



## Spiritual

Is this allowing me to find meaning and purpose? Am I aligned with my values, gifts, desires, and beliefs?



## Mental

Is this providing me with personal satisfaction, continuous learning and growth, or intellectual stimulation?



## Emotional

Am I able to identify, value, and handle my emotions? Am I responding to my emotions instead of reacting from them?



## Environmental

Is the setting or condition where I'm working impacting me? Are there external elements affecting my performance?



## Physical

Am I getting adequate exercise, sleep, and nutrition? Am I feeling physically strong, rested, and healthy?



## Social

Do I feel connected to others or isolated? Do I feel like I belong or like an outcast? Am I feeling supported or on my own?

# 6 Influencers ON YOUR WELL-BEING