Wellness Statements – Exit Slip

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

P = Physical

S = Social

SP = Spiritual

PS = Psychological

1. \_\_\_\_\_ Be Patient and never give up

2. \_\_\_\_\_ Share what I have learned freely with others

3. \_\_\_\_\_ Reach out to those in need

4. \_\_\_\_\_ I enjoy peace and quiet, while reflecting on my inner spirit

5. \_\_\_\_\_ Bring a message of hope to others and do nothing to discourage them or undermine their faith

6. \_\_\_\_\_ I have strong beliefs and values

7. \_\_\_\_\_Love yourself first and most

8. \_\_\_\_\_ Read, study and learn as much as you can

9. \_\_\_\_\_Open your eyes and see things as they really are

10. \_\_\_\_\_ practice makes perfect

11. \_\_\_\_\_ I enjoy walking to school daily

12. \_\_\_\_\_I have an attitude of gratitude

13. \_\_\_\_\_ I offer to lead the warm-up in class

14. \_\_\_\_\_ Drinking water improves my thinking ability

15. \_\_\_\_\_I enjoy watching funny movies

16. \_\_\_\_\_People say that I am a good listener

17. \_\_\_\_\_ I am not afraid to share my feelings

18. \_\_\_\_\_Bring healing in the form of a kind message of ongoing support

19. \_\_\_\_\_ I am willing to participate in every class

20. \_\_\_\_\_sleeping 8 hours a night leaves me feeling rested and ready to tackle the day

21. \_\_\_\_\_ praying help me cope during difficult times

22. \_\_\_\_\_ Eating fruits and vegetables daily makes me feel better

23. \_\_\_\_\_ I read every day and complete my assignments on time

24. \_\_\_\_\_ I respect my body and never abuse it by taking drugs or drinking alcohol

Identify 2 statements about yourself under each of the 4 dimensions:

**SOCIAL**

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**SPIRITUAL**

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**Psychological**

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**Physical**

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