



☐ List some **strengths** you have

☐ Ask your friends which strengths **they think you have**

☐ Think of **how you can use** the strengths listed above in your:

Academic life _____

Personal life _____

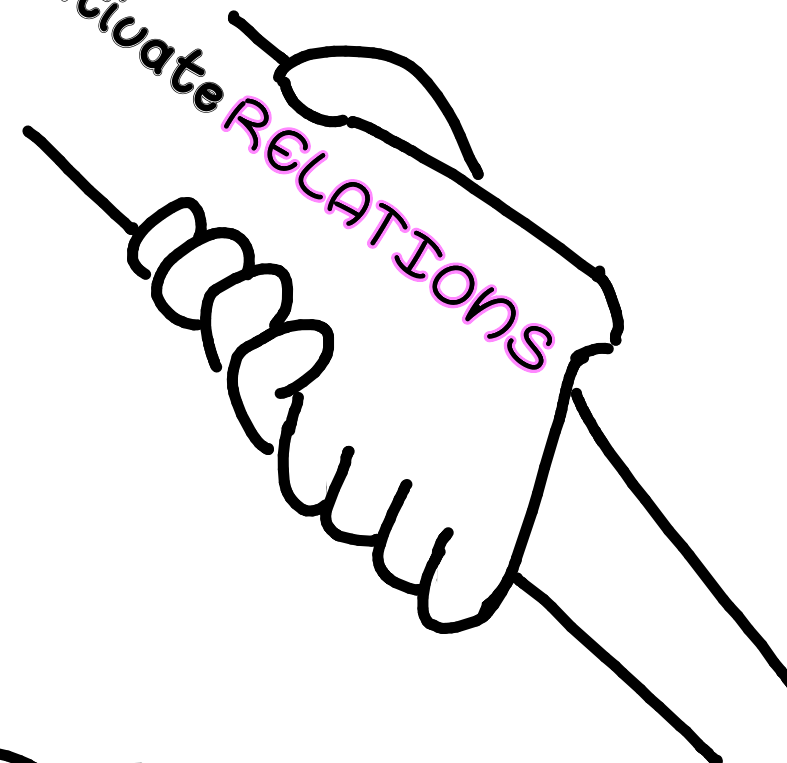
Professional life _____



- ❑ Close your eyes and picture something you have already enjoyed today
- ❑ Take a walk focusing on enjoying the nature around you
- ❑ Notice and appreciate things in your home that are meaningful to you
- ❑ Think of good people that enrich your life
- ❑ Write down at least one thing that went well today
- ❑ Recall a pleasant memory from the past



Spend quality time with your loved ones



cultivate RELATIONS

Let your loved ones know
they are important



Go study at the library or a coffee shop



Form

study groups

Be grateful for

PAST

FUTURE

☐ A great **memory**

☐ A **tough experience** that
● made you stronger

● helped shape the person you are today

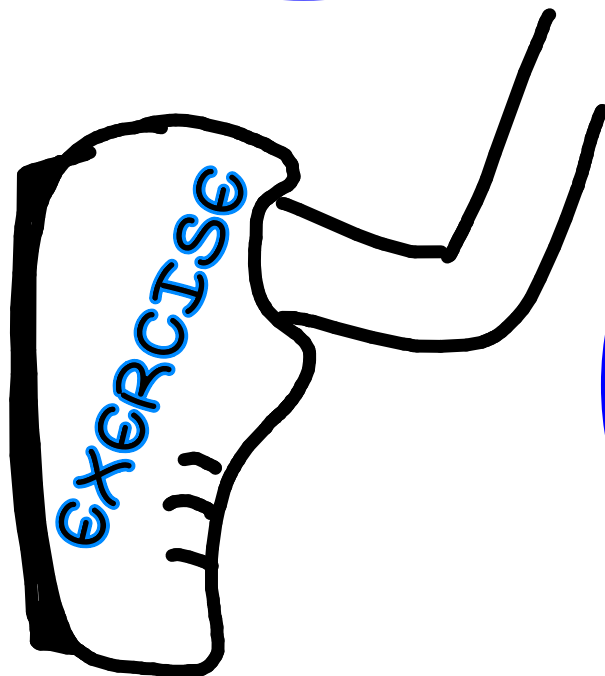
☐ A **reward** you worked for

☐ The next **challenge**



Walk
rather than
drive
(when possible)
Take the stairs
rather than
the elevator

@the WELL:
workout
climb, swim, play
join a group fitness class
learn meditation,
self-defense,
how to lift, etc.



Join my team
Random Walkers
at the 5K
Sac State
Fun Run

Eat healthy
Avoid junk
foods