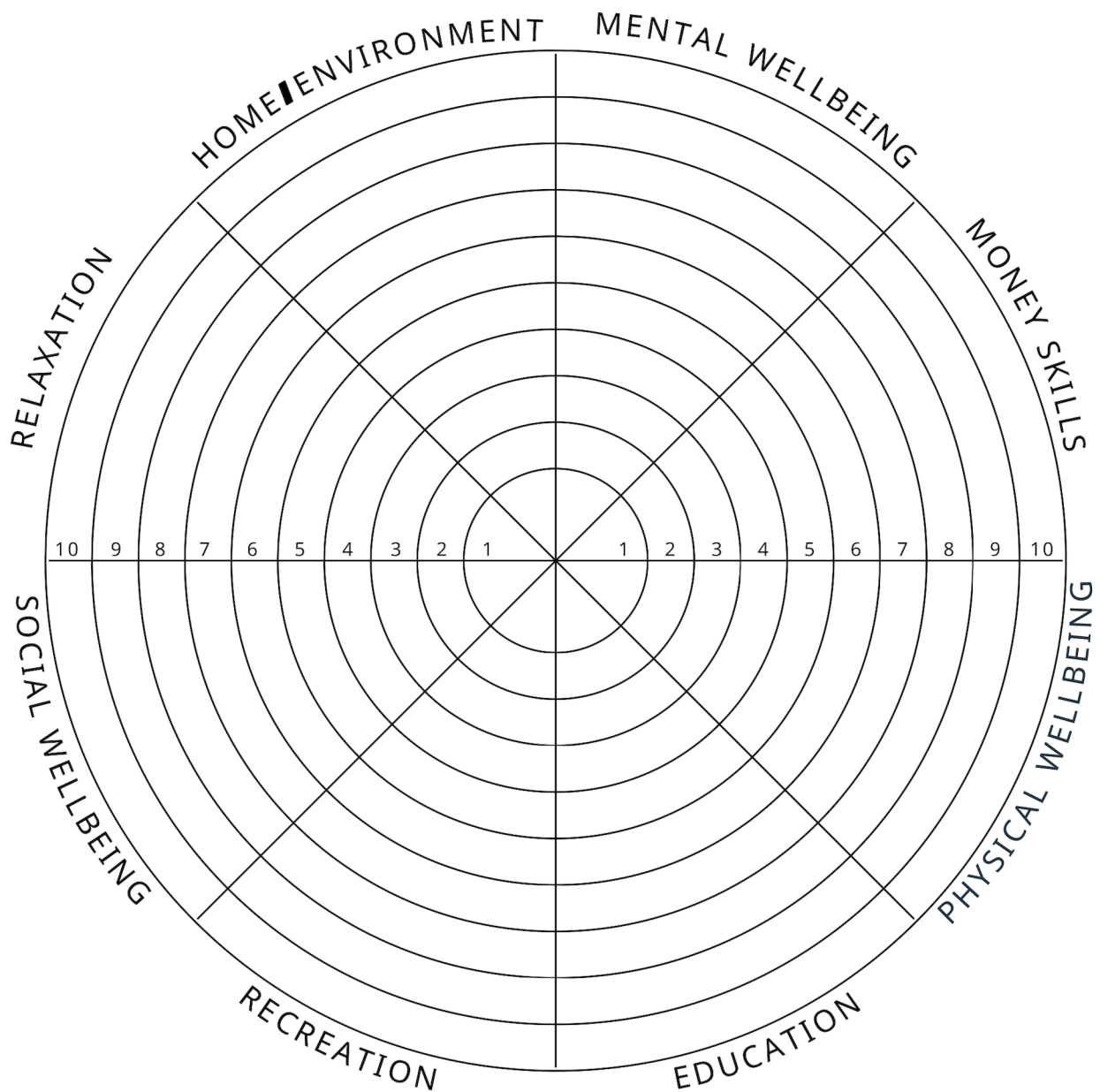


YOUNG PERSON'S WELLBEING WHEEL



Wellness categories

Categories definition

Physical Wellbeing

Eating well, exercising, quality sleep

Mental Wellbeing

Healthy mindset and emotions

Social Wellbeing

Feeling connected to others

Home/Environment

Safe and comfortable living space

Relaxation

Chill out time

Recreation

Hobbies, fun and downtime

Education

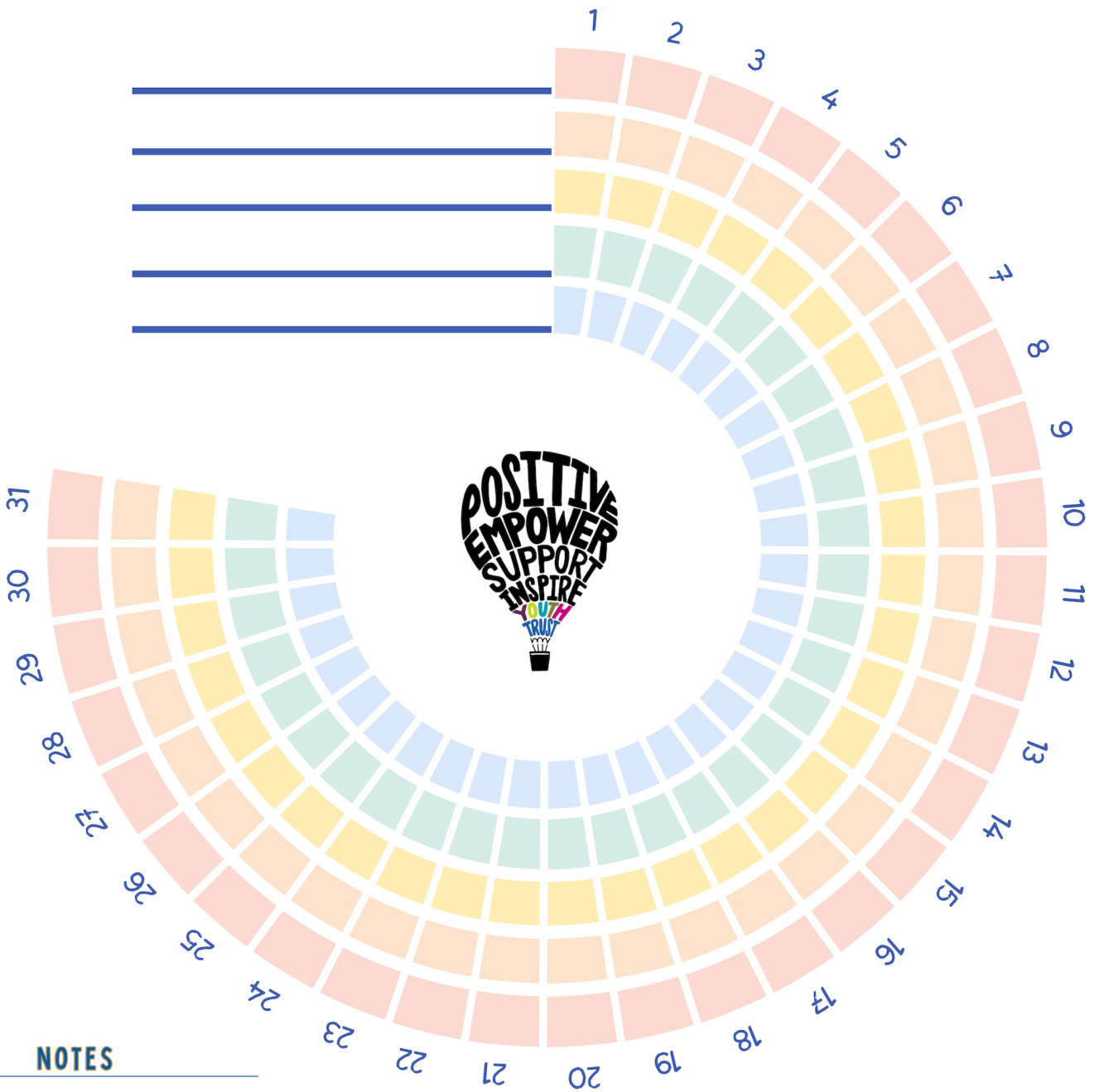
Satisfaction with school/college

Money Skills

Budgeting, saving and money

HABIT TRACKER

“YOU CAN DO IT!”



NOTES
