

# The Oaks Wellness Model

## Life Skills Worksheet



Welcome! As you explore this course, we hope that you will come to understand the importance of life skills and their ability to help you live a productive and impactful life. Unhealthy habits often get in the way of successfully practicing life skills and pursuing wellness. Throughout this course, take some time to reflect on your life and how the information from this course can help you replace your unhealthy habits with choices that improve your health.

Before diving in, take a moment to write down your “wellness why” that you have chosen to help motivate you to reach your wellness goals.

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First, take some time to reflect on what you understand life skills to be and what they mean to you:

Like Michelle said, life skills are simply the things we do in our daily lives, therefore, life skills can be things that everyone does, like brushing your teeth, or specific to your life, like a particular task that is part of your job.

List a few of your life skills here:

Life skills come in many shapes and sizes. You may find that some life skills are more enjoyable than others - and that is okay! Life skills, even the ones that aren't as fun to do, ultimately bring productivity and stability to our lives. Our brains and bodies thrive when we have routines, so even when you are doing a life skill that feels boring, remember that you are one step closer to meeting your wellness goals.

If an activity leaves you feeling lethargic or in an unhealthy mental space, it may be an unhealthy habit. Take a moment to reflect on some of the unhealthy habits you may have in your life. Remember, no one is perfect, and being honest with yourself will help you make progress in improving your wellness.

The great thing to remember here is that unhealthy habits can always be replaced by life skills! Take a moment now to reflect on the unhealthy habits you would like to replace with certain life skills.

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What are some obstacles that might get in the way of you replacing the patterns of unhealthy habits with life skills?

Write an encouraging phrase to remind yourself when you face these challenges.

Remember that all eight spokes on your wellness wheel are connected, so using life skills has an impact on your mental and physical health. Use the following questions to help you reflect on how your life skills affect your overall wellness.

- How does using a particular life skill affect how you think and feel?
  
- How are your life skills connected to the way you move your body and get exercise?
  
- How does using life skills connect to the rest of the spokes on your wellness wheel?

Keep in mind, building balance in your life is a process that happens one step at a time. Don't underestimate the power of making small adjustments in your daily routine as you use life skills.

You have all the tools you need to develop life skills and create the positive change you want to see in your life, keep up the good work!