

My
WELL-BEING
Workbook

CREATED BY *Jana* KOCI

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MY NAME _____

MY GOAL _____

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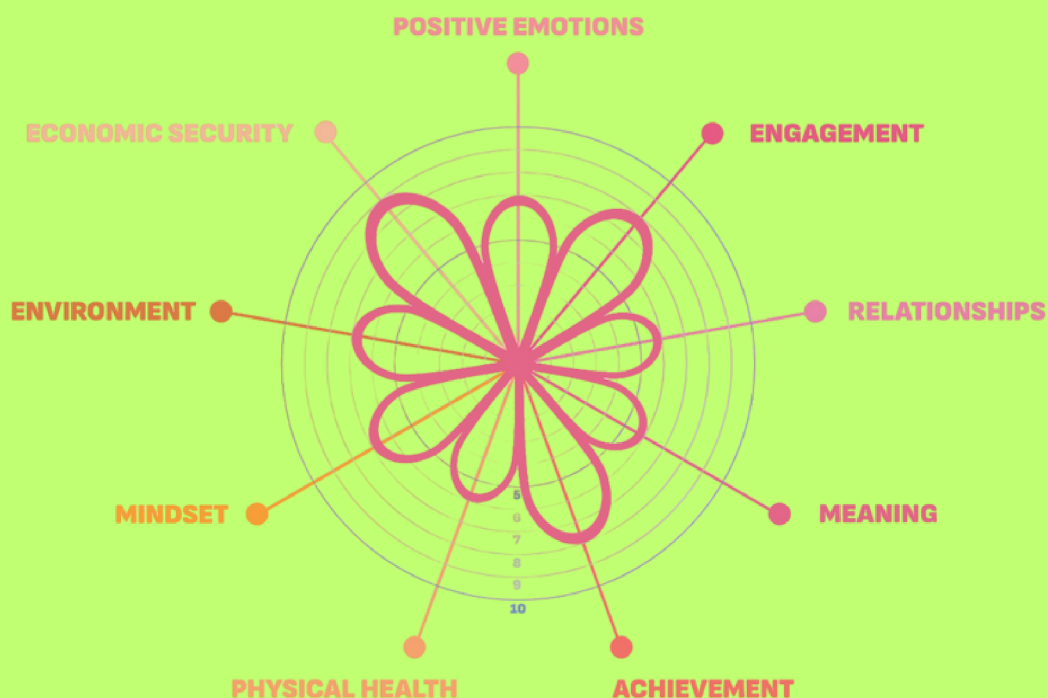
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YOUR WELL-BEING *flower*

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

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

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

Relationships

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

Meaning

I generally experience meaning in everyday life activities and 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 feel spiritual.

YOUR WELL-BEING *flower*

Achievement

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, education achievements, relationship achievements, self-improvement achievements, and my financial achievements.

Physical Health

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

Mindset

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

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

Economic security

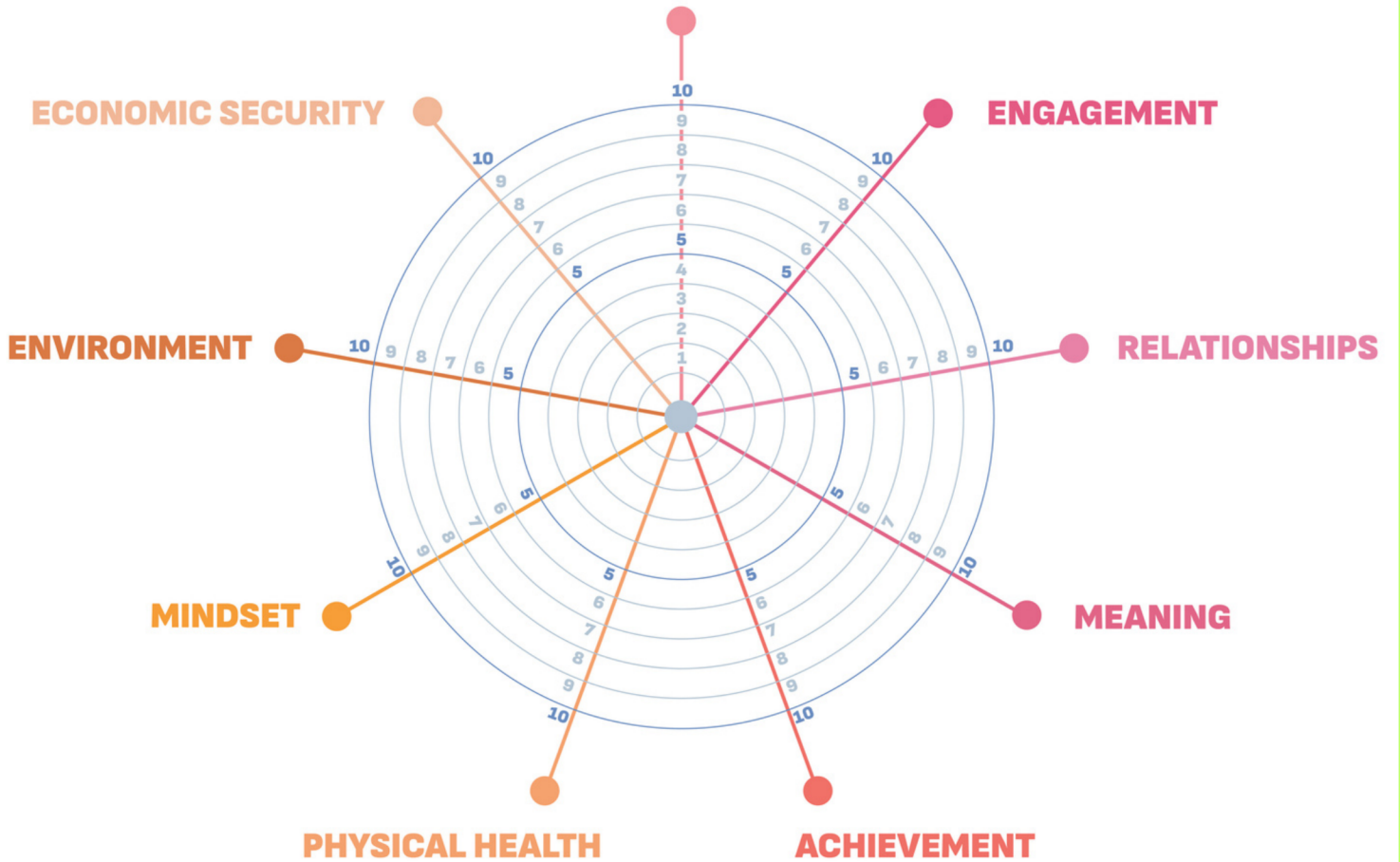
I generally feel financially secure considering my income, savings, investments, and access to quality health care, and I am managing my financial expenses well.

MY WELL-BEING

date _____

M T W T F S S

POSITIVE EMOTIONS



to-do list

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notes

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 days with making your bed.
- Drink plenty of water today.
- When making any mistake both small or bigger, 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 and that does not cost you anything at the same time.
- Remind yourself why you want good health and well-being for yourself.

questions

What actually is well-being to me?

What do I enjoy doing the most?

Who do I usually lose track of time with?

Who makes me feel accepted the way I truly am?

For who or what do I get up from my bed in the morning?

What have I accomplished that makes me really proud of myself?

What is the smallest thing I can do for my body today?

What would a kind inner talk sound like?

Where and when can I get in touch with nature today?

What activity supports my well-being and is free of cost?

YOUR WELL-BEING *flowers*

Throughout the *Student Well-being Course* you will be introduced to the nine different building blocks of well-being with the acronym PERMA+4. Those are:

Positive Emotions

Engagement

Relationships

Meaning

Achievement

Physical Health

Mindset

Environment

Economic Security

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*.

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

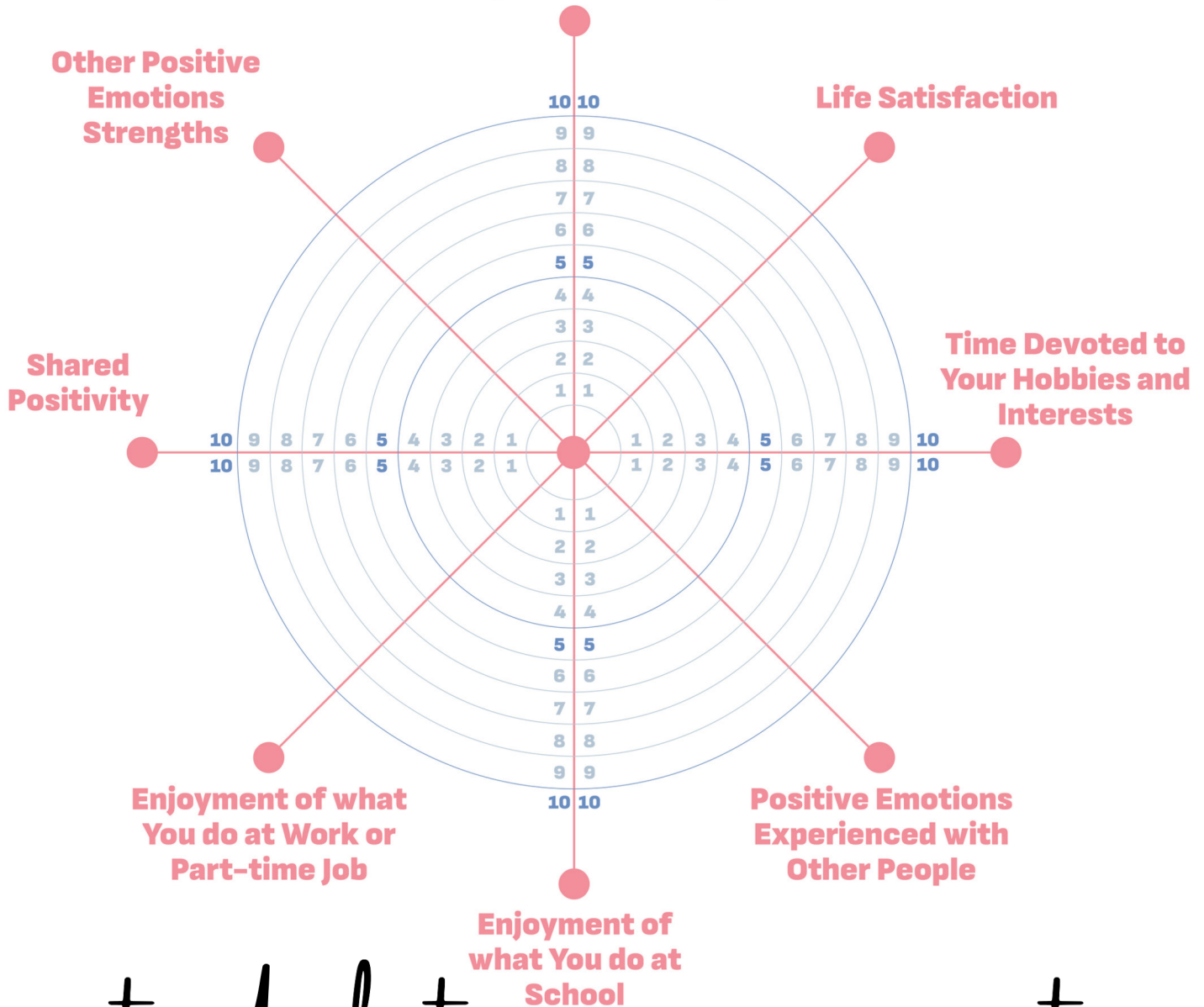
I genuinely enjoy seeing other people experience positive emotions.

MY POSITIVE EMOTIONS

date _____

M T W T F S S

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



to-do list

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notes

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, 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 to school.
- Look for the meaning in both the big or small activities you do in your everyday life.
- Take care of your body. Sleep, relax, move, eat real food and dress up comfortable, rather than nice. 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

I experience a great amount of engagement at school. In my classes, in seminars, in my interaction 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

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 always find time for my hobbies and I prioritize my hobbies time to learn, grow, and to 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 practice. I know well what activities make me feel engaged and I participate in those when being 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 be 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

date _____

M T W T F S S



to-do list

notes

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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 its own sake. For the activity itself, not for the result.
- Get clear about what activities, situations or people make you more engaged.
- Find ways how to make time for such activities and for people who help you feel engaged using AEIOU technique.
- Book enough of 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 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 flow. Longer periods of deep concentrations 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 my 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 in 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

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

High-quality Relationships with Co-workers

I feel good about 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)

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 desire to grow together. We respect each other's boundaries and we are able to 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 and I am compassionate towards my flaws. I know what I need and I prioritize my needs over pleasing others. I work daily on 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, classmates) and I care for their well-being.

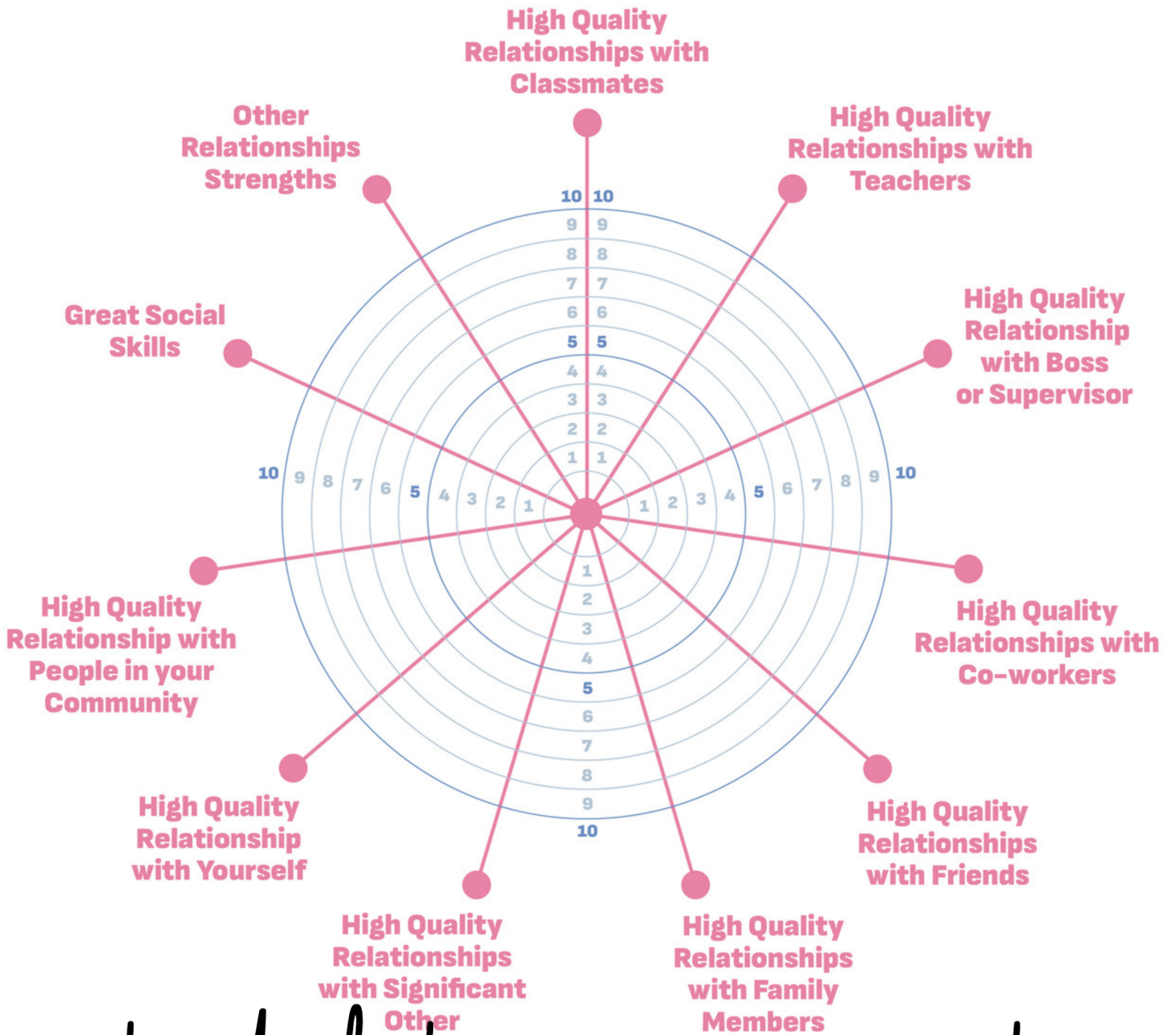
Great Social Skills

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

date

M T W T F S S



to-do list

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notes

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 support 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 can you 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 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 to 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. 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 of 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 cumulation of my meaningful goals has generated a life purpose for me. I reflect on my purpose and I give myself freedom to change my goals if they no longer seem to be aligned with my values.

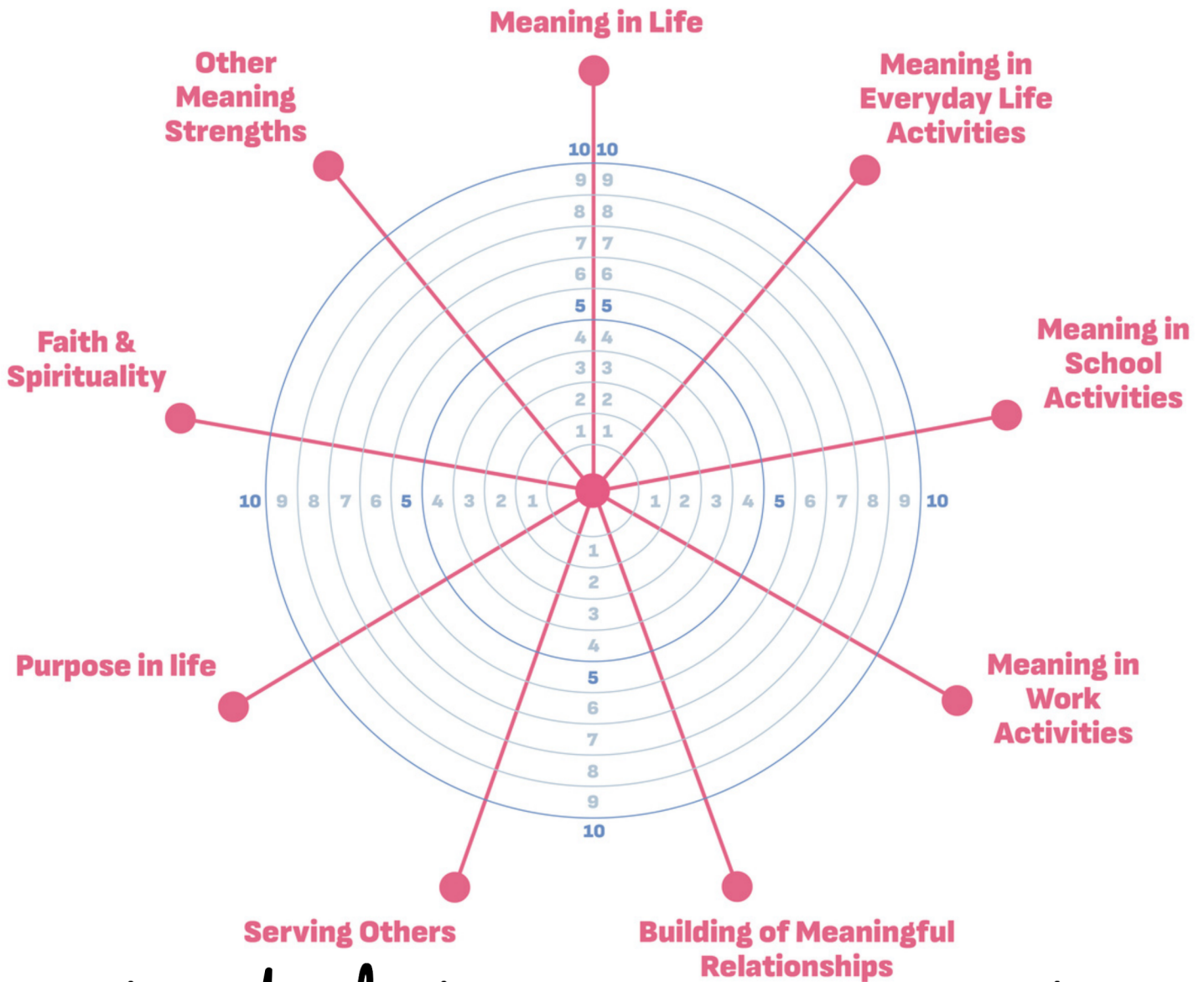
Faith and Spirituality

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

date _____

M T W T F S S



to-do list

notes

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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 setting 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.
- 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, with more ease and joy.

Responsibility

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

Willpower

I feel like I have control over the actions I do 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 on my personal goals.

YOUR ACHIEVEMENT *flower*

Perseverance for Long-term Goals

I persist in my long-term goals despite the fact that I mi 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.

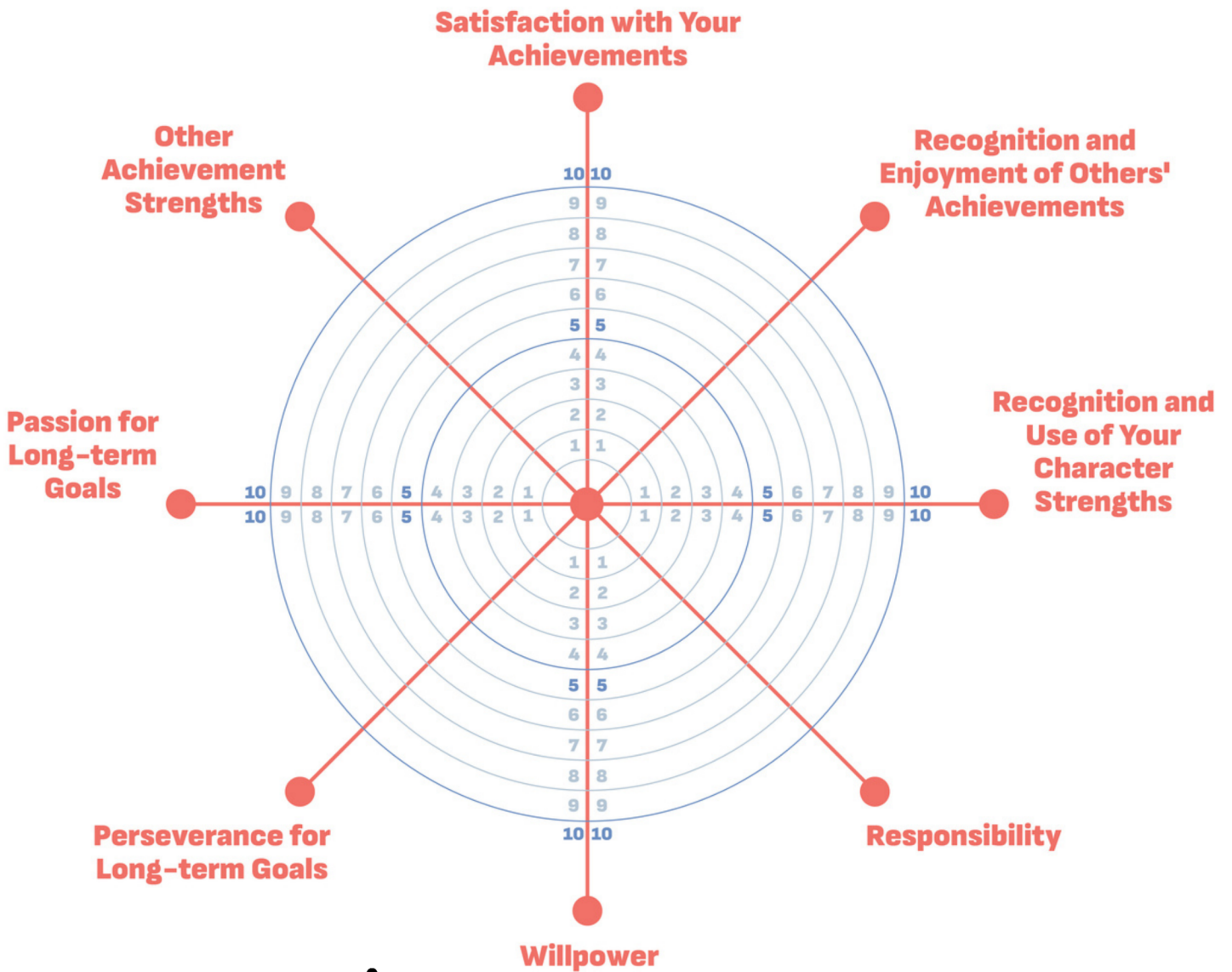
Passion for Long-term Goals

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

MY ACHIEVEMENT

date _____

M T W T F S S



to-do list

notes

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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 do 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 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, 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.

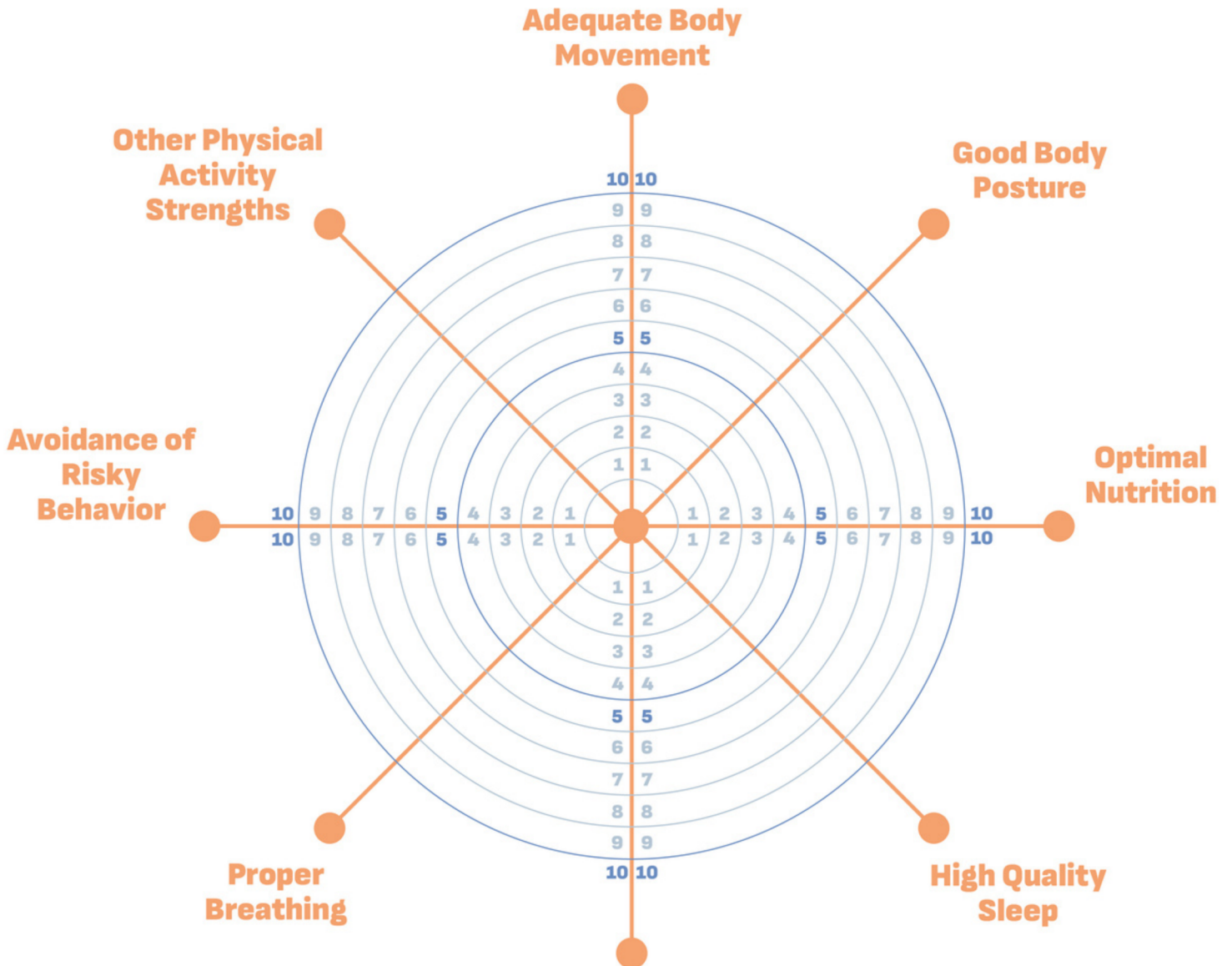
Avoidance of risky behavior

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

date _____

M T W T F S S



to-do list

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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 a 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 or 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 be stay hopeful. I trust that my expectations and desire will happen, even though I don't know exactly how yet. I feel hopeful towards my future, motivated, and confident to perceive my goals with 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 and it helps me to 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 the 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

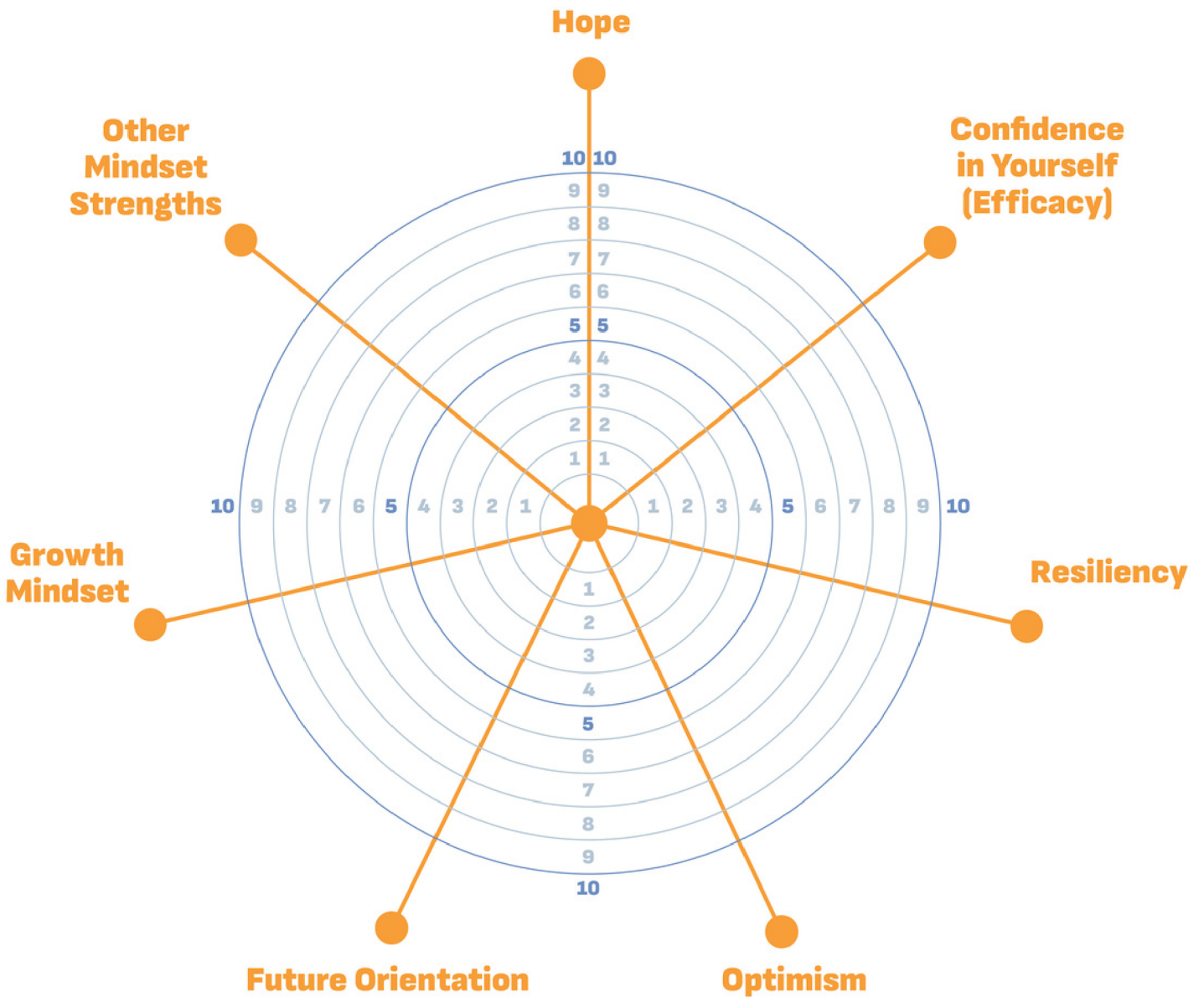
Challenges often make me excited and obstacles make me want to try again. Effort is my way to success, I choose to learn from mistakes and constructive criticism.

Success of others inspires me.

MY MINDSET

date _____

M T W T F S S



to-do list

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notes

BUILDING MY MINDSET

notes of the day

BUILDING MY MINDSET

tips

- Be aware of your current beliefs. Don't judge, just listen your inner voice. 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 true 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 learnings 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 can 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 true 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 co-create 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 my 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 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, 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).

High-quality Community Environment

I find my community environment healthy and clean, especially 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 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.

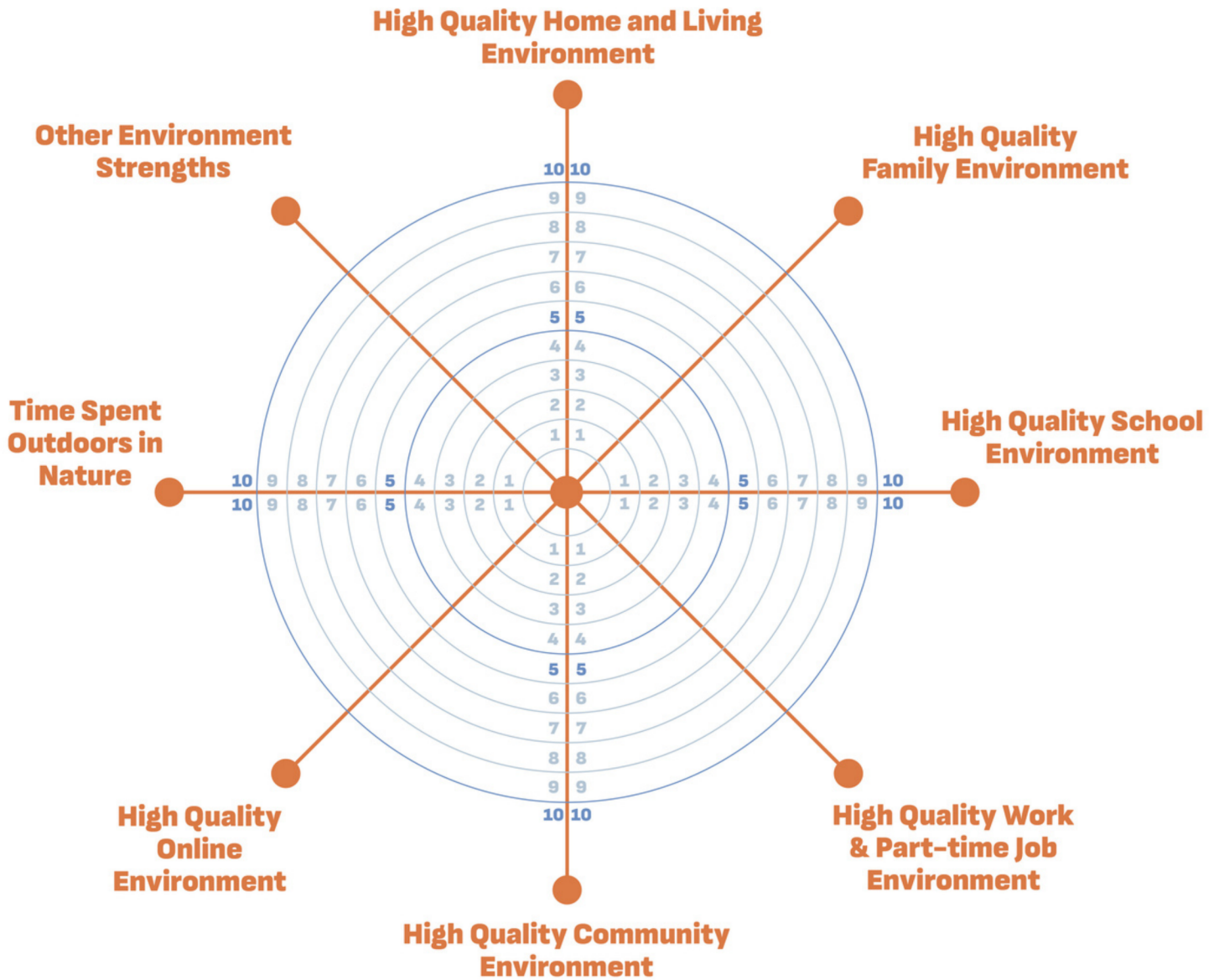
Time Spent Outdoors in Nature

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, and near water or in the woods. I walk in nature or just sit there and enjoy the natural scenery.

MY ENVIRONMENT

date

M T W T F S S



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notes

BUILDING MY ENVIRONMENT

notes of the day

BUILDING MY ENVIRONMENT

tips

- Make sure you always have access to the 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 environments to make them healthier and more positive.
- Reduce screen and digital time.
- Make your study environment as effective and as 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 to 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 towards 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 towards 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 for 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 on 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 easily if needed).

MY ECONOMIC SECURITY

date _____

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to-do list

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notes

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, 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 of 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, think of the possibility of applying for a bike food delivery job or try your luck applying for a part-time 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 investment 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?

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@UNIWELLSITY

WWW.UNIWELLSITY.EU

JANA@UNIWELLSITY.COM



[HTTPS://POLLEV.COM/JANAKOCI466](https://pollev.com/janakoci466)

DOWNLOAD YOUR WORKBOOK HERE:



Title: My Well-being Workbook

Author: Jana Koci, PhD

Place of publication: Prague, Czech Republic

Date of publication: March 2023

Edition: 1st

Processor of record: Rectorate of Charles University

Publisher: Charles University

ISBN: 978-80-87489-40-6

To cite: Koci, J. (2023). My Well-being Workbook.
Prague: Charles University. ISBN: 978-80-87489-40-6.

My Well-being Workbook is a support material for the book
Well-being and Success of University Students: Applying PERMA+4 (Koci & Donaldson, in press).

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Thank you for
caring for your
well-being.