**Physical:** Includes lifestyle choices to ensure health and avoid preventable disease and conditions to live in a balanced state of body, mind, and spirit.

**Social:** Social connection is the experience of feeling close and connected to others. It involves feeling loved, cared for, and valued and forms the basis of interpersonal relationships. It is a sense of belonging to and participating in one's community/environment and making a contribution to society.

**Emotional:** Recognizes awareness and acceptance of one’s feelings. A state in which and individual is comfortable, healthy or happy, and may include broader concepts such as life satisfaction. It includes being in control of thoughts, feelings, and behaviors and having the ability to manage life challenges and be resilient. Our emotional, psychological and emotional well-being.

**Intellectual:** Occurs when we use our intellectual abilities in meaningful and satisfying ways. It includes the pursuit of stimulating, creative and challenging activities. Expanding knowledge and skills to increase one’s understanding.

**Spiritual:** Being connected to something greater than yourself sense of life set of values, principles, morals and beliefs that provide a sense of life meaning and purpose.

**Service:** Recognizes personal satisfaction and enrichment in one’s life through the work he/she did. Brings sense of joy, work which gains personal satisfaction, represents a feeling of purpose and productivity.

**Financial:** A state of contentment wherein a person can meet current and ongoing financial obligations and feel secure in their financial future.