

Map your ENERGY OUTPUT

Work-related

- Studies
- Job(s)
- Volunteering
- Housework

Family-related

- Relationships
- Commitments

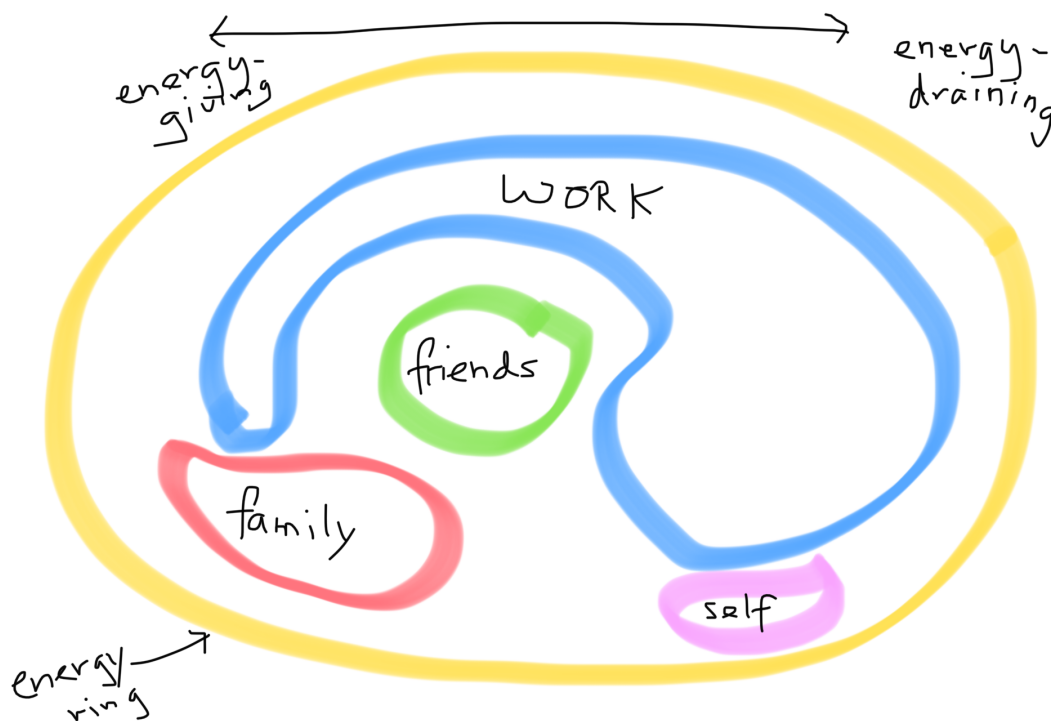
Friends/Community

- Friendships
- Clubs
- Religious community

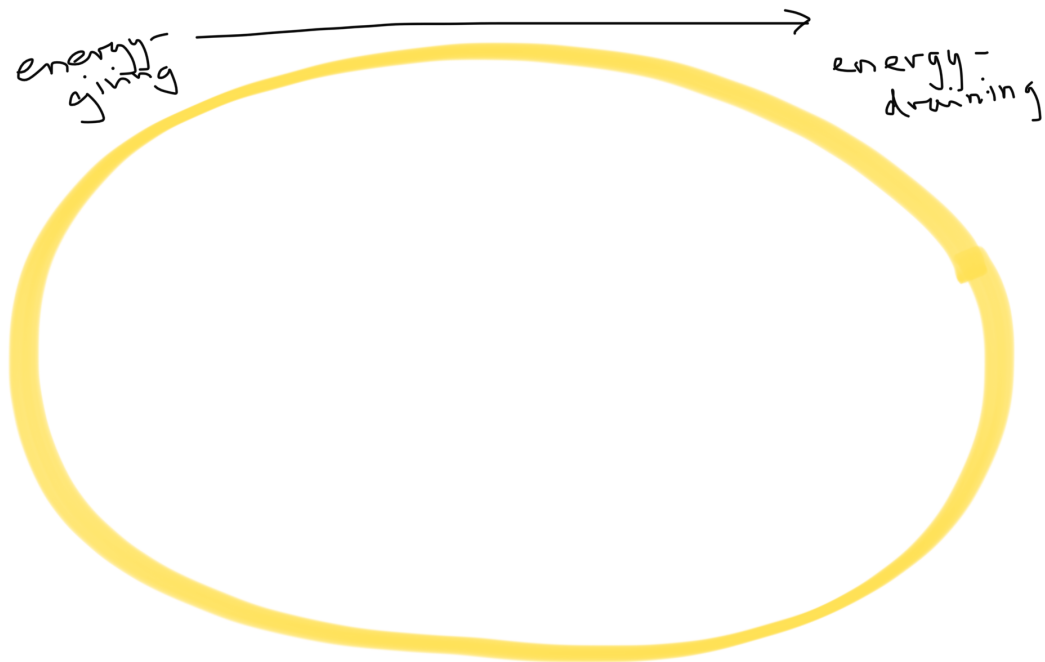
Self-nourishment

- Time for self-renewal
- Time alone

Example

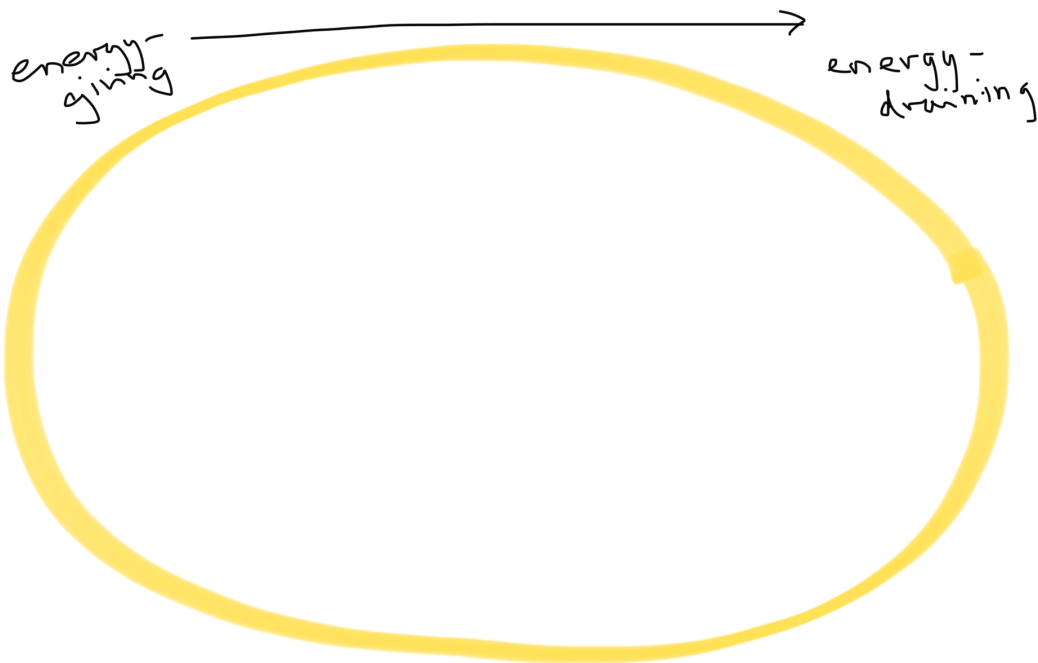


Your Current Energy Output



This may be a good time to do some REFLECTION on What makes up your Student Life? (see attached)

Your Desired Energy Output



REFLECTION – What makes up your STUDENT LIFE ??

- **Thriving** is the presence of **wellness** in your life.
- **Wellness** involves **wholeness** in all areas of your life.
- **Life-style choices** do affect your health and ability to **THRIVE**.
- **Awareness** and **self-responsibility** are 2 keys to maintaining **WELLNESS**.

Circle/check those areas in the list below that could be adjusted by **YOU** to help improve your life-balance and energy, and help you **THRIVE!** ☺

Physical

Food/daily diet
Drink/water
Alcohol
Recreational drug use
Sleep
Naps
Living situation
Exercise
Transit
Health issues/medical/dental care
Finances
Work outside of courses
Volunteering

Relationships

Family
Friends
Support
Confidante
Dating
Significant other
Living situation
Roommates
Community

Soul/Spiritual

Positive/negative/neutral
Questions/doubts
Meditation
Prayer
Helping others – giving, volunteering

Mind: cognitive, intellectual, emotional

Interest in courses
Study habits
Goals
Busyness level
Relaxation
Music
Leisure time
Encouragement
Homesickness

Screen time

Time on Facebook, social media
Surfing Internet
Computer/video games
Watching TV
Movies

Other??