

Name: _____

Class: _____

My E-lesson

Module 8: Setting my life goal

Activity 3: Viewing My Life Goal from the Life Wheel

1. The scope of setting goals could be extensive, including:

1	Family: Relationship among family members —time and quality of communication and time to get along;
2	Friendships: Relationship with friends— Encouragement and support from friends
3	Study: Study and revision status — Room for reflection and full-brain development
4	Health: Physical and mental health condition — Quality of sleep, eating habits, etc.
5	Future: Further studies and employment status — Interests, ability, confidence and preparation
6	Fun and Leisure: Daily entertainments and interests
7	Psychological Health: Emotion control, ability to express and resilience (ability to cope with adversity)
8	Meaning in Life: Reflect and explore life meaning and aspiration
9	Time-Management: How to utilize time

2. How satisfied are you with your status of life? Please mark your satisfaction level on the Life Wheel for each item (1-10 marks, with 10 being the most satisfactory). Please share your opinions with your group.

