

"True to You" Project

Planning Worksheet



Student's Name: _____

Health Category: Spiritual Health

SMARTER Goal for Spiritual Health:

I will gain a better understanding of and appreciation for what "spiritual health" is, what it means to me and how it contributes to my life & overall health. People often neglect their spiritual health because they do not understand what it is or how it is important to their health. They may make excuses like they do not have time or do not know how to practice spiritual health. In other cases, spiritual health may be neglected because lower levels of Maslow's Hierarchy of Needs must be met first...many people have physical, emotional, social and mental health deficits, making their spiritual health a lesser priority. My goal is to:

1. Educate myself through research about a) what spiritual health is to other people/cultures (in other words, generate a broader world definition for "spiritual health") and b) what it could entail besides religious practices/beliefs.
2. Based on my research, I will a) develop my own definition of "spiritual health" and b) reflect on how it fits into my life and contributes to my overall health.
3. Identify two practices/techniques that satisfy my definition of spiritual health and would be realistic for me to do at least three times a week.

What will you MEASURE to determine whether or not you are progressing towards your goal?

Measure

Rationale for Measure—How does it relate to your goal?

- | | |
|---|--|
| 1. My knowledge of Spiritual Health | This measure will demonstrate what I know about spiritual health prior to doing some research and what I learned about spiritual health as a result of my research |
| 2. My attitude towards Spiritual Health | This measure will demonstrate how I feel and think about spiritual health before and after doing my research, exploration, practice, etc. |
| 3. Spiritual Health Practice Time | This measure will demonstrate how often and for how long I engage in a spiritual health practice/technique. |

- | | |
|----------|-------|
| 4. _____ | _____ |
| _____ | _____ |

What unique RESOURCES, TOOLS or MATERIALS might you need in working towards your goal?

Resource/Tool/Material

Purpose

| | |
|--|--|
| | |
| | |
| | |

During what TIME-FRAME will you... (Your Planning Calendar would be helpful here)

Take your pre-assessment measure? (initial reflection should not require more than a day's time)

Date: _____

Changing/modifying your behavior(s) to work towards your goal? (30 days minimum)

Start Date: _____ End Date: _____

Take your post-assessment measure? (final reflection should not require more than a day's time)

Date: _____

How will you RECORD your measures and other aspects of you working towards your goal?

Type of Record

1. Pictures of me working on my project (required)

2. Pre- & Post- Assessment Reflections (required)

3. Research Paper

4. Spiritual Health Practice Log

5. _____

Rationale for Record

Visually represents my working towards my goal; pictures include my face in the frame (Selfies are not recommended...have someone else take pictures of you)

Provides a comparison between what I know about and my attitude towards spiritual health before my research, exploration & practice and what I learned/think now as a result

Records the research and learning I did to understand spiritual health, develop my own definition and identify how it fits into my life and overall health (2 page minimum)

Records a) when (date and time) I engaged in one of my two spiritual health practices/techniques and b) how I felt afterwards.

Who will act as your MENTOR for this goal? (Mentor Guidelines available in project outline)

Name: _____ Relationship to You: _____

How do you see this mentor helping/supporting you as you work towards your health goal?

To be completed in pen by the mentor only:

Mentor's Printed Name

Mentor's Signature (signing acknowledges having reviewed this plan with the student)

Date plan was reviewed with the student