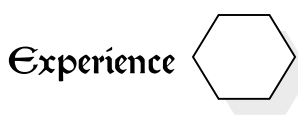


Adventure Log

Name _____ Role _____



Green's Level:

- ① Newbie 2 Novice 3 Apprentice 4 Advanced 5 Expert 6 Fully Prepared
- 7 Hero

The 8 Wellness Dimensions

 Spiritual Wellness	 Emotional Wellness	 Intellectual Wellness	 Occupational Wellness
 Environmental Wellness	 Physical Wellness	 Financial Wellness	 Social Wellness



Green's Wish "I wish"

Green's Intention "I will _____"

How?



Achievable Goal _____



New Benefits _____



Measurement _____



Timing _____



First Action _____

Strengths List

Acceptance	Calmness	Empathy	Honesty	Love	Persistence
Adventurousness	Common Sense	Enthusiasm	Humor	Love of Learning	Planning
Ambition	Confidence	Fairness	Independence	Modesty	Resilience
Artistic Ability	Cooperation	Flexibility	Intelligence	Open Mindedness	Self-Control
Assertiveness	Creativity	Forgiveness	Kindness	Optimism	Social Awareness
Athleticism	Curiosity	Generosity	Leadership	Organization	Spirituality
Bravery	Discipline	Gratitude	Logic	Patience	Wisdom
<i>Self-Knowledge</i>					

Here are some things to consider after you play this game.

Your Own Strengths, Wishes, and Goals

It's important to realize your personal strengths to make and achieve a goal. You'll recognize some of the strengths on the list above as ones you possess and others that you need to improve. The blank row is for strengths not on the list that you'd like to add.

Discover your wish by studying the Wellness Dimensions to find areas of your life you would like to improve.

Wellness Dimensions



Spiritual Wellness - Discovering the values and beliefs important to your sense of purpose and meaning in life.



Intellectual Wellness - Expanding your knowledge and creativity. Staying curious and open to new ideas.



Environmental Wellness - Occupying safe, pleasant and stimulating surroundings that support well-being.



Financial Wellness - Understanding your finances, establishing good money habits and planning for the future.



Emotional Wellness - Listening to your feelings and coping effectively with life.



Occupational Wellness - Finding personal satisfaction and engagement in your work and hobbies.



Physical Wellness - Recognizing the need for physical activity, healthy food, sleep and appropriate medical care.



Social Wellness - Developing a sense of belonging, connecting with a reliable support system and creating satisfying relationships.