



Student Life

# Steps to Leaps

*Self-Improvement Tools to Bolster Student Fortitude & Success  
Created by Students for Students*

## WELL-BEING

Steps to Security, Health, Prosperity

### Well-Being Action Plan

#### Personal Assessment

What were the results for each area of wellness? “Thriving,” “Developing,” or “Needs attention”?

#### Reflection on Results:

After reading your results, what are your initial thoughts? Do you agree? Why or Why not?

### Well-Being Role Models

Identify individuals whom you know personally and whom you would identify as having a good sense of well-being or living a balanced life. What specific things do these people do that help them have a good overall quality of life?

### Well-Being Feedback

Collecting feedback on your well-being will help identify which areas may need attention. Who do you know that you could ask for honest feedback on your overall well-being?

### Starting Small

Which dimension of your wellness do you want to develop?

### Goals Setting

What are the well-being goals that you would like to set for yourself to improve that dimension of wellness? Be sure that the goals are SMART (Specific, Measurable, Attainable, Relevant and Timely).

## Action Plan

Based on the goals that you want to achieve, create a clear action plan of the steps that you will take to meet your goals. Be sure to be specific in the identification of the steps that you will take to achieve your goals, and set realistic timeframes for completing each step.

## Accountability Mentor

Who is an individual or group with whom you could share this plan and ask to keep you accountable for your progression through the plan? How and when would you share this plan?