

Freshman - End of Term I Action Checklist

I have completed:

Letter to Self

- I have written an emotionally compelling letter to myself about why I chose to enrol at the BU Happiness College

Learning Plan

- I am clear on how I will learn most effectively whilst at BU and have put plans in place to help me commit to my learning plan

Calendar Commitment

- I have intentionally dedicated time in my calendar to focus on my personal development and happiness learnings and actions that I gain from BU

Member Connection

- I have reached out to, and connected with, another BU member

5 Steps to Meaningful Change

- I have identified my vision, begun building knowledge and taken my first action steps towards achieving the vision

The Feelings Wheel

- I have consistently utilised the feelings wheel as a way of building my emotional literacy

Emotionally Responsible Language

- I am mindful of using emotionally under-responsible language and have been practising changing my language patterns

The Raft & The River

- I've practised managing overwhelm and stress by using the raft and the river to focus on what I can control

Introspection Practice

- I have identified, implemented, and practised a selection of ways to check in with thoughts and emotions

Acceptance Practice

- I have practised understanding what acceptance feels like to me and am working on embracing it more often

Journalling Practice

- I have developed a consistent journalling practise that works for me and helps me to decompress my mind and emotions

Happiness Plan

- I have built my own personal happiness plan consisting of activities that align with the two different types of happiness and the Positive Psychology recipe for happiness

Happiness Scorecard

- I have completed my happiness scorecard and set clear actions and intentions for building my growth opportunity areas