



**Career  
Essentials:  
*Foundations***



# Personal Well-Being: My #1 Responsibility

Personal Skills: Responsibility

- Essential Questions
  - What is personal well-being?
  - How does my personal well-being affect others?
  - How does my personal well-being affect my work skills and performance?
  - What is my current level of personal well-being?
  - How can I improve my personal well-being?

# Personal Well-Being: My #1 Responsibility

Personal Skills: Responsibility

- Students will understand...
  - Individuals maximize their performance when his or her body, mind, and soul are at the best.
  - An individual must work diligently and with purpose to improve all areas of personal well-being in order to be successful in the workplace.
  - Individuals must take care of themselves first before they can effectively help others.



# Personal Well-Being: My #1 Responsibility

Personal Skills: Responsibility

- Students will know...
  - The components and specific examples of personal well-being
  - The importance of personal well-being
  - How to evaluate personal well-being
  - How to improve personal well-being



# Personal Well-Being: My #1 Responsibility

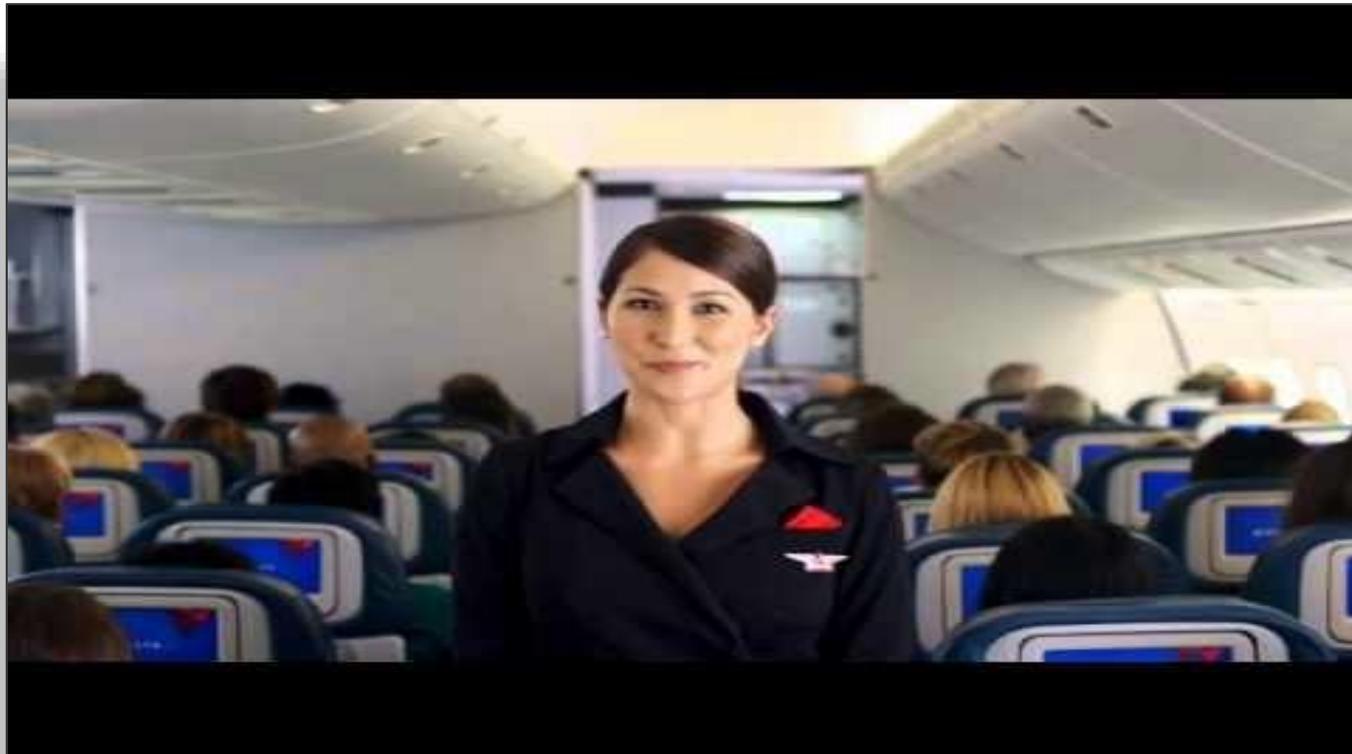
Personal Skills: Responsibility

- Students will be able to...
  - List five components and examples of personal well-being
  - Evaluate his or her own personal well-being
  - Create seven challenges to improve personal well-being



What is something you did today that improved your personal well-being?

**Personal Skills:** Responsibility



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## Objectives:

- List five areas and examples of personal well-being.
- Evaluate his or her own personal well-being.
- Create seven challenges to improve personal well-being.

**Personal Skills:** Responsibility



## Personal well-being

A good or satisfactory condition of existence; a state characterized by health, happiness, and prosperity.

**Personal Skills:** Responsibility



- Career well-being
- Social well-being
- Financial well-being
- Physical well-being
- Community well-being



## The poster must include:

- Name of the well-being component
- Definition in their own terms
- Examples – provide five
- Non-Examples – provide three
- Extra space for new examples provided by the class



## Quick Write prompts:

- Why was the \_\_\_\_\_ area my highest?
- What causes the \_\_\_\_\_ area to be my lowest?
- What can I do to improve upon my low area of well-being?
- Who is someone that could help me improve this component of personal well-being?



“While 66 percent of people are doing well in at least one of these areas, *just seven percent are thriving in all five*. If we're struggling in any one of these domains, as most of us are, it damages our well-being and wears on our daily life. When we strengthen our well-being in any of these areas, we will have better days, months, and decades. But we're not getting the most out of our lives unless we're living effectively in all five.”

Source: Gallup Business Journal