

1008 Dreketi Sangam School  
Healthy Living Worksheet  
Year 7

Exercise

1. List three things that you value in your life?

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2. State a goal that you have in life?

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3. List down two possible circumstances that may hinder you in achieving your goal.

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4. List down two things that you will do to tackle the hindrances listed above?

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5. Create a map of your support system. In the circle you can write your name. In the boxes you can write the names of the people of the organization who are or could be part of the support system. State as to how they will support you.

