8 DIMENSIONS OF WELL-BEING

**SOCIAL:** Good communication skills, developing the capacity for intimacy, and cultivating a support network of caring friends and family

**SPIRITUAL:** Possessing a set of guiding beliefs, principles, and values that give meaning and purpose to life

**OCCUPATIONAL:** Gaining personal fulfillment from employment, maintaining a sense of balance, and utilizing talents

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

**ENVIRONMENTAL:** Advocating for sustainable change, contributing to the health of the planet, and living a “green” lifestyle

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

**INTELLECTUAL:** Openness to new ideas, a capacity to question and think critically, and the motivation to master new skills

**EMOTIONAL:** Optimism, trust, self-esteem, self-acceptance, self-control, self-confidence, satisfying relationships and an ability to share feelings