

Discovering Your Good Life Worksheet

On this worksheet are several key areas of life. Think about the bigger picture - where you have been, where you are right now, and where you want to be. As you complete this worksheet, consider what you have learned in Levels One, Two, & Three about stress and its impact on your well being.

Family

Is this area important to you? How important?

How has stress impacted this area of your life?

What are your SMART goals to improve this area of your life over the next week?

Intimate Relationships

Is this area important to you? How important?

How has stress impacted this area of your life?

What are your SMART goals to improve this area of your life over the next week?

Friends

Is this area important to you? How important?

How has stress impacted this area of your life?

What are your SMART goals to improve this area of your life over the next week?

Education

Is this area important to you? How important?

How has stress impacted this area of your life?

What are your SMART goals to improve this area of your life over the next week?

Extracurricular Activities/Hobbies

Is this area important to you? How important?

How has stress impacted this area of your life?

What are your SMART goals to improve this area of your life over the next week?

Physical & Mental Health/Self-Care

Is this area important to you? How important?

How has stress impacted this area of your life?

What are your SMART goals to improve this area of your life over the next week?

Campus/Community Involvement

Is this area important to you? How important?

How has stress impacted this area of your life?

What are your SMART goals to improve this area of your life over the next week?

Career

Is this area important to you? How important?

How has stress impacted this area of your life?

What are your SMART goals to improve this area of your life over the next week?

Spirituality/Faith

Is this area important to you? How important?

How has stress impacted this area of your life?

What are your SMART goals to improve this area of your life over the next week?
