

FINDING THE GOOD

Using the 8 Dimensions of Wellness, explore the little ways you or those you serve move forward each day. Like getting through a full Inbox of emails, knowing a little more when you go to bed than you did when you woke up or increasing your water intake. Recognize the sincere intentions, good efforts, and growing abilities. This is simply a guide to becoming attuned to the good around you.

Physical: *Physical activity, healthy foods, and sleep, as well as preventing illness and injury or managing chronic health conditions.*

Emotional: *Coping effectively with life and creating satisfying relationships.*

Social: *A sense of connection, belonging, and a well-developed support system.*

Intellectual: *Your creative abilities and finding ways to expand knowledge and skills.*

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Financial: *Satisfaction with current and future financial situations.*

Vocational: *Gaining personal satisfaction and enrichment from one's work, or school.*

Environmental: *Occupying pleasant, stimulating environments that support well-being.*

Spiritual: *A sense of purpose and meaning in life, including one's morals and ethics. It may or may not involve religious activities.*