

Name: _____

Class Period: _____

DIRECTIONS: The components of health demonstrate how healthy we are as individuals. Shade in any of the following boxes that you demonstrate on a regular basis. After you have completed all of the components, look at the areas that you did not shade in. Pick one area that you would like to improve. THEN turn to the back and write how you could improve on this area of health.

| PHYSICAL | MENTAL | EMOTIONAL | SOCIAL | SPIRITUAL |
|---|--|--|---|--|
| I exercise on a regular basis | I have specific goals for my life | I can easily identify my feelings | I get along well with others | I question bias |
| I eat three balanced meals a day | I always put my greatest effort into my work | I express my feelings in appropriate ways | I resolve conflicts assertively | I use my phone deliberately not habitually |
| I am careful to get adequate sleep | I take action to control stress in my life | I can face challenges and problems. | I show respect to others | I enjoy other people's success as well as my own |
| I do not utilize any substances that may harm my body | I can recognize positive things about myself | I know how to access help in an emotional crisis | I willingly accept help from others | I value and appreciate life. |
| I protect myself from sexually transmitted infections | I can recognize and accept weaknesses about myself | I forgive others and myself for mistakes | I maintain friendships and make friends easily | I recognize and demonstrate right from wrong |
| I visit the doctor and dentist regularly | I enjoy learning new things. | I can laugh at myself | I consider the consequences of my actions on others | I can easily identify my personal values |