

Everyone Needs High Well-Being Story Creation

	Total Points Earned
30	Total Points Possible
	Percentage

Name _____

Date _____

Class _____

Directions: Follow the steps below to create a story about a person who has high well-being by actively contributing to their well-being in each of the five well-being domains.

Step One: Who will your story be about? Answer the questions below to create a character for your story. Remember that the purpose of your story is to describe a person who has high well-being.

What is the name and age of your character?	
Where does your character live? Does your character live with his/her family, a roommate(s), or by themselves?	
Who are the important people in your character's life (family and friends)?	
How does the character spend his/her day? Does your character have a job? Is your character a student?	
What interests and hobbies does your character have?	
What other information about your character is important?	

Step Two: In order to have high overall well-being it is important to consider your well-being in each well-being domain. How does your character contribute to his/her well-being in each domain? Using the information about your character outlined in step one, identify at least one way your character positively contributes to his/her well-being in each of the five well-being domains.

Well-being Domain	Identify one way your character positively contributes to his/her well-being in each domain.
Physical – Taking care of your body	
Intellectual – Gaining and using knowledge	
Emotional – How you feel	
Social – Having a network of family and friends	
Financial – Your financial outlook	

Step Three: Use the information outlined in steps one and two to create a digital story board or write a story about your fictitious character. The purpose of your story is to show how your character has created high well-being for him/herself. The story should indicate at least one way the character has contributed to well-being in each domain. Your story will be graded based upon the rubric provided by your instructor.