

Guiding Questions:

1. Intellectual Wellness

- **Education** – How are you currently performing in your classes/school? (academic performance, current learning, knowledge, skills, GPA, Honor Roll, Attendance)
- **Sustainability** – Do you know how to sustain your learning over your life span and beyond high school? (college, in-state out- of- state?, small school a large university, who in your family has attended college? area of interest, how to apply for schools past high school, graduate school, life-long learning)
- **Career Development** – Do you have an idea of what it is you want your career to be? Do you know possible places to study? Do you know of others you can learn from in that profession or field? Have you researched that profession/career?

2. Physical Wellness

- **Exercise** – What is your current exercise routine? Do you have one? Does it fit into your daily life?
- **Nutrition** – How do you feel about your food/drink intake? Is it healthy? How do you know?
- **Health and Personal Care** – Are you regularly seeing your doctor? Dentist? Optometrist? Are you getting enough sleep? Are you avoiding drugs/alcohol/tobacco/harmful substances?

3. Community & Relationship Wellness

- **Family/Kinship** – How are you feeling about your family? Interactions within your family/kinship? Do you have people who you consider family/extended family?
- **Friendship/Companionship** – Do you feel like you have good friends/companions? Are you getting along? Are your friendships/relationships healthy? How do you know?

- ***Culture/Community*** – How do you perceive your culture? Are you learning what you want to know about your culture/identity? Do you want know more? Who can you ask? Are you participating in your community? Do you feel connected to your community?

4. **Social/Emotional Wellness**

- ***Reflection/Spirituality*** – Have you had opportunities to take time to reflect and renew? What does that mean for you? Connecting with your family? Ceremony? Running?
- ***Empowerment*** – Do you feel that you have control over your own life? Or do others control your life outcomes? Do you blame others or realize that you can do whatever it might be that you wish to accomplish? (i.e. internal and external locus of control)
- ***Life Satisfaction/Fulfillment*** – Are you feeling generally happy? Do you have a sense of purpose or connection with your school, family, friends and life overall? Looking back or forward do you feel a sense of satisfaction and fulfillment?