

# Wellness Culture

## Well-Being Assessment

Rate yourself in each area from 1-10 (10 is Best):

- Life Satisfaction
- Exercise
- Mental & Emotional Fitness
- Energy
- Nutrition
- Weight
- Health

Wellness generally means a healthy balance of the mind-body and spirit that results in an overall feeling of well-being. These areas serve as a gauge for most people.

By making 2-3 SMART goals in each area, each week, you will quickly make positive life change that will make you smile. Challenge yourself for at least 3 months to see what healthy habits you create. Optimal 6-9 months, re-assess in May for all.



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