Xavier Wellbeing Toolkit

Intellectual Wellbeing Reflection

Intellectual Wellbeing encourages life-long learning. Are there things you are currently doing that are contributing to your life-long learning? If so, what knowledge or wisdom are your pursuing? If not, is there something you want to learn more about, or is focusing on school work the biggest priority right now?

This is a time to reflect -- be curious and try to withhold judgment of your thoughts.

XAVIER WELLBEING