

## A Resource For Goal Setting and Building Resilience



The Moreton Bay Fig is a majestic tree native to the eastern coast of Australia. It has a complex development process from seed to tree, as it relies on good growing conditions and other trees to support it throughout its development so that one day it can stand up all by itself. Once fully matured, the Moreton Bay Fig can reach heights of up to 60 metres and live for more than 100 years.

Like the Moreton Bay Fig, our development also relies on a number of factors, and managing these to the best of our ability and at times, relying on others for guidance and support can help us grow into healthy, mature human beings.



**From  
Seed to  
Tree ...**

**Social  
Emotion  
Education  
Exercise  
Diet  
Sleep  
Spirit**

How do I look  
after myself?

How can I look after  
my relationships?

## about SEEDSS ...

This SEEDSS plan allows you to set goals to help you achieve what is important to you:

**Social:** Do I take care of my relationships?

**Emotion:** Am I aware of my feelings and how they affect me and others?

**Education:** Am I achieving my goals for learning?

**Exercise:** Am I exercising regularly?

**Diet:** Am I including fruit, vegetables and water in my diet?

**Sleep:** Is my sleep pattern helping me do the things I need to do?

**Spirit:** Am I nurturing my spirit and the things that I enjoy?



If not, what can I  
do differently ?

# SEEDSS

## What do I do well?

SOCIAL

e.g. I listen to others ...

EMOTION

e.g. I share my feelings with my friends ...

EDUCATION

e.g. I can ask for help ...

EXERCISE

e.g. I enjoy playing soccer ...

DIET

e.g. I eat fruit each day ...

SLEEP

e.g. I get 8 hours of sleep each night ...

SPIRIT

e.g. I take part in social justice initiatives ...

**Is there anything I can change to enjoy life more?**

SOCIAL

EMOTION

EDUCATION

EXERCISE

DIET

SLEEP

SPIRIT



## Action Plan

SOCIAL

EMOTION

EDUCATION

EXERCISE

DIET

SLEEP

SPIRIT

