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### Exploring Life Satisfaction with the kid-grit Holistic Wellness Wheel

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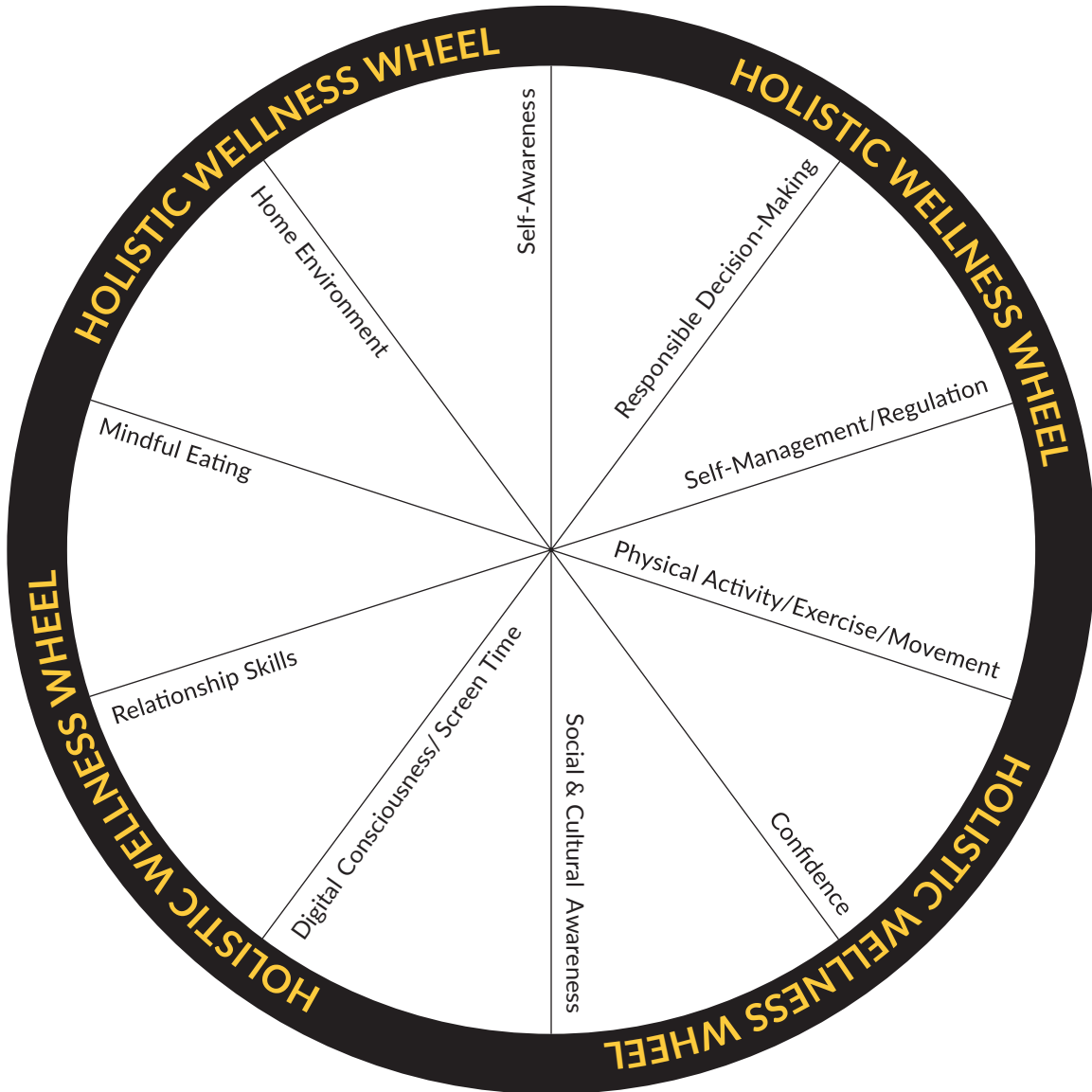
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kid-grit

## Holistic Wellness Wheel



kid-grit™

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**SELF-AWARENESS:** The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

**RESPONSIBLE DECISION MAKING:** The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

**SELF-MANAGEMENT:** The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

**RELATIONSHIP SKILLS:** The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

**SOCIAL AWARENESS:** The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

**MINDFUL EATING:** The ability to make thoughtful and healthy choices when preparing, choosing or eating food. Taking a pause before eating or finding gratitude for nourishment.

**HOME ENVIRONMENT:** having positive relationships and a supportive environment at home.

**PHYSICAL ACTIVITY/ EXERCISE/MOVEMENT:** Maintaining a healthy balance of regular exercise to keep your body healthy and blood flow circulating.

**DIGITAL CONSCIOUSNESS/SCREEN TIME:** Balancing screen time and usage of social media with other activities and social interactions. Using digital media responsibly.

**CONFIDENCE:** Building of strength and self- esteem from the inside of yourself