AHS-2120

Wellness for life

Class Outline Week 11

““As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives. — Henry David Thoreau

\*\*\*Reminder \*\*\*\*Assessment Activity 1-1: - Use as a guide for the 6 Dimensions of wellness you need to work on for your final project. Each week improve a skill in any one of the 6 areas of wellness, and keep a diary that you can use to write your Final Project Paper. Redo assessment at the end of the 12 weeks and see where you have improved and where you still need to focus some attention.

\*\*Which Dimensions of Wellness does Chapters 9 & 11 fits into? – Journal your answers \*\*

1. Goal setting Worksheet #10: submit online/in person
2. Submit quiz Chapter 17
3. Chapter 11 (Promoting a Healthy, Healing Environment)
4. Chapter 9 (The Spiritual Connection)
5. Article Reflection # 4 – Addiction, Guilt and Shame – due 11/17/21

**Assignments:**

* Chapter 25 (Mind-Body Therapies)
* The Power of the Mind: Would if you could Create your Future - Dr. Joe Dispenza
* Article Reflection #5 – Can you create your Reality? – due 11/24/21
* Goal setting & achievement project due – December 1st, 2021
* Goal Setting Worksheet #11: planning & action
* keep up with tracking and journaling of Final Project