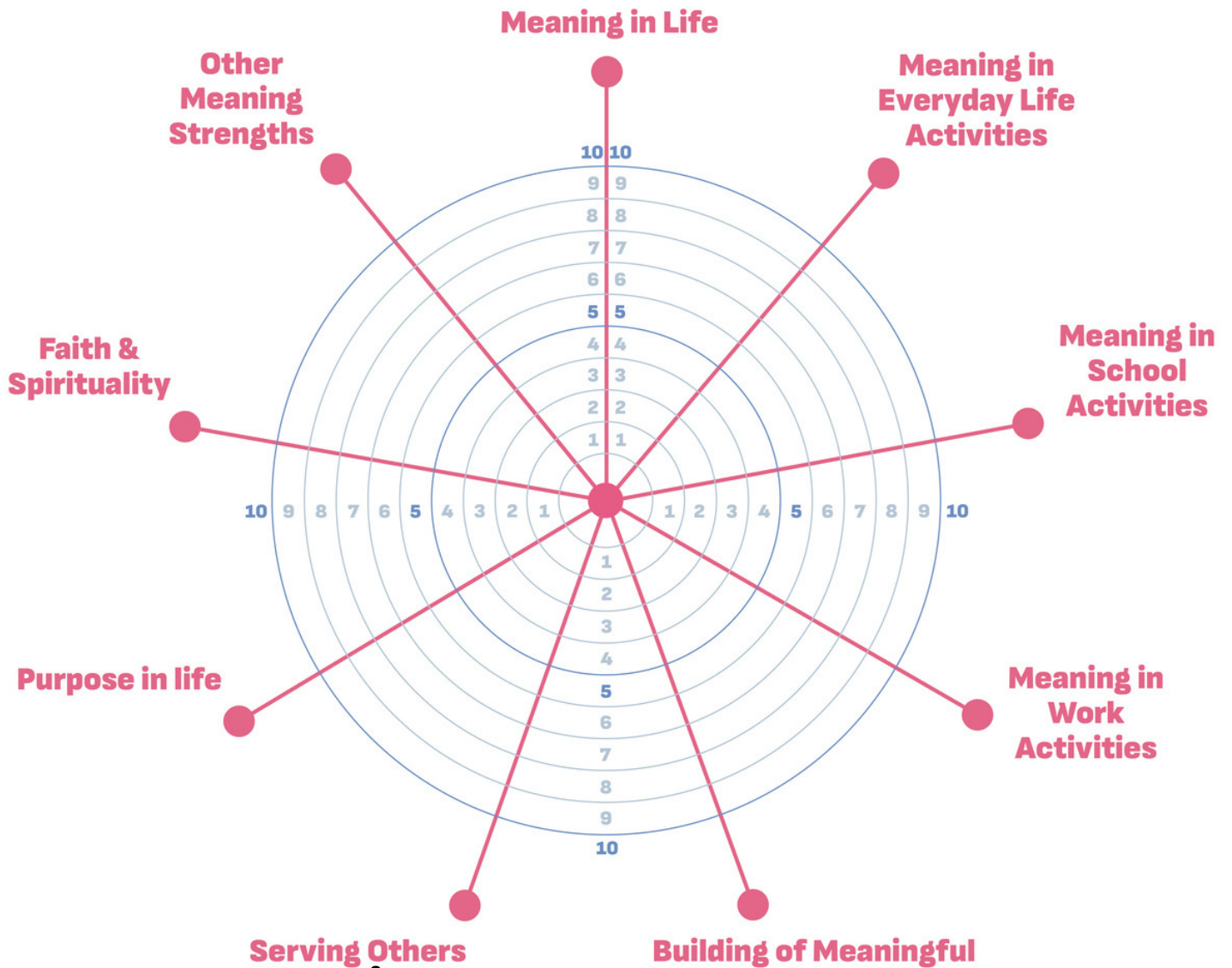


MY MEANING

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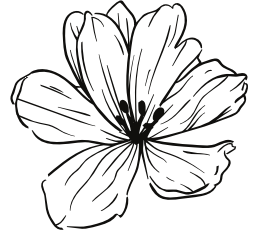


to-do list

notes



MY WELL-BEING REFLECTION



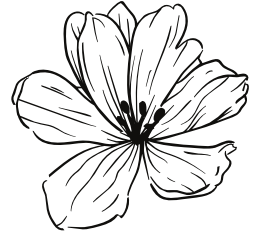
Looking at my meaning flower:
what would I conclude about it?

what would I like to change & what can I do for it?

what I am happy about?



GRATITUDE TIME FOR
MY MEANING



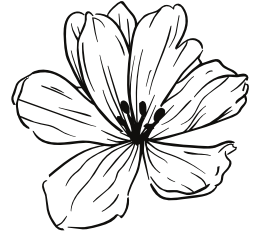
Thanks to my meaning I can:

I am thankful for (related to my meaning):

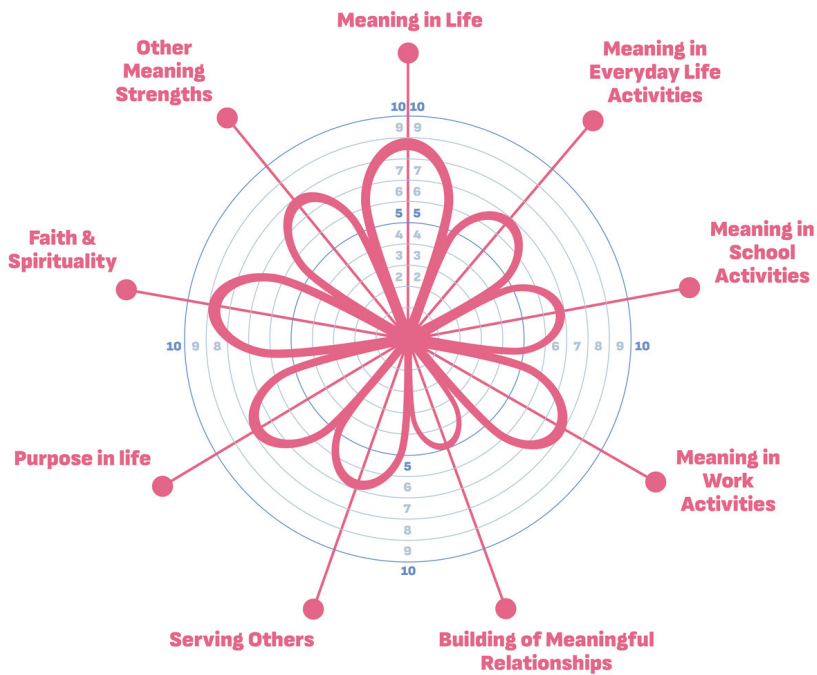
About my meaning I appreciate the most:



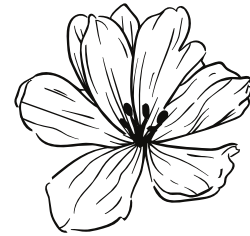
BUILDING MY MEANING



notes of the day



BUILDING MY MEANING



tips

- Buy a notebook you will enjoy looking at and create a habit of journaling. Journal about your ideal future, about your values, about people who inspire you, and about your life mission. Discover your core values and use them as a compass for your life. Ask yourself what makes your life worth living and what is most important and dear to you.
- Create a habit of dreaming big, make action plans, and set realistic goals that will help you move in the desired direction. Choose effective strategies and don't hesitate to change them if they no longer serve you. But you know what? You can also take a break from dreams, goals, and visions if you feel overwhelmed. Give yourself a grace, take a break, and plan absolutely nothing for a week. You will be surprised what life brings you when you have no agenda :-)
- Visualize your ideal future. Try on the feelings of what it would be like to achieve what you wish to achieve right now! Reflect on your life goals. Our life goals might change over time and it is worth it to check on your current dreams, plans, and strategies.
- Use your character strengths to help you reach your goals naturally and more confidently.
- Give thanks and express gratitude. Whatever your life gives you, don't take anything for granted and express your gratitude.
- Collaborate. Look for mentors, colleagues, or friends who could help you to reach what you wish in your life. Learn from them. Don't hesitate to ask for help if needed.
- Always find time for doing what you are passionate about and what you find interesting at this stage of your life. You can make room for your passion in your free time and who knows, maybe you will find a way to make a living at it one day.
- Have faith. Practice believing and being hopeful, no matter what it means to you. Cultivate your unique spirituality.

questions

- What are my core values?
- What am I passionate about?
- What are my life goals?
- What would make me feel devastated if I lost it?
- What relationships do I find most meaningful in my life?
- How can I pursue my purpose today?
- What am I looking forward to doing today that is meaningful to me?
- How can I use my character strengths to make my day more meaningful?
- How can I contribute to my community today?
- What can I do for myself today to show myself some love? (Please take this also as a kind invitation to really do that!)



YOUR ACHIEVEMENT *flower*

Satisfaction with Your Achievements

I am aware of my achievements. I reflect on my effort, and I acknowledge my successes. I celebrate when I accomplish something meaningful, as well as when I achieve small things in my day-to-day life. I am satisfied with what I have achieved in my life so far.

Recognition and Enjoyment of Others' Achievements

I pay attention to the achievements of others, and I sincerely enjoy when others are successful. I like to acknowledge others' successes by telling them that they have done great. I also feel inspired when I see others achieve something.

Recognition and Use of Your Character Strengths

I am well aware of my character strengths, and I use them in my everyday life. I reflect on my top strengths from time to time. I like to think about how I can apply my strengths in different situations to reach what I am aiming for confidently and with more ease and joy.

Responsibility

I have a great sense of responsibility. I consider myself an accountable person. I do my best to keep my promises, stick to my plans, and, if needed, develop extra effort to meet deadlines I agree to. Others would say that I am easy to work with.

Willpower

I feel like I have control over the actions I take in my life. I can resist impulses for the sake of my goals. I can control my own thoughts and behavior and I have strong determination to overcome obstacles when working toward my personal goals.



YOUR ACHIEVEMENT *flower*

Perseverance for Long-Term Goals

I persist in my long-term goals despite obstacles, discouragements, or disappointments. When I fail, despite the fact that I might feel disappointment and demotivation in the moment, I rarely give up and I continue to work on my goals and dreams.

Passion for Long-Term Goals

My actions, plans, and behavior are passion-driven. I am aware of what I love and what is important to me, and I do my best to keep activities that are filled with passion in my everyday life.

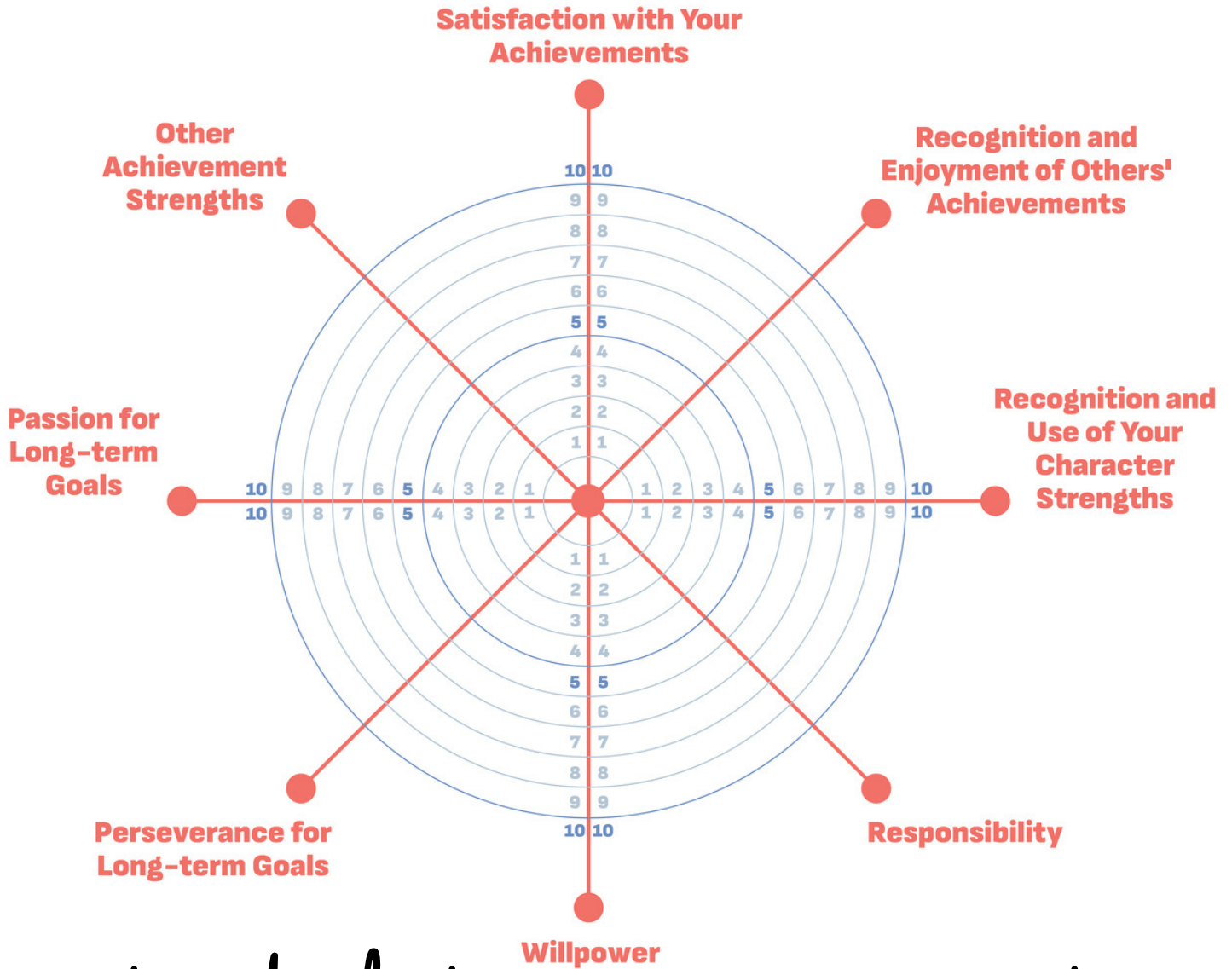


MY ACHIEVEMENT

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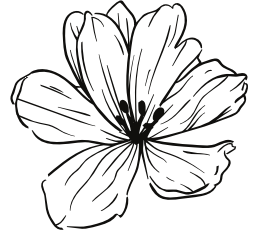
to-do list

notes

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MY WELL-BEING REFLECTION



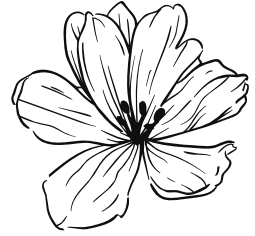
Looking at my achievement flower:
what would I conclude about it?

what would I like to change & what can I do for it?

what I am happy about?



GRATITUDE TIME FOR MY ACHIEVEMENT



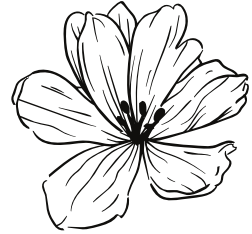
Thanks to my achievement I can:

I am thankful for (related to my achievement):

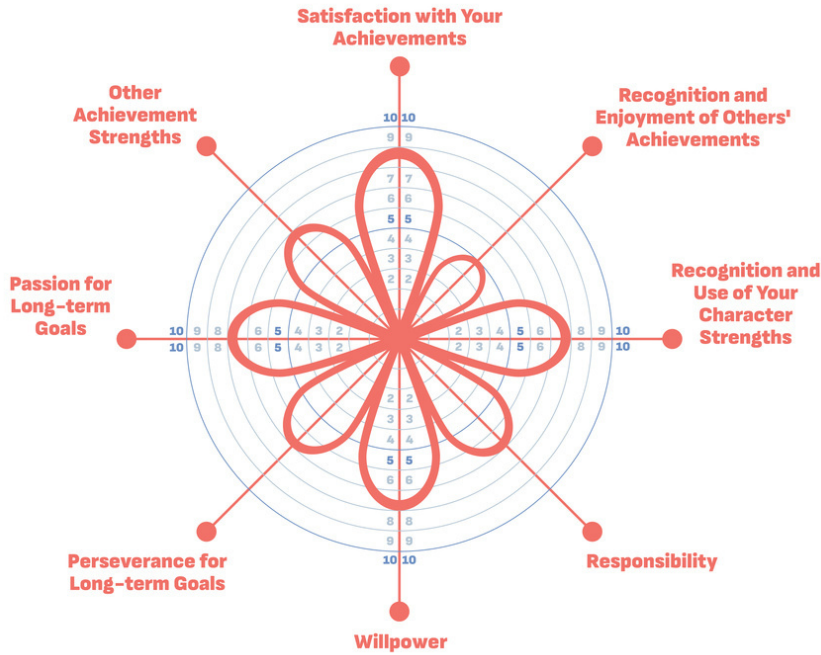
About my achievement I appreciate the most:



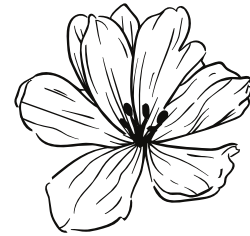
BUILDING MY ACHIEVEMENT



notes of the day



BUILDING MY ACHIEVEMENT



tips

- Change your self talk and start praising yourself. Celebrate your big and small achievements. Whether you passed your exam successfully or just woke up and attended the early morning class.
- Track your successes. Look back in time and sincerely acknowledge your achievements. And remember, achievement does not necessary have to be big career or school accomplishments. It can be your recovery from a breakup, going to the gym regularly or realization of some big step like moving to a different city.
- Look around you for excellence. Get inspired by your colleagues, family members and friends and learn from them!
- Acknowledge effort of people around and congratulate them for their accomplishments.
- Whether it is your mom's promotion, your friend ran a half marathon or your classmate presented a really interesting project you liked.
- Assess your character strengths and use them to your advantage. Think of what you are naturally good at and what makes you feel confident. Whether it is your humor, spirituality, prudence, vitality, bravery, curiosity or ability to be thankful.
- Train your willpower. To be successful, many tasks ask for resistance to short-term temptations in order to meet long-term goals. Focus on the desired outcome and what your willpower will bring you.
- Persevere. You will get where you want!
- Feed your passion. Talk about what you love. Don't stop learning. Watch TED Talks about related topics. Be around people who share your interests. Study lives of people who reached what you are aiming for. You will find your way.

questions

- What is the smallest step I can take today to move forward towards my goals?
- What do I need to say yes to today to move forward towards my goals?
- What do I need to say no to today to move forward towards my goals?
- What are my character strengths and what am I naturally good at or even better than others?
- How can I use my character strengths today to move towards my goals?
- What are the biggest achievements of my life?
- What inspires me in others?
- What am I passionate about?
- How can I recharge and devote more time to my relaxation?
- What went well today?



YOUR PHYSICAL HEALTH *flower*

Adequate Body Movement

I enjoy moving my body naturally during the school day and after. I care about the maintenance of my muscle and cardiovascular health by finding time for regular aerobic, strength, and flexibility activities and balance movements.

Proper Body Posture

I am aware of my body posture throughout the day. I am capable of correcting my posture properly when moving, standing, and sitting, even while studying.

Optimal Nutrition

I enjoy good nutrition in a regimen that fits me. My diet is balanced, it is full of natural foods rich in nutrients (vegetables, fruits) and healthy fats, and it includes high-quality protein in every meal.

High-Quality Sleep

My sleep quality is good and consistent. I wake up feeling refreshed and ready for school. I care for my sleep by sticking to a regular sleep schedule, avoiding large meals and alcoholic drinks before bed, relaxing before bedtime, and managing my sleep environment.

Regular Relaxation

My body feels relaxed most of the time. When I notice my body getting stiff after a stressful situation at school or in my personal life, I am able to relax my body back. I practice relaxing my body intentionally during the day and especially before sleep.



YOUR PHYSICAL HEALTH *flower*

Proper Breathing

My breathing is slow and deep, and I breathe into my belly most of the time. When I notice myself breathing shallowly in moments of school or personal stress, I can regulate my breath and balance myself back into calmness with breathing exercises if needed.

Avoidance of Risky Behavior

I limit exposing myself to the potential risk of harm by avoiding substance abuse, heavy alcohol consumption, unprotected sexual intercourse, reckless driving, practicing extreme sports, or overusing social media, as I care for my health.

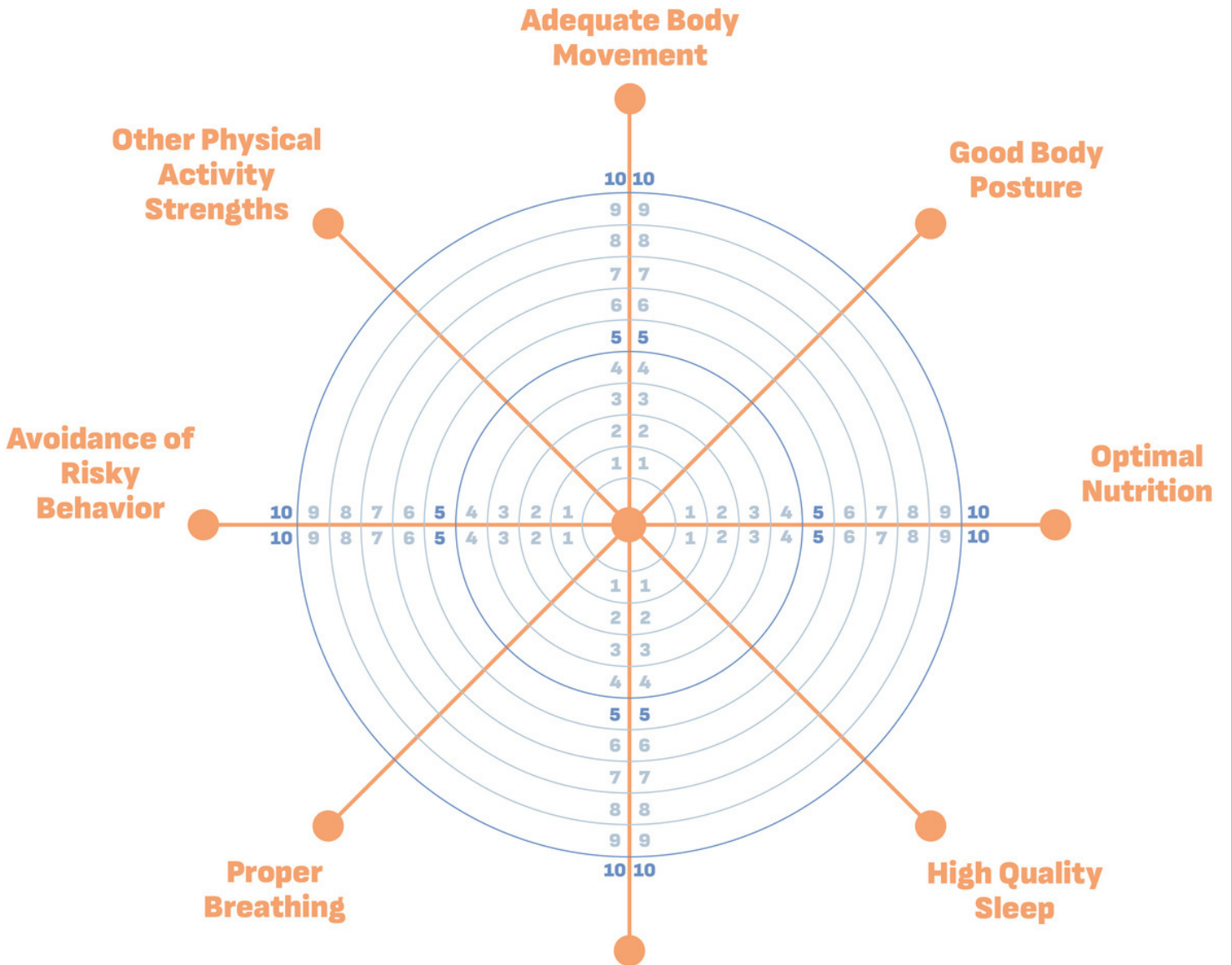


MY PHYSICAL HEALTH

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to-do list

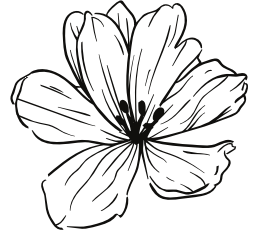
Regular Relaxation

notes

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MY WELL-BEING REFLECTION



Looking at my physical health flower:
what would I conclude about it?

what would I like to change & what can I do for it?

what I am happy about?



GRATITUDE TIME FOR MY PHYSICAL HEALTH



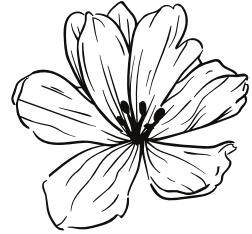
Thanks to my physical health I can:

I am thankful for (related to physical health):

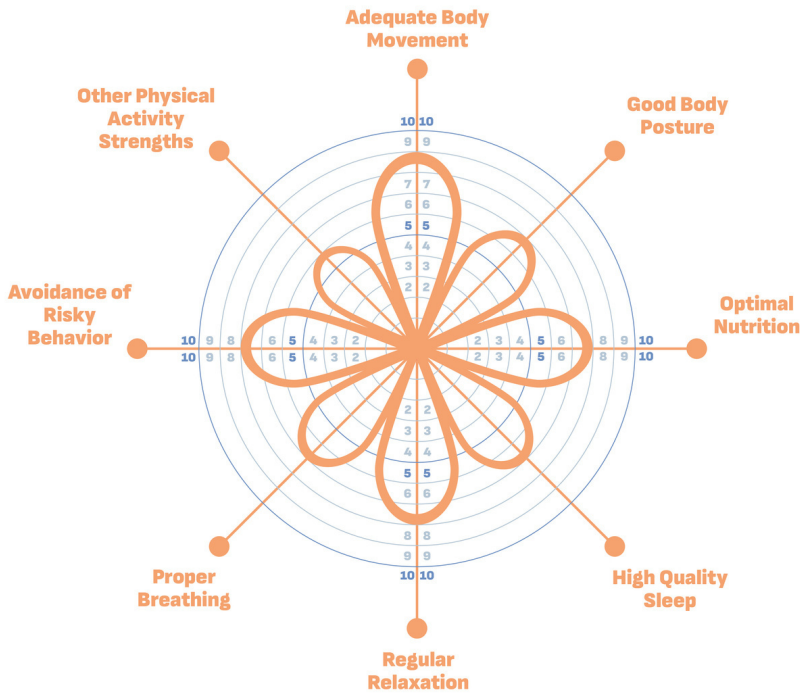
About my physical health I appreciate the most:



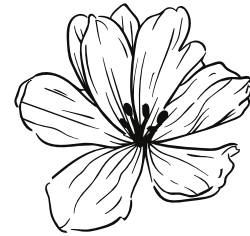
BUILDING MY PHYSICAL HEALTH



notes of the day



BUILDING MY PHYSICAL HEALTH



tips

- Maintain your sleep schedule even though your school schedule can be very irregular sometimes. Get sunlight first thing in the morning, if possible.
- Care for your body by eating real food (whole foods, healthy fats, protein, and low-glycemic foods) and drinking more filtered water or green tea.
- Do body movement snacking in between long sittings at school or while studying at home. Find time to do some cardio or weight training during your week.
- Take a break from social media during your day and be fully in the moment wherever you are.
- Find a few moments for activities that help you relax every day. Enjoy a cup of coffee between classes, spend some quality time with loved ones after school, or take a relaxing walk somewhere in nature, whenever you have a chance.
- Pay attention to your breath and calm yourself down by extending your breath, especially in times of accumulated stress such as exams or class presentations.
- Use every opportunity to move more naturally during your school day. Move your way in at least 150–300 minutes of moderate-intensity aerobic physical activity for at least 75–150 minutes of vigorous-intensity aerobic physical activity (or an equivalent combination of moderate and vigorous-intensity activity) throughout your week.
- Eat high-quality protein in every meal (e.g., meat, fish, and seafood, eggs, tofu, tempeh, dairy, or hummus).
- Slow down on your evenings. Listen to some music, take a bath, or relax with a non-school book.
- Cut your risky behavior in half. You can do it and your life will improve in every way.

questions

- What is the smallest thing I can do to make my nutrition more balanced today?
- What always makes my body and mind feel relaxed?
- What positive effect do I feel when standing/sitting properly?
- What helps me sleep better?
- What works well for me when I desire to avoid or limit risky behavior?
- What kind of movement does my body love?
- What healthy foods do I really enjoy?
- When can I stop to enjoy one deep breath in and out today?
- What is my main reason to treat my body right today?
- What else can I do to support my physical health today?



YOUR MINDSET *flower*

Hope

I choose to stay hopeful. I trust that my expectations and desires will happen, even though I don't know exactly how yet. I feel hopeful about my future, motivated, and confident about achieving my goals through proactive planning and taking action.

Confidence in Yourself (Efficacy)

I know my weaknesses but I am also well aware of my skills, abilities, and character strengths. I use them in my everyday life to reach my goals and it helps me feel confident. I show myself self-compassion if needed.

Resiliency

I have the ability to spring back into shape and I recover quickly from difficulties. I have the mental capacity to bounce back and to even bounce forward after recovering from difficulties. I learn from my experiences and in some cases, I feel like I even recover beyond the original level of my well-being.

Optimism

I often feel like things will be well and I choose to stay hopeful. If I fail, I know there is something I can do about it. I don't see my failures as entirely my fault. I know I generally do well, and failures are just an exception. I am aware that my failures are temporary and will be replaced by successes again.

Future Orientation

Knowing that being here and now is where life is, I also look forward to the future rather than ruminating on my past. I anticipate good future consequences. I plan before acting. I set my goals and I choose strategies to reach what I am aiming for. I show compassion to myself when things don't go exactly the way I would like them to.

Growth Mindset

Challenges often make me excited and obstacles make me want to try again. Effort is my way to success. I choose to learn from mistakes and practice constructive criticism. The success of others inspires me.

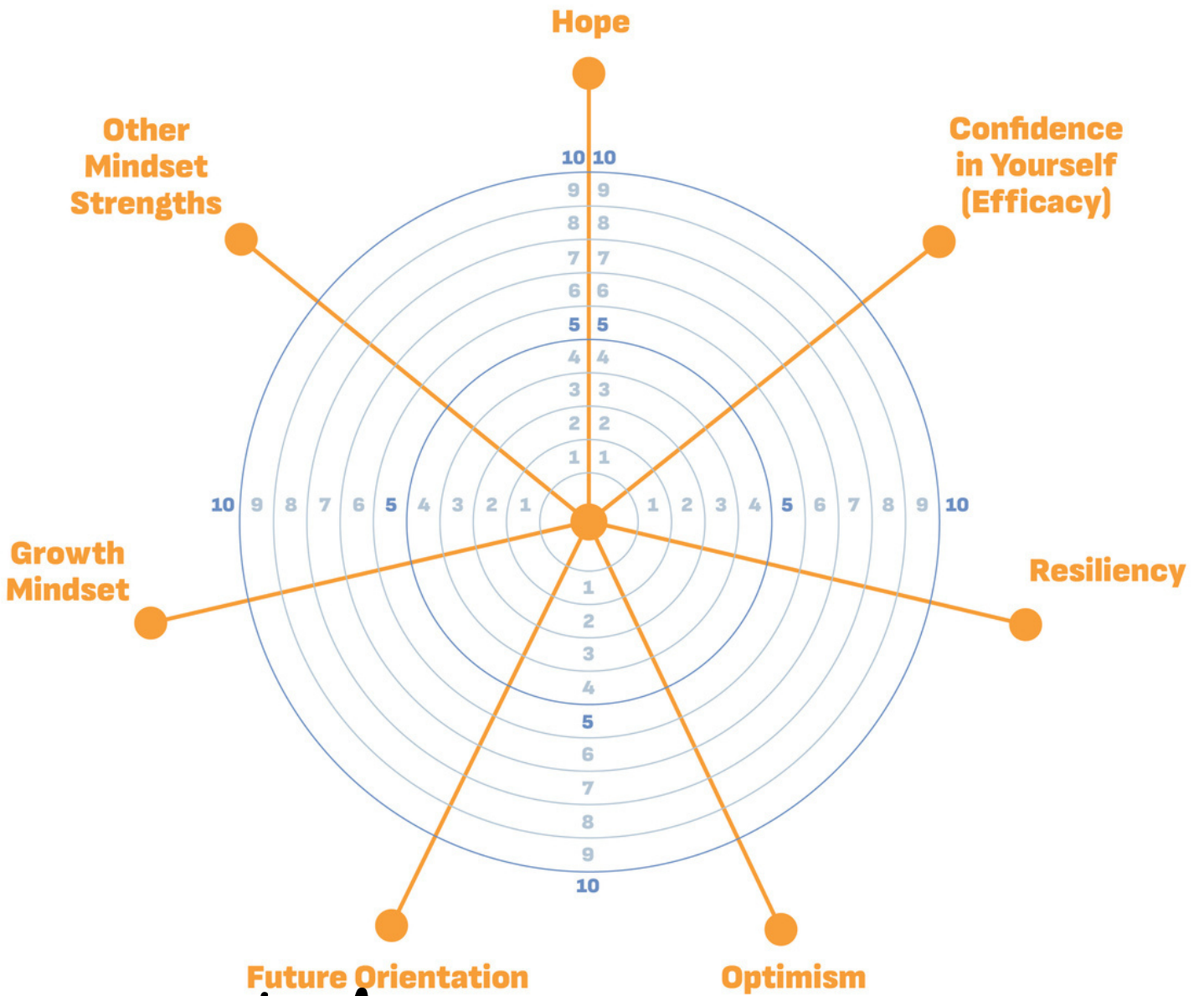


MY MINDSET

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to-do list

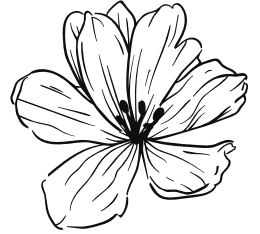
notes

Three horizontal lines for writing, each preceded by a small teal square marker.

A large teal rectangular box for taking notes.



MY WELL-BEING REFLECTION



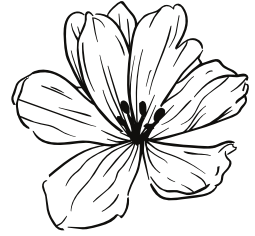
Looking at my mindset flower:
what would I conclude about it?

what would I like to change & what can I do for it?

what I am happy about?



GRATITUDE TIME FOR
MY MINDSET



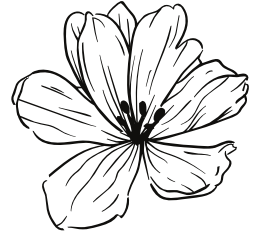
Thanks to my mindset I can:

I am thankful for (related to my mindset):

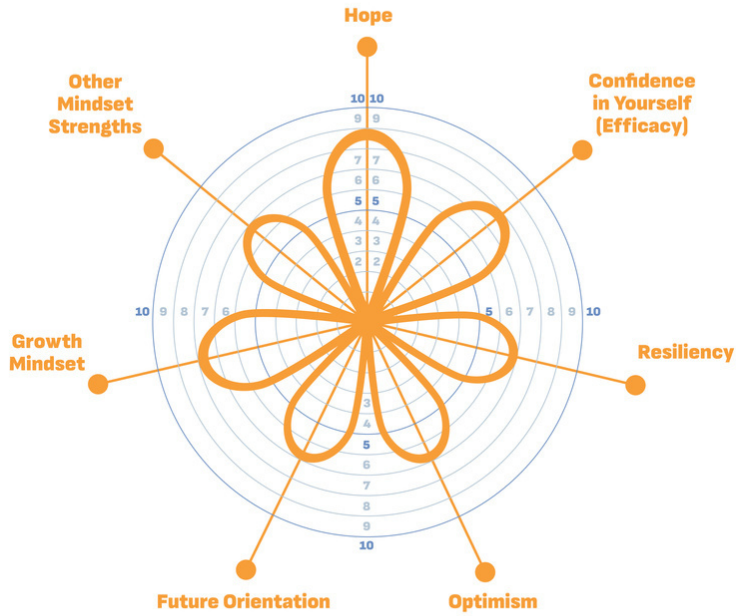
About my mindset I appreciate the most:



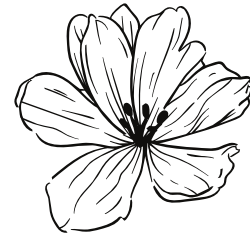
BUILDING MY MINDSET



notes of the day



BUILDING MY MINDSET



tips

- Be aware of your current beliefs. Don't judge, just listen to your inner voice. What does your inner saboteur tell you?
- Be kind to yourself. Don't beat yourself down when you notice you are operating based on beliefs that no longer serve you (e.g. "There is no way I can learn all this," "This is going to be so embarrassing when I fail," "I cannot change.") Acknowledge yourself for becoming more sensitive to the beliefs you are running on!
- Manage your self-talk. Disagree with your saboteurs when they show up. For example, when your self-talk tells you, "This is too much, I cannot learn this in a week" pause for a second and support yourself by responding, "Actually I have done this in the past. I can do this."
- Try to think as an optimist. If you catch yourself being negative about some situation, think to yourself what a realistic optimist would think about this. You might even think of a certain person you really know who is optimistic most of the time and ask yourself, what would they think about this?
- Appreciate your learning from your mistakes. There is no learning without mistakes and there is no growing without learning.
- Be playful when facing challenges. Try to be like a little kid that is trying to learn to walk and gets up every time it falls. Just smile, laugh, or even release your frustration verbally if it helps but always try one more time.
- Be hopeful. Try to put on a coat of a feeling of true hope. Even when you don't know how to solve the situation yet.
- Try to change your perspective a bit and look at challenges as your vaccination by stress. You can bet that you will handle the same situation with more ease next time.
- Trust yourself. Be your biggest supporter. Always think of why could this work out rather why not. Look for evidence from the past and remind yourself that you have skills and abilities to handle it.
- Remind yourself that there is always something you can do. Always. Ask yourself, what can I really do here? And listen for answers.

questions

- What would it feel like if I really believed that I could do it?
- What have I learned from my last failure?
- What do I find inspiring in my classmates?
- What would I do knowing I cannot fail?
- What would my ideal future look like?
- What would a realistic optimist think about this?
- What does true hope feel like?
- What is my next step to get closer to fulfilling my dreams?
- What have I achieved in my life thanks to my constant effort?
- What kind of self-talk would support and encourage me?



YOUR ENVIRONMENT *flower*

High-quality Home Environment

I enjoy spending time at home. I like the design of my home and I actively cocreate good living conditions by keeping my home clean, filtering my tap water, limiting chemical-based products, letting the natural light in, and having plants at home. I ventilate regularly to have fresh air.

High-quality Family Environment

I enjoy spending time in the family environment that my family members and I help to build together. I actively help to co-create a healthy physical family environment and I try to contribute to a great psycho-social climate as well. I help to manage a clean, healthy, and safe family environment as much as I can.

High-quality School Environment

I find the design of school buildings beautiful, and I feel safe, comfortable, and connected to the school community. My university promotes health and actively creates a healthy environment for their students. I am actively co-creating a healthy school environment by sorting my waste and not wasting water, paper, and energy.

High-quality Work and Part-time Job Environment

I enjoy my work environment – its design, clean water, fresh air, good ventilation, natural light, lack of noise, limited exposure to chemicals, and easy access to nature (e.g., parks or trees around the building). I would also say that the psychosocial climate at my work is healthy and supportive.

High-quality Community Environment

I find my community environment healthy and clean, especially when it comes to the infrastructure, air, water, and community waste. I like the buildings; I feel safe and connected to others. I voluntarily separate my waste and help to clean the neighborhood when there is a chance to do so.



YOUR ENVIRONMENT *flower*

High-quality Online Environment

I feel good about the quality of the online content I expose myself to. I pay attention to the quality of the media and the people I follow. I limit my exposure to commercials, and I care for my online identity safety. I mostly use the online environment for education and to connect with my family and loved ones. I limit my time spent on social media and my overall screen time.

Time Spent Outdoors in Nature

I can access nature easily. I enjoy having plants in my home, in my workplace, and at school. I always make time for spending time in nature in the sunlight, fresh air, near water, or in the woods. I walk in nature or just sit there and enjoy the natural scenery.

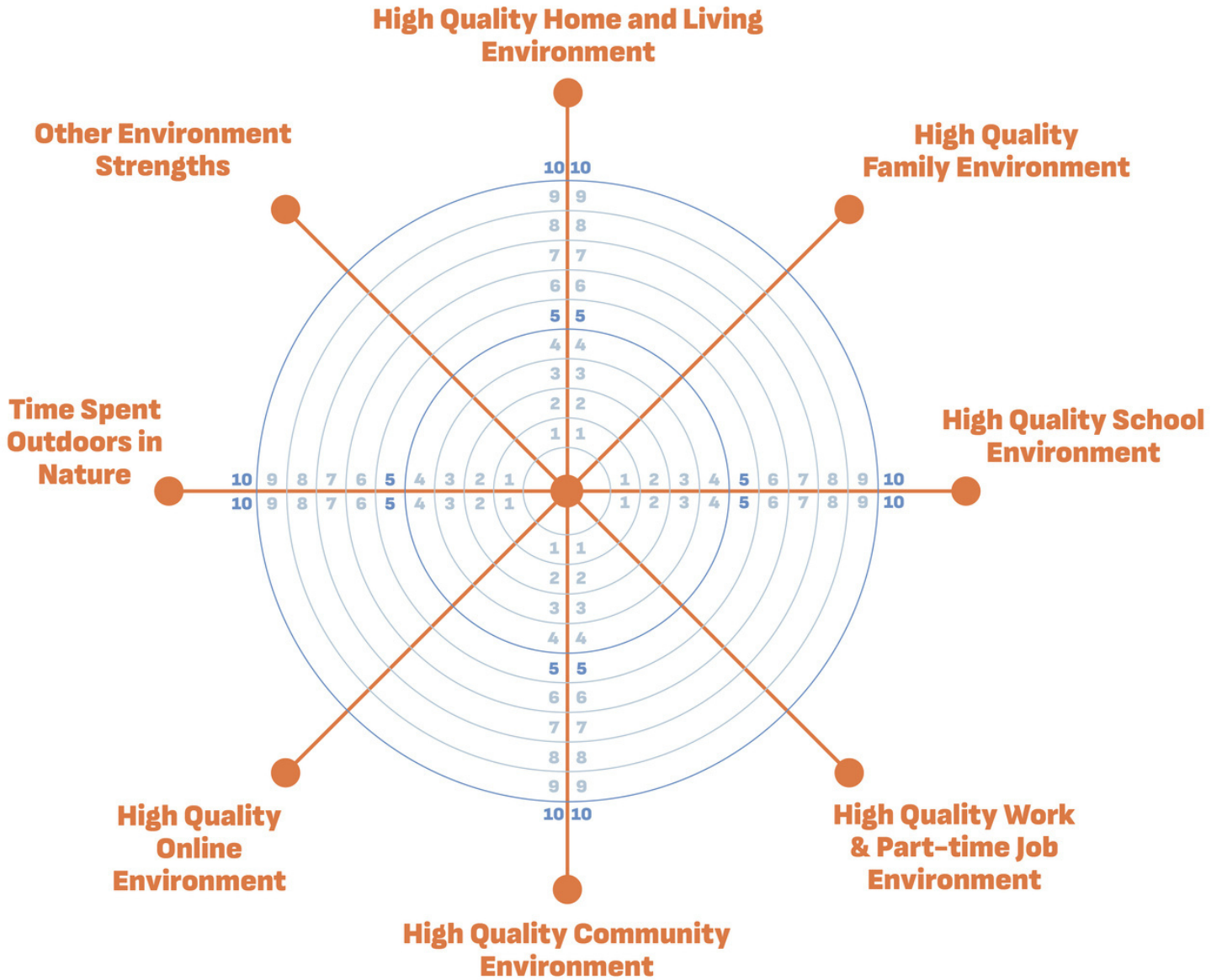


MY ENVIRONMENT

date

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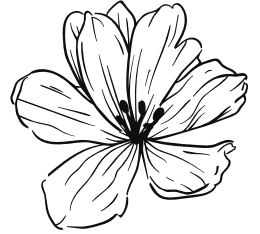
to-do list

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MY WELL-BEING REFLECTION



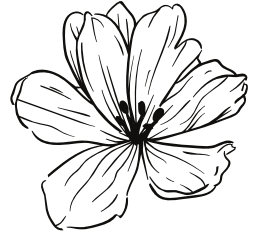
Looking at my environment flower:
what would I conclude about it?

what would I like to change & what can I do for it?

what I am happy about?



GRATITUDE TIME FOR MY ENVIRONMENT



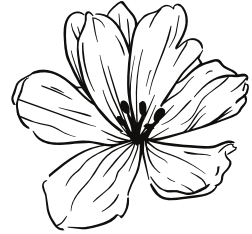
Thanks to my environment I can:

I am thankful for (related to my environment):

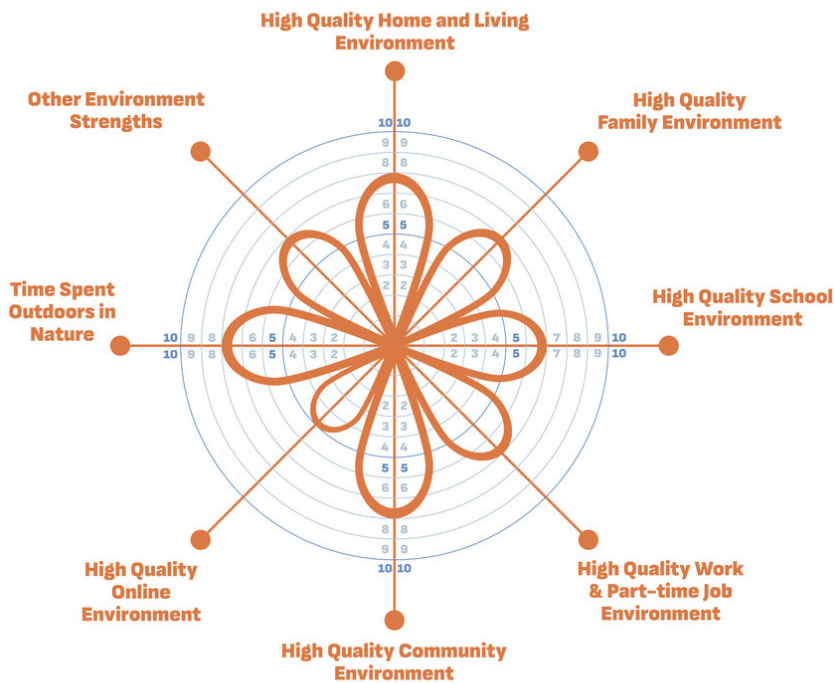
About my environment I appreciate the most:



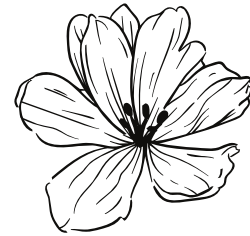
BUILDING MY ENVIRONMENT



notes of the day



BUILDING MY ENVIRONMENT



tips

- Make sure you always have access to fresh air. Open the window during the class break. Go out for a quick walk. Get your air conditioning filter changed in your car. Use air cleaner and air humidifier therapy at home.
- Safety first! Always, in any environment. Limit consumption of foods grown with pesticides, and protect yourself from chemicals and any physical or mental harm. Follow the safety protocol for your work, if there is one.
- Get clean and avoid or eliminate as many toxins as possible in your environment.
Clean your home with natural products. Check the label of the cosmetics you use. Buy bio and natural foods.
- Build and care for high-quality relationships in your communities, use your social skills and your character strengths to care for others.
- Craft your environment to make it healthier and more positive.
- Reduce screen and digital time.
- Make your study environment as effective and cozy as possible.
- Be respectful of the space of others.
- Always contribute to co-creating a healthy environment.
- Protect and care for nature.

questions

- What is the smallest thing I can do to make my study environment more enjoyable today?
- What can I do to make my home environment more positive and healthier?
- What can I do for the community environment today?
- What can I do to change my home environment to study more effectively?
- What am I good at that can help co-create a positive school environment?
- What would help me limit my time spent online?
- What can I do to spend more time in or connected to nature every day?
- What can I do to co-create a high-quality living environment for my family?
- What do I like about my work environment the most and how can I support it?
- What else can I do to support my positive environment today?



YOUR ECONOMIC SECURITY *flower*

Good Income

I am satisfied with my income. I have an ideal financial situation, vision, and plans for my future income and I am doing well on working toward them.

Satisfactory Savings

I am satisfied with my savings. I save some portion of my monthly income regularly before any spending. I have saving plans that help me move toward my ideal economic security vision.

Satisfactory Investments

I am satisfied with my investments. I invest regularly and I keep up with my financial plans and visions.

Proper Expense Management

I track my earnings, savings, and spending. I have financial goals and I plan how to reach them. I balance my spending with my savings and I prioritize investments that are in line with my values.

Financial Literacy

I have satisfactory knowledge of how to manage my finances and how to build economic security for myself. I know where to get more reliable information about finances if needed. I am aware of my income plans and how to reach them and I feel confident with my investments.

Access to Quality Health Care

I have access to quality health care. I have high-quality insurance and good health care is always accessible to me physically if needed (I can reach a doctor if needed).

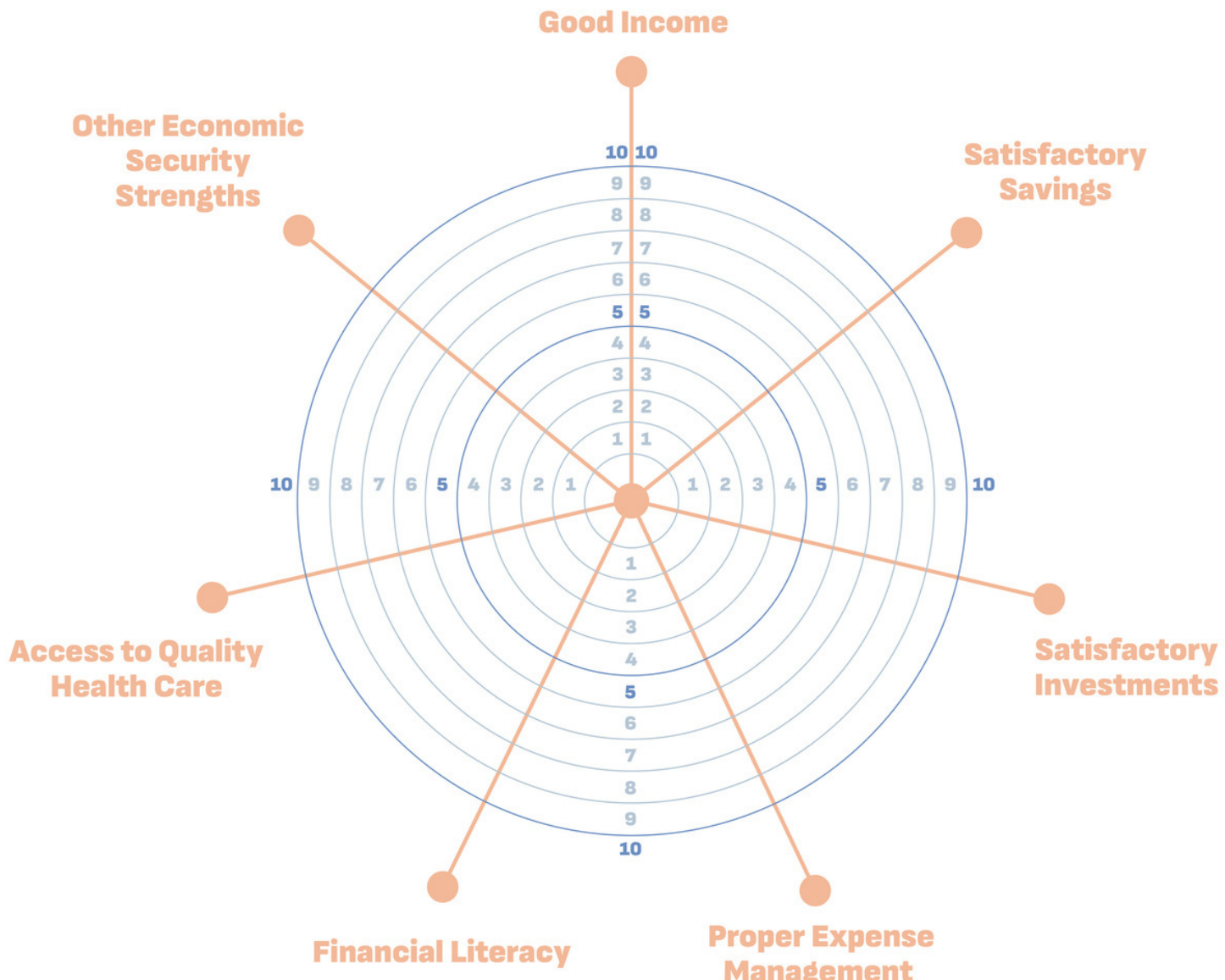


MY ECONOMIC SECURITY

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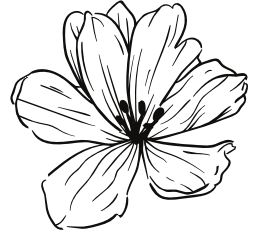
to-do list

notes

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MY WELL-BEING REFLECTION



Looking at my economic security flower:
what would I conclude about it?

what would I like to change & what can I do for it?

what I am happy about?



GRATITUDE TIME FOR MY ECONOMIC SECURITY



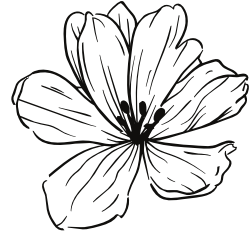
Thanks to my economic security I can:

I am thankful for (related to my economic security):

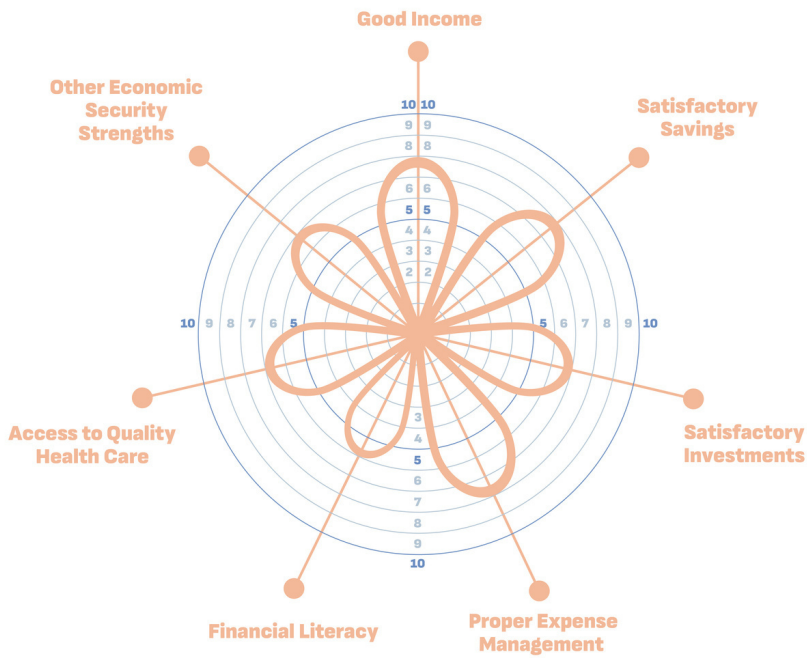
About my economic security I appreciate the most:



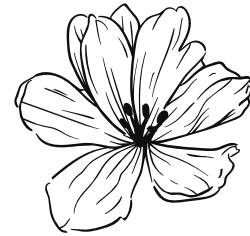
BUILDING MY ECONOMIC SECURITY



notes of the day



BUILDING MY ECONOMIC SECURITY



tips

Become your own financial management expert. Track your income and expenses. Watch where your money flows. Reflect on your financial situation regularly and strategize how to improve your economic security.

Decide to save some money and look for the best strategies that fit your personal lifestyle. Either buy a piggy bank or create a new savings account.

Whatever will make it easier for you to put some money aside every month.

Educate yourself to increase your financial literacy. Read books, talk to people, and watch videos online from reliable sources. Use any way to get better at building your economic security for yourself.

Check the financial aid options with your health care at your school. Make your financial income plans and visions. Put the numbers on paper. Write your dreams down. Think through what steps you need to take to work on your dreams.

Always have your student card on you. Ask for student sales in shops and actually use them.

Limit spending money on eating out and make your own food at home. Not only will you spend less, you will also probably eat much healthier.

Think the possibility of getting a part-time job (a side job) that would fit your strengths and hobbies preferences. For example, if your strength is organization and you love to do sports, of the possibility of applying for a bike food delivery job at the university recreational center.

Start a student bank account. Those are usually free and you can use them even after graduating. It will help you save some expenses.

Think of a possibility to combine your passion with your future career.

Start developing a career you would love and where you would not mind to spend your time.

questions

What are my core values I want to invest my energy, time, and money into?

What is my current economic security like and how is it different from my vision of ideal economic security?

What are the steps or actions I need to take to get closer to my ideal economic security?

What can I do to track my financial expenses better?

What can I do to secure my health care better?

What would I like to learn to increase my financial literacy?

Who can I learn from and who is my economic security inspiration?

Are there any possible ways for me to invest in my finances?

What would be the best strategy for me to save money?

How can I invest my finances to support my dreams coming true?



YOUR AUTHENTICITY *flower*

Knowing and Understanding Yourself

I am aware of who I am as a person while realizing that it changes over time and that is ok. I stay curious about my own feelings and thoughts and I enjoy getting to know myself.

Accepting and Loving Yourself for Who You Are

I appreciate and accept all of me. I know my strengths as well as my weaknesses and I don't judge myself for them. I appreciate who I am, I have self-compassion when things don't go as planned and I practice kind and loving self talk.

Knowing Your Values and Acting According to Them

I evaluate what is important to me once in a while and I set priorities for myself aligned to that. I also realize that it might change over time and I change the direction of my focus based on significance.

Knowing Your Passions and Acting According to Them

Even though my schedule can be full sometimes, I am aware of my passions and I am trying to find time for things I love anytime possible.

Accepting and Processing all Your Emotions

I understand that all my emotions are valid and carry important messages for me. Even though it might be really uncomfortable sometimes, I try to feel negative emotions as well to have them serve me so they can leave.

Saying What You Truly Think

While understanding that it might be appropriate to say exactly what I think sometimes, I always look for ways to express what I feel and think kindly, but unapologetically without changing the context (e.g. I don't agree or do things just to please people while denying how I really feel about things).



YOUR AUTHENTICITY *flower*

Setting Boundaries and Saying No without Guilt

I express clearly what I don't like in my physical boundaries (e.g. Please don't stand this close to me), mental boundaries (e.g. I wish I could help you but I don't have energy to do that right now), time boundaries (e.g. Please deliver me the presentation on time), materia boundaries (e.g. Please don't use my hair brush) and communication boundaries (e.g. Please don't talk to me in this tone).

Being Your True Self in Your Relationships

I know what relationships make me naturally feel safe to be myself and I appreciate those. Even being less relaxed, I still manage to be myself or at least not to deny myself in more formal relationships.

Being Vulnerable

I respect myself, my values, my beliefs and all of my emotions. I share them with the world even though it may feel scary thinking I might be rejected for them.

Taking Responsibility for Your Actions

I self reflect and I make decisions to take responsibility for my action, even if letting things would be more comfortable. I show self compassion to myself for not making things right in the first place and I acknowledge my good intentions.



MY AUTHENTICITY

date _____

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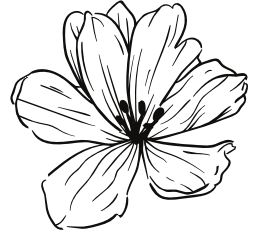
to-do list

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notes



MY WELL-BEING REFLECTION



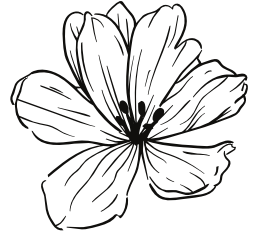
Looking at my authenticity flower:
what would I conclude about it?

what would I like to change & what can I do for it?

what I am happy about?



GRATITUDE TIME FOR
MY AUTHENTICITY



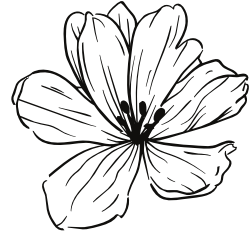
Thanks to my authenticity I can:

I am thankful for (related to my authenticity):

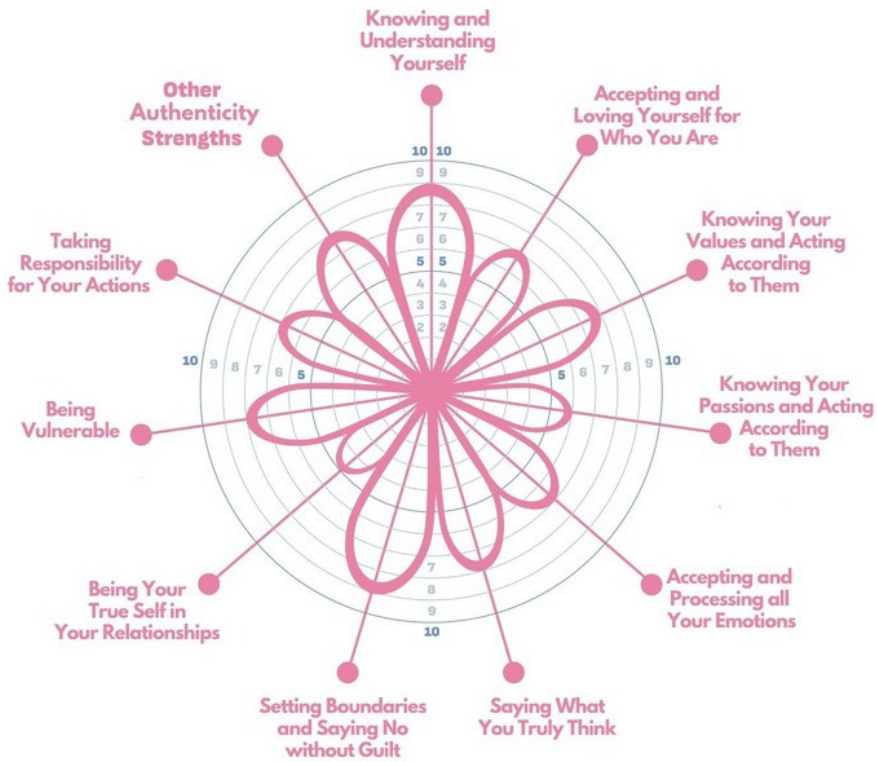
About my authenticity I appreciate the most:



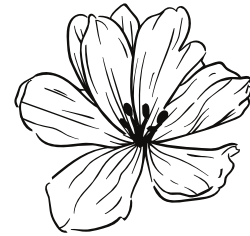
BUILDING MY AUTHENTICITY



notes of the day



BUILDING MY AUTHENTICITY



tips

- Look yourself in your eyes in the mirror and tell yourself you appreciate yourself. This might feel weird at first but you deserve your own love as much as people in your life.
- Write yourself a letter and tell yourself what you appreciate about yourself. Bigger or small things. Everything counts. Then either read the letter you wrote or don't. Both will work well.
- Write down a list of things that are important to you. Then look at the list and highlight those that are special to you. Take this as an invitation to invest your time into those things.
- Try to make more time for your hobbies and passions. They make us feel alive and joyful.
- Expressing what we really think or feel might be hard. Don't beat yourself if you catch yourself thinking one thing and saying another. We all do that. Acknowledge yourself for being aware of it. It is a great part of you practicing being authentic.
- Taking responsibility might feel scary sometimes. Anytime you decide to be responsible for your actions, acknowledge your own bravery please.
- Being vulnerable means sharing our true selves with the world even though we might be scared of rejection. E.g. We show how we feel or we say something that we know might not be popular or seen as "cool". If you witness someone to be vulnerable, try not to judge them and try to appreciate them for being real with you.
- Setting boundaries might feel hard, especially if we are not used to doing that. But we can start small by simply saying "No, thank you" or "I am not feeling like doing that" a little more often. If there is something you would like to express but you would also like to be polite, be nice, kind but also expressing yourself the way that does not change the meaning of what you would like to say. E.g. if you feel like not going out, don't say yes immediately. Instead pause for a second and say something like "It sounds really fun, but I don't feel like doing this today. Maybe next time!"
- Please don't suppress your negative emotions. Instead ask yourself "Why am I feeling this way?"
- What are my emotions trying to tell me" and try to act on them if possible.

questions

- What am I currently feeling and what does my body need?
- What is really important to me and why?
- What weakness of mine I actually like about me and why?
- What am I really passionate about and don't make time for as much as it deserves?
- If I were my own best friend, what would be the one thing that I could do for myself that would make me feel loved?
- What is one thing I regret not saying out loud currently and how could I do it differently next time?
- What boundary would help me to feel better in my everyday life if being set?
- What would I like to say no to and would I gain by saying no?
- Who do I feel natural and fully myself with?



MY WELL-BEING *self-assessment 2*

Rate yourself on these statements on a scale from 1 to 5.

(1 - Strongly Disagree; 2. Disagree; 3. Neutral; 4. Agree; 5. Strongly Agree)

Rate 1-5

1. I have a clear vision of how I would like my well-future to look like.
2. I understand the fundamental theory on how to build my well-being.
3. I know the habits how to build my well-being.
4. I wake up each morning looking forward to my day.
5. I have thought deeply about my future life and know what I want.
6. I know very well how I stand right now and what my well-being looks like.
7. I have a plan in place for building my well-being.
8. I rarely experience stress.
9. I have a clear understanding of my character strengths.
10. I know how to use my character strengths to support my well-being.
11. I'm actively working on building my well-being.
12. My life as a students is very fulfilling for me. I love what I do at school.
13. My studies challenge me. It keeps me learning & growing.
14. My life is balanced & I'm not making sacrifices.
15. I rarely experience school stress.
16. I have thought deeply about my unique skills & talents.
17. I can express what I want and I set boundaries if I don't like something.
18. I can negotiate, state my case & achieve desired outcomes.
19. I believe that taking care of my well-being and about myself are good things.
20. I deserve the best well-being.
21. I'm happy with my well-being. I feel like I'm living the best life I can live.

Your total score

my points



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@JANAKOCIPHD

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WWW.UNIWELLSITY.EU

JANA@UNIWELLSITY.COM



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DOWNLOAD YOUR WORKBOOK HERE:



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Well-being and Success of University Students: Applying PERMA+4 (Koci & Donaldson, in press).



Thank you for
caring for your
well-being.

