

My WellPath: Intellectual Wellbeing

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Intellectual Wellbeing



Intellectual Wellbeing encourages one to explore new concepts, enhance skills, and apply new ways of thinking to current challenges. Challenging the mind through continuous learning, exploring hobbies or creative outlets is beneficial for this wellbeing dimension.

Explore resources below for the following topics:

- New Ways of Thinking and Overcoming Challenges
- Personal Growth
- Continuous Learning
- Personal Productivity

My WellPath Journal

My WellPath Intellectual Wellbeing Journal

- [Digital Journal](#)  (fill-in electronically and save)
- [Printable Journal](#)  (print and write in)

New Ways of Thinking and Overcoming Challenges

[Coping with Challenges Video Series](#) (Lifeworks EAP)

[Building Resilience](#) (Lifeworks EAP)

[Know Your Thoughts, Choose Your Actions](#) (Action for Happiness)

[How to Build Your Self-Confidence](#) (Lifeworks EAP)

Personal Growth

[Creating a Personal Mission Statement](#) (Lifeworks EAP)

[Setting Life Priorities: Figuring Out What is Important to You](#) (Lifeworks EAP)

[Find Your Strengths and Focus on Using Them](#) (Action for Happiness)

[Write Down Your Dreams for the Future](#) (Action for Happiness)

[Setting SMART Goals](#) (Lifeworks EAP)

[Set Your Goals and Make Them Happen](#) (Action for Happiness)

[How to Build New Habits](#) (Lifeworks EAP)

[17 Growth Mindset Activities](#) (SkillPacks)

[What's My Mindset Assessment](#) (Mindset Works)

For parents: [Growth Mindset Activities for Kids](#) (Mindset Works)

Continuous Learning

[How Reading Expands the Mind](#) (Lifeworks EAP)

[How to Find a Hobby](#) (NYT)

[22 Reasons People with Creative Outlets are More Successful](#) (Lifehack)

[The Best Websites for Learning New Skills](#)

Find a free course! Many places like Coursera offer free courses that go in-depth on many topics. Coursera is an online learning platform that partners with top universities and companies around the world to offer courses.

[Browse Coursera's Free Courses](#) (create a free account and register for a course) Tip: Browse by *subject* or *skills* to filter more quickly, review the syllabus tab for more details.

Popular Personal Development courses:

[The Science of Success](#) (University of Michigan)

[Creative Problem Solving](#) (University of Minnesota)

[Brilliant, Passionate You](#) (University of Michigan)

Other popular courses:

[Inspiring and Motivating Individuals](#) (University of Michigan)

[Influencing People](#) (University of Michigan)

[Leading Teams](#) (University of Michigan)



[The Strategy of Content Marketing](#) (University of California, Davis)

[Dog Emotion and Cognition](#) (Duke University)

15 Ways to Declutter Your Mind (Chopra Center)

#4 from the article: **Journal**

Extra Resources: Daily journal prompts

- [A Year of Journal Prompts](#) 
- For Parents: [A Year of Journal Prompts for Kids](#) 

#11 from the article: **Declutter your environment**


Extra Resources:

- [Declutter in Minutes eBook](#) 

[One Productive Hour Per Day](#) (Podcast, Mindful Productivity)

[Supercharge Brain Dumps, Reduce Overwhelm and Declutter Your Brain](#) (Podcast, Mindful Productivity)

21 Tested Time Management Tips

Bonus! Referenced in the article: [Eat That Frog! 21 Great Ways to Stop Procrastinating and Get More Done in Less Time](#)  (Full book, PDF)

[How to Beat Hurry Sickness](#) – 10 Ways to Overcome Constant Panic and Rush (Mindtools)
