

Check In WHEEL

Finances:

- Earning
- Tracking spending
- Budgeting
- Needs vs. wants
- Saving
- Investing

Relationships:

- Family
- Friends
- Romantic connections
- Acquaintances
- Strangers

Social-Emotional Well-Being:

- Self-awareness
- Other awareness
- Growth mindset
- Cultivating joy and happiness
- Creativity and play
- Empathy and care
- Curiosity and understanding
- Feelings exploration
- Connection and community

Life Crafting:

- Pursuing passions
- Finding purpose/meaning
- Defining values/beliefs
- Identifying interests/hobbies
- Goal setting
- Dreaming

Digital Citizenship:

- Privacy and security
- Online etiquette
- Clear intentions
- Kindness, respect, authenticity
- Digital footprint
- Media literacy and filtering content

Digital Life Balance:

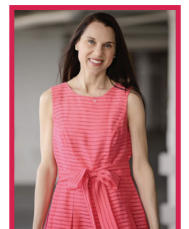
- Creating vs. consuming
- Screen time
- Mindless scrolling
- Addictive behaviour
- Comparisonitis
- Digital boundaries
- Digital breaks





Executive Functioning:

- Time management
- Organization
- Focus and motivation
- Decision making
- Accountability
- Process and procedure
- Perseverance
- Working memory and multitasking
- Reflection and changes

Physical and Mental Well-Being:

- Quality and adequate sleep
- Daily movement
- Quality nutrition
- Adequate hydration
- Mindfulness
- Thought-shifting/reframing
- Positive self-talk
- Positive beliefs
- Self-compassion
- Stress-management



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 positively influencing
 the lives of learners.