Improving Well-Being

1. Pick 1 aspect of well-being
   * 1 Mark
2. Describe a scenario or situation in your life that made you pick the aspect you picked (be specific!!)
   * 2 Marks
3. How can you improve the scenario or situation and ultimately the aspect of well-being
   * 2 Marks
4. Implement your plan to improve your well being into your everyday life

Total = 5 Marks