

Wellness: Promoting Living
TRAIN, MAINTAIN, RESPOND, ADAPT

Professional Balance:

What is working well?

What deserves attention?

Financial Balance:

How are you financially secure?

What deserves attention?

Social Balance:

How are you socially balanced?

What deserves attention?

Family-like closeness:

How are you connected?

What deserves attention?

Love and Romance:

How fulfilled is your love life?

What deserves attention?

Spirituality, Meaning, and Values:

How calm and centered are you?

What deserves attention?

Sense of self:

How balanced is your personal being?

What deserves attention?
