

ENVIRONMENTAL

What's around me supports my health and wellbeing.

RELATIONAL

I feel connected and authentic with others. I feel supported. I belong.

PHYSICAL

I feel healthy, energized, and thriving. I perform and function well.

EXISTENTIAL

I feel a sense of meaning and purpose.

MENTAL

I feel alert, focused, competent, and thoughtful. I learn, remember, and solve problems well.

EMOTIONAL

I feel a full range of emotions, but mostly calm, hopeful and positive. I can express emotions appropriately.

