



The Wellness Path

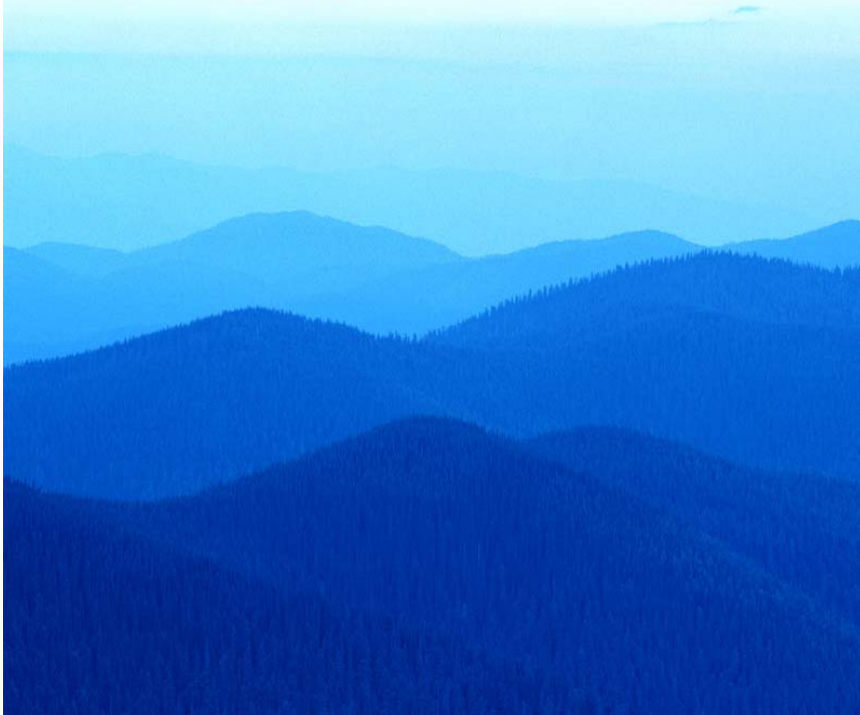
10 Steps on Your Wellness
Journey

1. Know Yourself



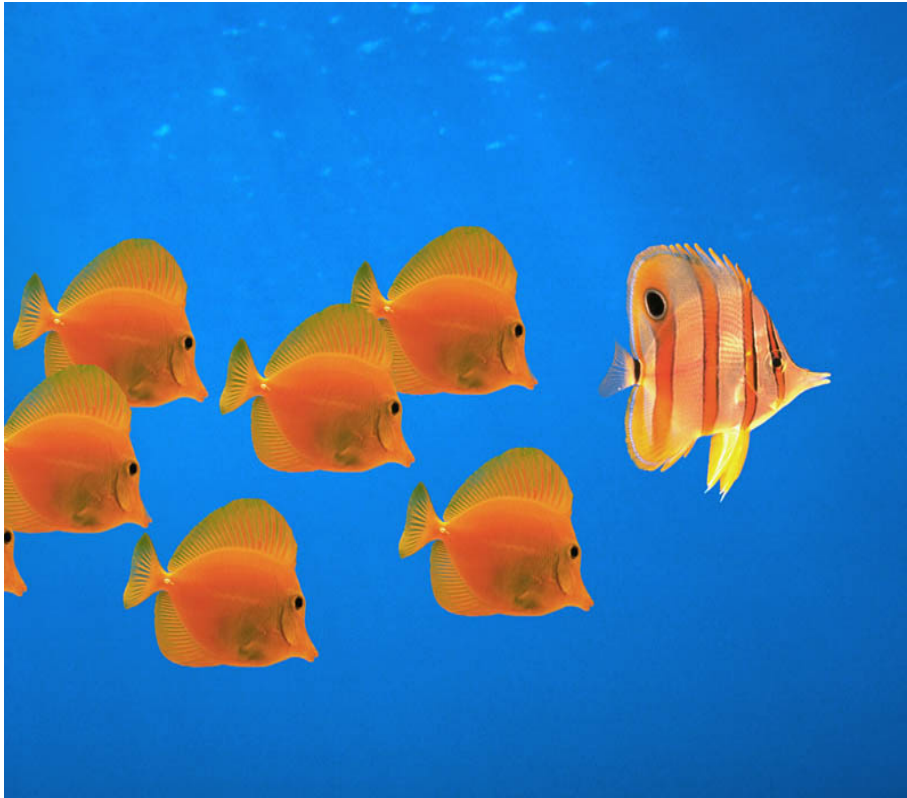
- Strengths
- Weaknesses
- Needs
- Desires
- Humility

2. Take Care of Yourself



- Take responsibility
- Maintain & improve your tools
- Steward of body, mind, & spirit
- Sharpen the saw

3. Develop Your Wisdom



- “Serenity Prayer”
- Proactivity & goal-setting
- Personal direction, self-discipline, & focus

4. Choose Your Focus



- Focus expands
- Be selective
- Create your own unique quality of life

5. Choose Your Attitudes



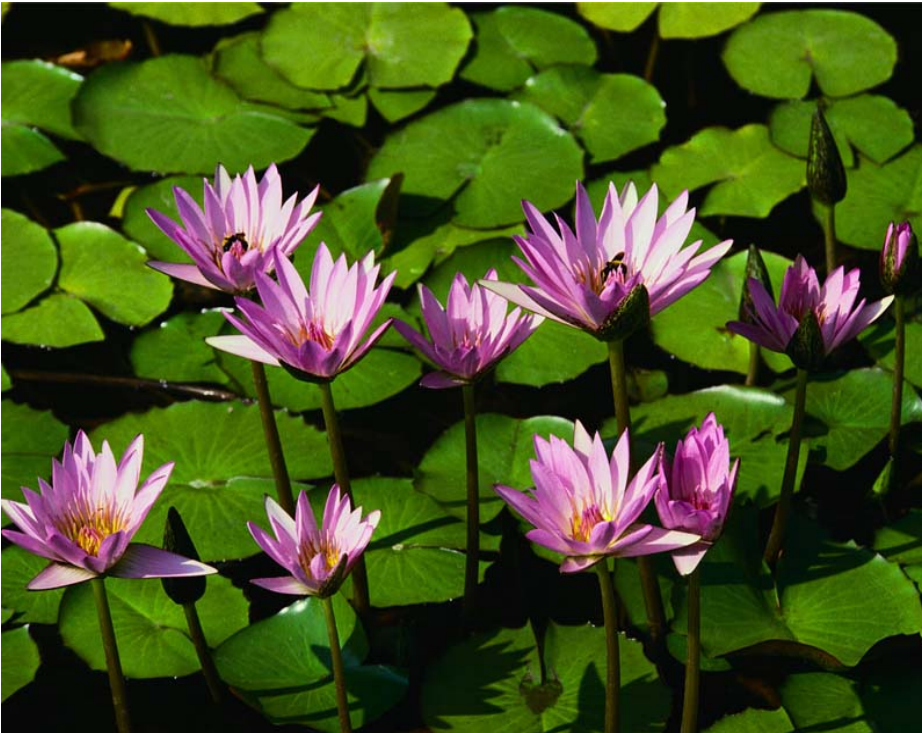
- Power of thought
- Power of expectation
- Power of emotion

6. Free Yourself



- Face & accept your truths
- Stop all denial
- Liberate your healthier self

7. Balance Your Life



- Mind, body, & spirit
- Strengthen the “footstool”
- Stop, relax, & listen

8. Connect with Your Spirit



- Hope & energy
- Dare to dream
- Optimism
- Higher power & faith

9. Practice Appreciation



- Count your blessings
- Glass “half full”
- Become contented

10. Serve Others



- Abundance
- Generativity
- Altruism
- Bearing “good fruit”

Question & Answer

