

# Pursue Personal Well-Being

Each student will be able to pursue personal well-being. The Well-Being Pillar involves one's knowledge of and ability to manage emotions, thoughts, and behaviors with self-awareness and self-confidence. Students will engage in regular physical fitness, build and maintain healthy relationships, make ethical decisions, develop financial and goal-attainment competencies, and promote the safety and well-being of others.

	None	Developing	Proficient	Advanced
Articulate their definition of well-being.	Cannot articulate their definition of well-being.	Articulates general definitions of well-being.	Articulates their personal definition of well-being.	Helps others articulate their definition of well-being.
Utilize resources that contribute to their well-being.	Unable to identify available well-being resources.	Identifies resources that could contribute to well-being.	Utilizes well-being resources.	Helps others become aware of well-being resources.
Integrate well-being strategies into their regular routine.	Does not integrate well-being strategies into daily life.	Identifies strategies beneficial to personal well-being.	Utilizes well-being strategies.	Integrates well-being strategies into a regular routine.
Contribute to the well-being of others.	Does not contribute to the well-being of others.	Describes how one's actions can impact other community members.	Plans out actions that would contribute to the well-being of others.	Enables others to contribute to the well-being of those around them.

