



Define
Your Own
Road in life

Wellbeing For All

ACTIVITY GUIDE

Let's explore how the videos, lessons, and resources on "Wellbeing For All" can apply to your own life and career goals!

STUDENTS & CAREER EXPLORERS

Students & Career Explorers: Navigate to each corresponding section of the "Wellbeing For All" website (*highlighted in green*) and follow the directions below.

EDUCATORS

Use the "Discuss" prompts (*highlighted in blue*) to facilitate deeper discussions!



What Lights You Up?

SECTION ONE – EXPLORE IN-DEMAND CAREERS

EXPLORE

Choose the industry that sounds most interesting to you and explore all the different career paths tied to that industry.

Once you've looked at all of the stories and data tied to each career, pick ONE career that feels like a good fit for you.

THE CAREER PATH I'M MOST INTERESTED IN:

DISCUSS

Break into small groups to talk about the industries and careers selected.

Take turns sharing which career was chosen and why. How does this career align with each individual's interests and goals?

SECTION TWO – HEAR STORIES FROM PEOPLE WHO'VE BEEN IN YOUR SHOES

When you start thinking about your future, it can be overwhelming. That's why it's helpful to hear career stories and advice from others—and remember that even the most successful people were once in your shoes.

EXPLORE

Click on a person that you want to learn more about.

Read their profile, and brainstorm what your future road might look like in the spaces below.

MAJOR MILESTONES THAT I WANT TO ACCOMPLISH:

HURDLES/CHALLENGES I MIGHT ENCOUNTER ALONG THE WAY:

IF YOU COULD TALK TO ANYONE IN THE WORLD ABOUT OVERCOMING CHALLENGES, WHO WOULD YOU WANT TO TALK TO?

DISCUSS

Have everyone share who they'd want to talk to about overcoming challenges. You don't need to share personal challenges, if you don't want to—but talking through **people** who you view as inspirational or who could be a potential mentor can help you better understand your goals and the people who could support you along your pathway.



What Can Help Me Reach My Goals?

SECTION THREE – RESOURCES TO HELP YOU TAKE THE NEXT STEP

Use these tools to get the training, education, and support you need to lend your voice to the movement and create greater wellbeing for all.

EXPLORE

Check out the resources offered to learn more about how different communities and organizations are working to improve various areas of wellbeing.

WHICH RESOURCE SEEMS THE MOST INTERESTING TO YOU?

WHY?

AFTER REVIEWING THIS RESOURCE, WHAT'S ONE ACTION STEP YOU COULD TAKE THIS WEEK TO GET CLOSER TO A CAREER IN MENTAL HEALTH AND WELLBEING?

DISCUSS

Share which resource you reviewed and why it stood out to you. Does this resource relate to a specific area of wellbeing: mental, physical, emotional, or social? Where do you think you're at in your own mental health and wellbeing journey: Do you need some more support to reach the best version of yourself? Are you looking for inspiration, trying to find where you and your career might fit into the world of wellbeing? Or do you already have a cause or community in mind, and just need to take action to start creating change?



My Future Road

PUTTING IT ALL TOGETHER

Imagine that you're creating your own career story! Use your answers above to start imagining and planning what your future path might look like. Add in some advice that you might give to others with the same career goal to help them be successful.

MY INTERESTS

_____ & _____

MY CAREER GOAL

MY MILESTONES

MY CHALLENGES/HURDLES

MY EDUCATION/TRAINING

MY ADVICE TO OTHERS

ONE RESOURCE OR TOOL I RECOMMEND TO OTHERS ON THE SAME CAREER PATH
