Aspects of Wellness

**Financial**
The ability to manage money effectively and make wise financial decisions

**Financial**
The ability to seek self-awareness, find meaning in something larger than yourself, and respect and forgive others

**Environmental**
The ability to recognize our own responsibility for a positive impact on the quality of our environment

**Environmental**
The ability to maintain a healthy lifestyle; to choose healthful habits and avoid destructive habits

**Emotional**
The ability to understand ourselves and share feelings in a productive manner

**Emotional**
The ability to relate to others and maintain positive relationships with family, friends, and co-workers

**Social**
The ability to open our minds to new ideas, pursue lifelong learning, and make a positive impact through our work.

**Academic**
The ability to seek self-awareness, find meaning in something larger than yourself, and respect and forgive others