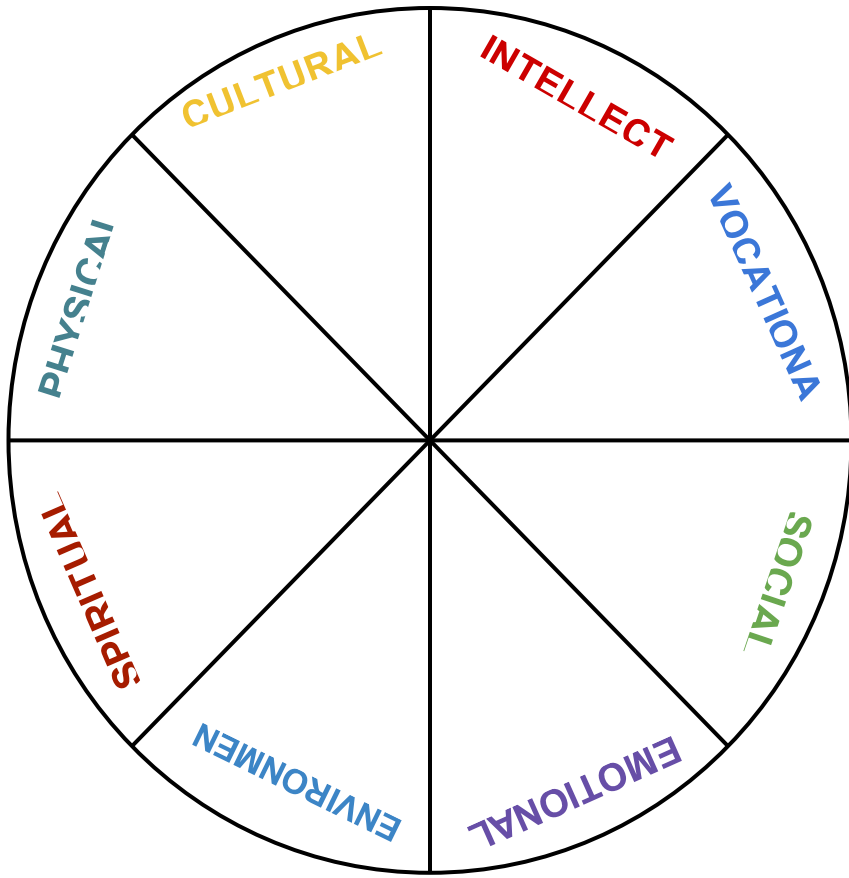




CULTURAL:

- Building positive relationships and interacting respectfully with people of different backgrounds, lifestyles, sexual orientation, genders, ethnicities, abilities, and ages.
- Supporting cultural diversity in your community
- Being aware of how your individual culture influences how you perceive others

INTELLECTUAL:

- Lifelong learning, critical thinking, develop moral reasoning, expanding worldviews, and engaging in education
- Engaging in creative activities, reading for pleasure, or being aware of social and political issues
- Acquiring information and improving skills in pursuit of lifelong learning

VOCATIONAL/FINANCIAL:

- Engaging with work that aligns with personal values, goals and lifestyle.
- Aware of financial state and budgets and manages finances to achieve realistic goals
- Using your talents, expertise, and values in paid and volunteer activities to create meaning and purpose in your work, while contributing to the betterment of society
- Learning to be a good consumer

ENVIRONMENTAL:

- Preserving, protecting, and improving the environment while appreciating the interconnectedness of nature and the individual
- Taking care of your personal surroundings by cleaning and creating a calming/welcoming space
- Creating a healthy and inclusive environment where all people, regardless of identity or ability, can thrive and be their best selves

EMOTIONAL:

- Identifying, expressing, and managing the entire range of feelings and would consider seeking assistance to address areas of concern
- Managing stress levels and ask for help
- Developing confidence in your abilities
- Taking responsibility for and learning from your decisions without harmful self-criticism
- Practicing mindfulness and grounding exercises

PHYSICAL:

- Getting adequate amount of sleep, balanced and nutritious diet, engaged exercise, medical checkups, and healthy sexual relations
- Discussing preventative medical and dental care
- Connecting to resources and having conversations surrounding body image, substance abuse, and healthy coping

SOCIAL:

- Building a network of support based on interdependence, mutual trust, respect, and sensitivity/awareness towards the feelings of others
- Developing friendships that provide support and guidance
- Discovering interconnectedness and a genuine appreciation for those around you to create a just and caring community.

SPIRITUAL:

- Seeking harmony and balance by openly exploring the depth of human purpose, meaning, and connection through dialogue and self-reflection
- Understanding beliefs, values, and ethics that guide your life
- Practicing meditation, grounding, and gratitude