

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



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-