

Emotional Fitness: Changing Your Life by Changing Your Mind

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Circle the number that most closely describes your present level of emotional fitness with the number one being the least emotionally healthy and seven being the most emotionally fit.

Overall Emotional Fitness

1 2 3 4 5 6 7

Circle the number that most closely describes your present level of fitness in each of the four dimensions below with the number one being the least healthy and seven being the most fit.

Physical

1 2 3 4 5 6 7

Mental

1 2 3 4 5 6 7

Social Emotional

1 2 3 4 5 6 7

Spiritual

1 2 3 4 5 6 7

A Short Book List

***Joan of Arc* by Mark Twain:** Twain spent 12 years on the research and learning to read French and said Joan was his favorite historical character. It's a classic.

***The Boys in the Boat* by Daniel James Brown:** Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics

***The Elephant Company* by Vicki Constantine Croke:** The inspiring story of an unlikely hero and the animals who helped him save lives in World War II

***Team of Rivals* by Doris Kearns Goodwin:** primary sources about Lincoln and the men in his presidential cabinet who ran against him for president, told in a story format by one of our nation's great historians

Setting SMART Goals

For SMART goals to work, they need to meet all five of the following criteria. They also need to matter enough to you enough to be completed, otherwise they are useless and can even be discouraging.

S = Specific

M = Measureable

A = Achievable

R = Realistic

T = Timely

Ideas and Goals for the Four Life Dimensions that Can Lead to Emotional Fitness

Physical:

Mental:

Social/Emotional:

Spiritual: