



**Spirituality and faith:** This includes cultivating a sense of purpose and meaning in life, exploring spiritual practices, and connecting with a higher power or source of inspiration

**Health and wellness:** This includes taking care of physical and mental health, practicing self-care, and developing healthy habits.

**Family and relationships:** This includes spending time with loved ones, building and maintaining strong relationships, and supporting family members in times of need.

**Career and finances:** This includes pursuing a fulfilling career or job, developing skills and knowledge, and managing finances effectively.

**Education and learning:** This includes pursuing formal education or training, as well as seeking out opportunities for lifelong learning and personal development.

**Leisure and recreation:** This includes engaging in enjoyable activities and hobbies, such as sports, travel, or entertainment, and taking time to relax and recharge.