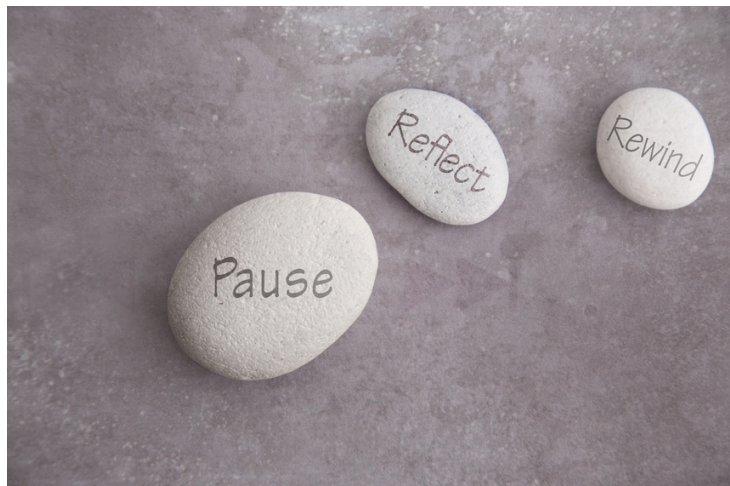


Well-being Reflection Activity

At Colorado College, we all work hard to create a transformative growth experience for our students. Sometimes we forget that we, too, are in the process of growing. The end of the year is a great time to pause and reflect so that you can make decisions that will help you to thrive at CC and in your life.

We offer this worksheet as a tool to support reflection and self-care as we wind down the calendar year.



Starting the Journey

- Create space for reflection. Hold the time and find a place where you can be uninterrupted.
- Take steps to get into a reflective mindset. Each of us has rituals that help us slow down. Consider taking a walk, meditating, journaling, reading meaningful texts, enjoying some tea, or lighting some candles or incense.
- The intention of this activity is not for you to give yourself more work to do, but to help you get a sense of how things are going. You may decide to set intentions at the end of your reflection, but this is your time- use it as you wish!

What has brought you joy?

As you reflect on the past year, what moments or experiences have brought you Joy?
Are there ways to have more moments like this in the future?

5 Elements of Well-Being Assessment

There are a lots of ways you may choose to structure your reflection time. This tool uses the five dimensions of well-being from the Gallup organization ([Wellbeing: The Five Essential Elements](#)) to structure the check-in.

When doing the review, try not to judge yourself. This is an assessment of conditions that you have experienced. Being kind to yourself about where you are today can help you think about how things can be different.

Element of Well-being	Definition	On a scale from 1-10: How would you rate your well-being?		Notes: May include reasons for scores or aspirations for the future
		How are you now?	How would you like to be?	
Physical	Having good health and enough energy to get things done daily			
Career	How you occupy your time or simply liking what you do every day			
Social	Having strong relationships and love in your life			
Financial	Effectively managing your economic life			
Community	Sense of engagement you have with the area where you live			

Imagining the future

After completing the assessment above, you might want to step back and do some bigger picture planning. This tool can be useful for structuring that thinking:

Element of Well-being	Long-term goal	Yearly Goal	Action steps
Physical			
Career			
Social			
Financial			
Community			

After this review, what is one thing that I want to keep in mind in the following year?

Are there other supports (including people and resources) that can help me make progress in an area that I care about?