SpirituAl
Possessing a set of guided beliefs, principles, and values that give meaning and purpose to life.

physical
Eating well, exercising, avoiding harmful habits, recognizing the signs of disease, getting regular physical exams, and taking steps to prevent injury.

emotional
Optimism, trust, self-acceptance, self-control, self-confidence, satisfying relationships and an ability to share feelings.

intellectual
Openness to new ideas, a capacity to question and think critically, and the motivation to master new skills.

8 Dimensions of Well-being

Environmental
Advocating for sustainable change, contributing to the health of the planet, and living a “green” lifestyle.

social
Good communicating skills, developing the capacity for intimacy, and cultivating a support network of caring friends and family.

Financial
Adopting smart fiscal management practices and being prepared for all possible expenses: short-term, long-term, and emergency.

Occupational
Gaining personal fulfillment from employment, maintaining a sense of balance, and utilizing talents.