Wellness: Promoting Living
TRAIN, MAINTAIN, RESPOND, ADAPT

**Professional Balance:**
What is working well?
_____________________________________________________________________________________
What deserves attention?
_____________________________________________________________________________________

**Financial Balance:**
How are you financially secure?
_____________________________________________________________________________________
What deserves attention?
_____________________________________________________________________________________

**Social Balance:**
How are you socially balanced?
_____________________________________________________________________________________
What deserves attention?
_____________________________________________________________________________________

**Family-like closeness:**
How are you connected?
_____________________________________________________________________________________
What deserves attention?
_____________________________________________________________________________________

**Love and Romance:**
How fulfilled is your love life?
_____________________________________________________________________________________
What deserves attention?
_____________________________________________________________________________________

**Spirituality, Meaning, and Values:**
How calm and centered are you?
_____________________________________________________________________________________
What deserves attention?
_____________________________________________________________________________________

**Sense of self:**
How balanced is your personal being?
_____________________________________________________________________________________
What deserves attention?
_____________________________________________________________________________________