



THE ROAD AHEAD

As you've gone through this series, we've encouraged you to engage in the activities in your Module Handouts. In those documents, you've been able to jot down interesting ideas, reflect, and plan based on what you have learned about different parts of emotional well-being. In this last module, you have the opportunity to reflect on everything you've learned through a few different activities. You'll also have a chance to continue planning how you want to incorporate emotional well-being into your daily routines.

Here is a reminder of the definition of emotional well-being used throughout this series.

Emotional well-being has many parts that capture how positive an individual feels generally, and about their life overall. It includes:

- **Experiential features:** emotional quality of everyday experiences
- **Reflective features:** life satisfaction, sense of meaning, and goal pursuit

These features occur in the context of culture, life circumstances, resources, and age.

On the next page, you'll find a short summary of each module in this series.

Series Summary

Module 1 – Introduction

In Module 1, you learned an overview of the course and foundational content related to emotional well-being. For example, complexities in defining emotional well-being and the roles of the individual and community in shaping emotional experiences.

Module 2 – Physical Health

In Module 2, you learned about how emotional well-being is related to physical health. We dove into three aspects of physical health (exercise, diet, and sleep) and how taking care of our bodies can positive impact our emotional well-being. Additionally, we also learned about how our brain is flexible and how our experiences can shape our brain.

Module 3 – Positive Emotions

In Module 3, you learned about positive emotions. Specifically, how emotional goals can vary by culture and how we can incorporate positive emotional experiences as we age and enter different life stages. Additionally, you learned how to create an embrace positive experiences in everyday life.

Module 4 – Sense of Meaning

In Module 4, you learned about what sense of meaning is and factors that influence it such as demographics, relationships, career, spirituality, and adversity. You also learned how you can strengthen your sense of meaning through activities such as imagining your future life and assessing your daily activities.

Module 5 – Life Satisfaction

In Module 5, you learned about what life satisfaction is and factors that influence it such as age, culture, income, relationships, and personality. You also learned that you can strengthen your life satisfaction with different strategies such as developing a life story and embracing continuous learning and adaptability.

Module 6 – Goal Pursuit

In Module 6, you learned what goal pursuit is and how it is related to motivation. There are two types of motivation (intrinsic and extrinsic) which you reviewed to better understand how we are motivated. Lastly, you learned to set meaningful goals that you are likely to achieve.





You've learned a lot in this series. Now it's time to think back and pick out two ideas that really stood out to you.

Try to choose two concepts from two different modules. These could be things that surprised you, made you think differently, or felt useful.

For each one, write a short summary that includes:

- **A few sentences explaining what the concept is all about**
- **An example of how it shows up in real life**
- **Your personal takeaway. So, what did you learn or how might it help you going forward?**

As you've worked through this series, you've explored lots of different ideas about emotional well-being. Now, take a moment to think about one topic that was new to you, something you hadn't really thought about before.



Ask yourself:

- 1. What surprised or interested you about this topic?**
- 2. Was it something that made you go, "Wow, I never knew that!" or "That actually makes a lot of sense"?**
- 3. How could you use this idea in your own life?**





You've learned a lot about emotional well-being—now it's time to think about how you'll use what you've learned in real life!

For this last activity, pick two new ideas or tools from the course that stood out to you. These could be things that made you think differently, helped you feel more in control, or seemed useful.

For each one, write a short description that includes:

- What the concept is all about
- Why it matters to you
- How you plan to use it in your everyday life



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