

W E L L - B E I N G



Spiritual

Growth of one's relationship with God, a search for meaning and purpose in life, values and morals



Emotional

Being able to understand and cope effectively with one's feelings and life, self awareness



Intellectual

Recognizing creative abilities, expanding knowledge And skills. Ability to set goals, and problem solve



Physical

Recognizing the need for proper exercise, health care, self care, sleep and nutrition



Environmental

Occupying pleasant, simulation, healthy living environments that support well-being, personal impact



Financial

Money management, budget, savings, earning potential, finances



Professional

Personal satisfaction and enrichment derived from one's work, job skills, training, career goals



Social

Sense of connection and belonging, responsible communication, well-developed support system



Mental

Realizing potential to cope with stresses of life, able to contributes positively to the community

