



Well Being: Places to Look

PHYSICAL

- Sleep
- Water
- Proper diet
- Hygiene
- Appearance
- Stretch
- Breathe
- Aerobic exercise
- Anaerobic exercise
- Outdoors
- Medical
- Dental
- Time off
- Restoration

MENTAL

- Reading
- Education
- Puzzles/games
- Challenges
- Conversation
- Creativity
- Art/music
- Culture
- Growth
- Values
- Integrity

EMOTIONAL

- Acknowledgment
- Service
- Touch/hugs
- Express anger
- Laugh
- Experience awe
- Music/art
- Play
- Experience wonder
- Socialize
- Relationship
- Contribution
- Experience joy
- Communication

RELATIONSHIP

- Service
- Authentic sharing
- Relatedness
- Communication
- Responsibility
- Listening

SPIRITUAL

- Prayer
- Meditation
- Fellowship
- Reading
- Intuition
- Gratitude
- Church

LIFESTYLE

- Budget/finance
- Financial plan
- Career plan
- Business plan
- Future created
- Retirement plan
- Goals based in values
- In action on plans

PARENTING

- Success
- Role identification
- Measures
- Alignment
- Smart goals
- Resources
- Time off & on

WHERE ELSE DO YOU NEED TO LOOK?