

## Health Education 8

### “Designing Yourself”

1.) Identify four factors which make up your wellness.

A) \_\_\_\_\_

B) \_\_\_\_\_

C) \_\_\_\_\_

D) \_\_\_\_\_

2.) List four ways in which you may better impact and positively influence your health.

A) \_\_\_\_\_

B) \_\_\_\_\_

C) \_\_\_\_\_

D) \_\_\_\_\_

3.) Provide four factors affecting your wellness over which you have little control.

A) \_\_\_\_\_

B) \_\_\_\_\_

C) \_\_\_\_\_

D) \_\_\_\_\_

4.) List the three steps of the “Self-Design Process”.

<i>Step One:</i>  	<i>Step Two:</i>  	<i>Step Three:</i>  
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