

DEFINITIONS

Cultural

Individual awareness of one's own culture as well as understanding and respecting the diversity and richness of other cultures.

Economic

The ability to meet financial needs and adapt to unanticipated financial situations.

Educational

Recognition of creative abilities and the expansion of knowledge and skills.

Emotional

The ability to cope effectively with life and create personal enrichment through one's work and relationships.

Environmental

A harmonious and sustainable relationship with immediate surroundings that expands to the natural world.

Physical

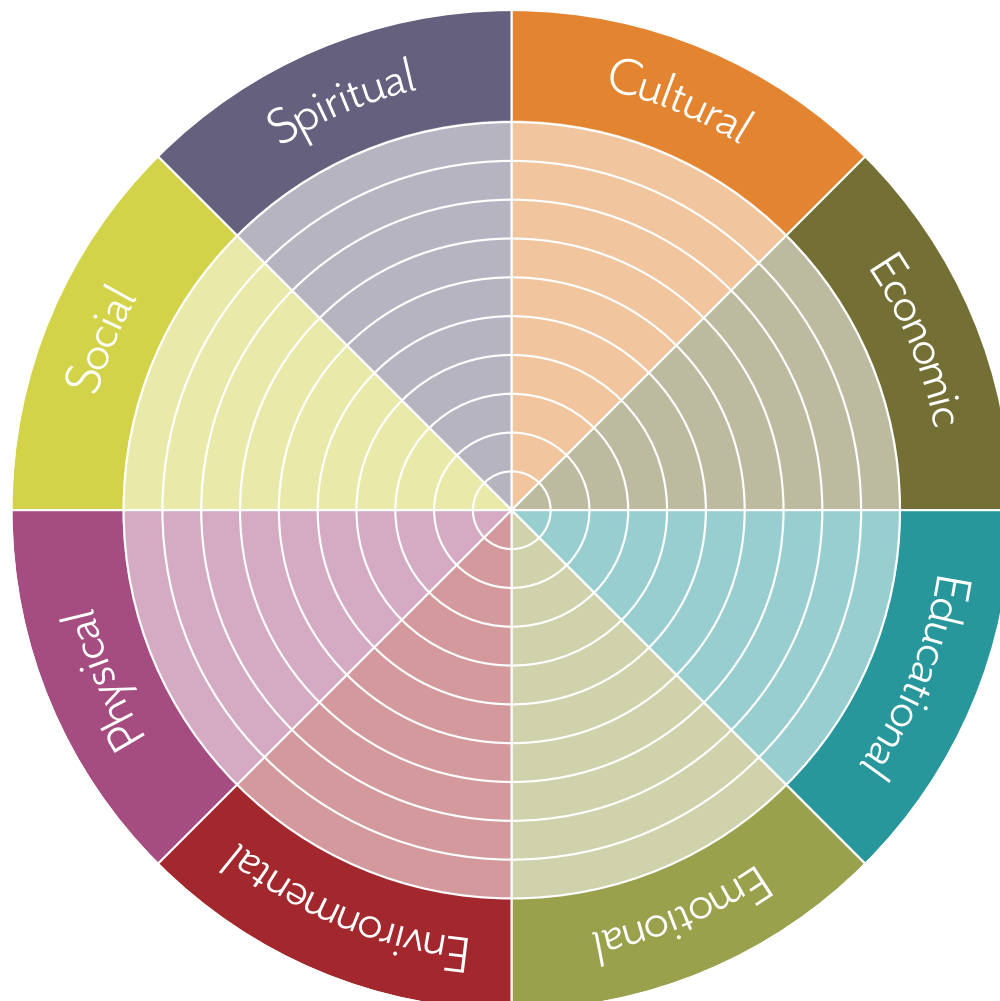
The ability to perform daily activities without undue fatigue or physical stress.

Social

A sense of connection, belonging, safety, and a reliable support system.

Spiritual

A sense of purpose and meaning in life.



REFLECTIVE QUESTIONS

What surprised you?

What would you like to celebrate?

What supports or resources do you need and do you know where to find them?