**Mind Body Spirit**

1. I thought about the future and what I will be doing in it.
   1. I did and I have a plan to get there.
   2. I daydreamed about it.
   3. Do you mean tomorrow’s lunch?
   4. Nope.
2. This week I asked for, and got the help I needed from a teacher.
   1. You bet.
   2. I was acknowledged but didn’t get what I really needed.
   3. I thought about it but never asked.
   4. I didn’t need help this week.
3. This week I handled stress …
   1. Like a veteran air traffic controller.
   2. Well with a few cracks here and there.
   3. I could use a day off.
   4. This week was chill.
4. I led a healthy lifestyle this week.
   1. Early to bed, early to rise, lots of fruits and vegetables, and plenty of exercise.
   2. A couple of the above-mentioned things.
   3. I’ll be better next week.
5. This week, interaction with my phone could be described as …
   1. Less than an hour a day.
   2. Responsible.
   3. Not great, not terrible.
   4. My eyes and fingers hurt from the strain.
6. This week I got some exercise just for fun (not sports team practice.)
   1. You bet, everyday.
   2. I got out a bit.
   3. Slightly embarrassed look.
   4. Does walking the dog count – it does, so does living room dance party.
7. I thought about another person’s feelings while speaking with them in the last week.
   1. Maybe I’ll be a counselor in the future.
   2. Once or twice.
   3. I’ll be better next week.
   4. Nothing I can report on.
8. I helped someone feel included this week.
   1. I saw my chance and took it.
   2. I didn’t realise it at the time, but yes.
   3. I’ll make appoint to next week.
   4. No opportunity.
9. I tried to learn from the life experience of someone else this week.
   1. I was searching it out.
   2. The opportunity found me.
   3. I should pay closer attention to what’s happening around me.
   4. No opportunity.
10. I spent some time thinking about my own point of view and assumptions this week.
    1. I meditated on them.
    2. I daydreamed about them.
    3. A little, I suppose.
    4. No reason to.