

## **Appendix A**

### **Well-being Goalkeeper Assignment**

To support you in practicing skills that enhance your well-being, you will be creating a well-being goalkeeper. One type of goalkeeper is a vision board, which people make to help them think about and visualize their goals. For this assignment you are welcome to create a traditional vision board, or you can create a different type of goalkeeper that resonates with your abilities, senses, interests, and passions. For example, you may create a musical recording, a sensory board or box, a computer-generated collage, or a video montage. Whatever you choose, your goalkeeper should be something that you can easily engage with on a daily basis over the course of the quarter.

Along with creating the goalkeeper itself, you will write a short 2-page reflection paper (double spaced, size 12 Times New Roman font, one-inch margins). You also will present your goalkeeper and reflections to the class. Follow the steps below to complete the well-being goalkeeper assignment.

#### Step 1: Assess Your Well-being

The first step of the assignment is to assess your well-being. Complete the NWI Dimensions of Wellness (Appendix B) and the Wholeness Reflection Exercise (Appendix C). After completing these assessments, take some time to reflect on them by writing 3-5 sentences about each of the following:

- What are the main take aways from these assessments?
- What did the assessments reveal that did and/or did not surprise you?
- How do the assessments converge with and/or diverge from your own definition of well-being?

Include these responses in the reflection paper that you will turn in along with your goalkeeper.

#### Step 2: Define Your Well-being Goals

Next, define six goals (big or small) that touch on at least four different areas of well-being (e.g., physical, emotional, mental, spiritual, community, relational, environmental, intellectual, relational, financial, workplace). In determining what your well-being-related goals are, here are some questions to consider:

- What do I want?
- What do I need?
- What do I want to accomplish?
- What do I value?
- How do I want to feel?
- In what areas of my life do I feel depleted?
- What do I want to prioritize?
- What can I remove from my list of priorities?

In your reflection paper, respond to at least three of these questions and then list your six well-being goals (approximately 2-3 paragraphs).

### Step 3: Create Your Well-being Goalkeeper

You should represent all six of your well-being goals in some way in your goalkeeper. Keep in mind that one aim of your goalkeeper is to provide you with a reminder and motivation for reaching your goals. You might include the written goals and/or images, items, or lyrics, for example, that represent them. What you include depends on whether you are doing a traditional vision board or another type of format. Here are some ideas, but you are welcome to be creative.

- Motivating words, quotations, mantras
- A picture of a person who inspires you (e.g., a person whose well-being you admire, a loved one for whom your well-being is important)
- Photos of yourself and others
- Images that capture what you are trying to manifest (e.g., journal to represent starting a gratitude practice, a religious symbol to represent your goal of looking for a spiritual home, pair of running shoes to represent your goal of training for a race)
- A gratitude list
- Video of you hiking in the mountains
- Fun, quirky, or visually appealing decor (e.g., magazine cut outs, sequins, ribbon, glitter)
- Meaningful artifacts (e.g., a piece of fabric from a t-shirt that is meaningful to you, a page of a book, a concert ticket, an award)
- Textured items with a “feel” that represents your goals (e.g., cotton balls representing your goal of watching the clouds once a week, a rock as a reminder of your goal of learning to play your favorite rock song).

In your reflection paper, explain your goalkeeper and the meaning behind it in terms of how it represents your six goals (3-4 paragraphs)

### Step 4: Reflect on How You Will Use Your Well-being Goalkeeper

Once you have completed your goalkeeper, reflect on how you will use it to support you in your well-being practices and in meeting your goals. Here are some ideas:

- Hang or place it somewhere you will see it every day.
- Reflect on or use it as a meditation focal point once a day or week.
- Weekly return to it and journal about how you are coming along in meeting your goals.

In your reflection paper, identify at least three ways you plan to use your vision board in the upcoming quarter. Additionally, reflect on what you imagine yourself doing if/when you struggle in meeting your goals (2-3 paragraphs).

### Step 5: Present Your Well-being Goalkeeper

You will present your well-being goalkeeper as a means of collectively reflecting on your well-being goals. The presentations are informal, meaning that we will go around the room in our seats. However, you should follow the guidelines below when preparing and sharing your vision board.

- Time limit: 2 minutes (to make it through everyone I will enforce this limit. This likely means you want to practice what you are going to say).
- Share your goalkeeper and 2-3 of your well-being goals.
- How did our learning about well-being definitions, models, and sociocultural discourses of well-being connect to your goals (e.g., connect to something you read or we discussed in class)?
- What is one way that you are going to be accountable to your goals?
- What is a fear you have related to your goals?

#### Well-being Goalkeeper Assignment Evaluation Criteria

- Goalkeeper
  - The six well-being goals that you set for yourself are clearly represented in your goalkeeper
  - The goal keeper demonstrates that that you put a great deal of time, thought, effort, and care into it (e.g., it looks like something the creator will be proud to share; it doesn't look like you threw it together at the last minute; even if you aren't "good at art" or "crafty" you took your time and used your unique talents to put together a thoughtful product).
- Reflection Paper
  - The paper includes each of the required components and addresses them thoroughly
  - The paper demonstrates that you put a great deal of thought, time, and effort into it
  - The paper adheres to the formatting requirements
- Presentation Evaluation Criteria
  - You stick to the time limit
  - You address all of the required parts of the presentation
  - It is clear that you thought about and prepared your presentation ahead of time
  - Your presentation demonstrates that you have thought deeply about your goals and your learning in the class