

# My WellPath

Your Unique  
Wellbeing Journey



Intellectual Wellbeing  
Journal

# Intellectual Wellbeing Activities & Actions Ideas



The following links may help you think about different areas to explore for your intellectual wellbeing.

## New Ways of Thinking and Overcoming with Challenges

- [Coping with Challenges Video Series](#)
- [Building Resilience](#)
- [Know Your Thoughts, Choose Your Actions](#)

## Personal Development

- [Creating a Personal Mission Statement](#)
- [Write Down Your Dreams for the Future](#)
- [Setting SMART Goals](#)
- [17 Growth Mindset Activities](#)

## Continuous Learning

- [How to Find a Hobby](#)
- [22 Reasons People with Creative Outlets Are More Successful](#)
- [The Best Websites for Learning New Skills](#)

## Personal Productivity

- [15 Ways to Declutter Your Mind](#)
- [21 Tested Time Management Tips](#)
- [Eat The Frog! 21 Great Ways to Stop Procrastinating and Get More Done in Less Time \(Full book, PDF\)](#)
- [How to Beat Hurry Sickness](#)

# Identify Your What's and Why's



When you think of "intellectual wellbeing" what words come to mind?

Based on the words you wrote down, what areas do find challenging?

Which areas would you like to improve or develop and why?







# Midway Check-in: How's it Going?



What's working?

What's not working and how am I going to adjust the goal or change the activity?

What else? Are there any other activities or habits I want to try now?

# Reflection



Which activities or habits helped me the most?

Which activities weren't as helpful as I expected?

Which activities or habits do I want to keep doing?



# Notes



A large, empty rectangular box with rounded corners and a teal border, intended for writing notes.