



# Strive to Reach the Highest

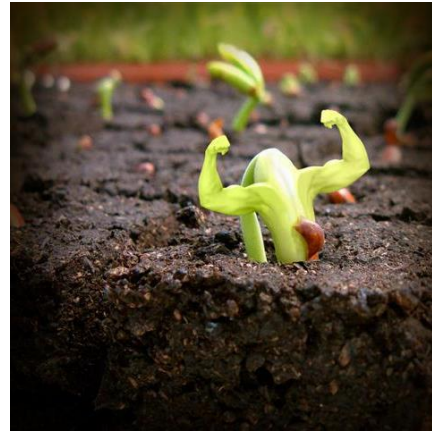
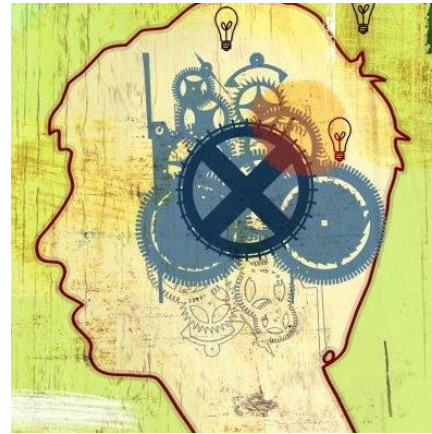
Inspiring Wellness by Caring for Ourselves





# BOOSTING CAREER WELL-BEING

- 1) Strengths - Focus on your strong qualities.
- 2) Buddy UP - Find people you connect with at work and spend more time with them.
- 3) Power Team - Find others with a shared vision to encourage your growth.





# CAREER WELL-BEING



- Question:
  - Do you love what you do?





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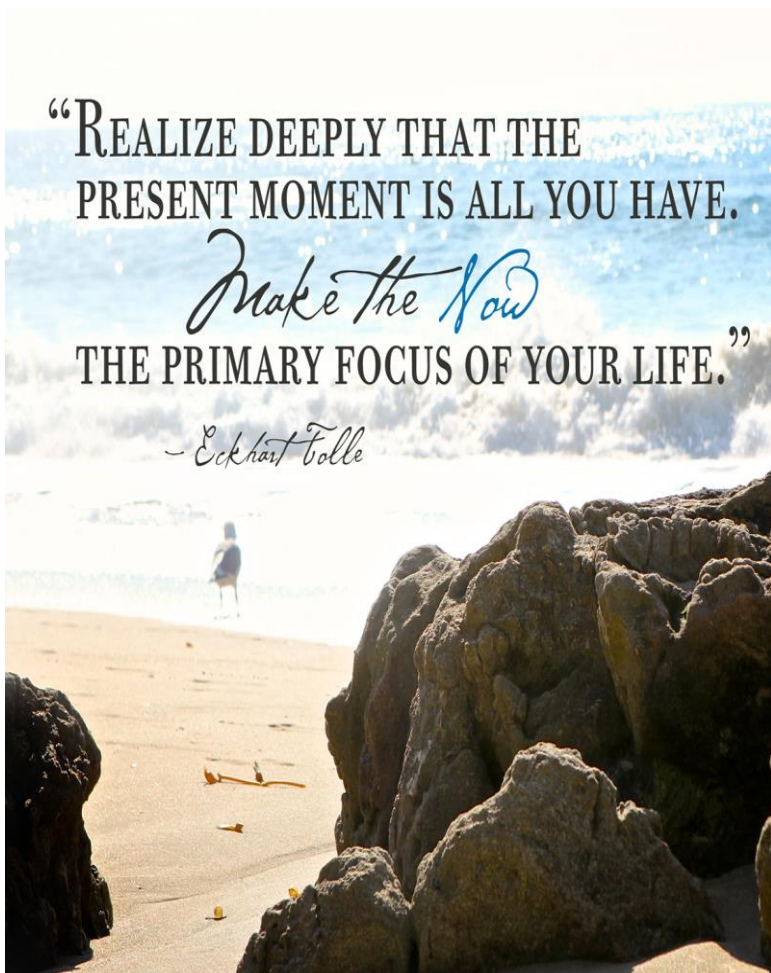
# BOOSTING SPIRITUAL WELL-BEING

- 1) Take time for yourself.
- 2) Self – reflect.
- 3) Sit in silence.





# SPIRITUAL WELL-BEING



- Question:
  - How often do you live in the NOW?



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# BOOSTING SOCIAL WELL-BEING

- 1) Enrich the quality of your relationships.
- 2) Expand your social network.
- 3) Integrate social time with healthful eating and physical activity.







# SOCIAL WELL-BEING



- Question:
  - How do you enrich, expand and integrate your relationships to improve well-being?





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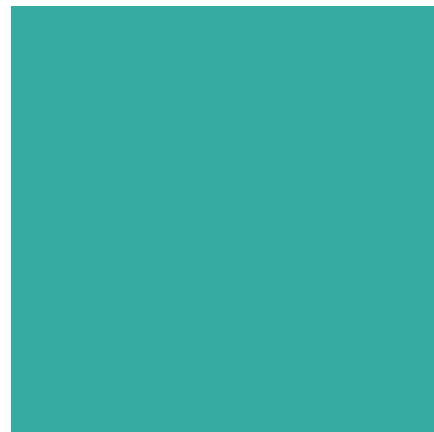
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# BOOSTING FINANCIAL WELL-BEING

- 1) Seek long term gain rather than immediate comforts.
- 2) Give - Invest in others rather than accumulate material things.
- 3) Systemize - Establish methods to handle finances.





# FINANCIAL WELL-BEING



**“The amount of money you have is not the best gauge of your financial well-being, let alone your life in general.”**

- Question:
  - What do you use as your gauge for financial well-being?

Tom Rath & Jim Harter  
*Wellbeing-  
The Five Essential  
Elements*





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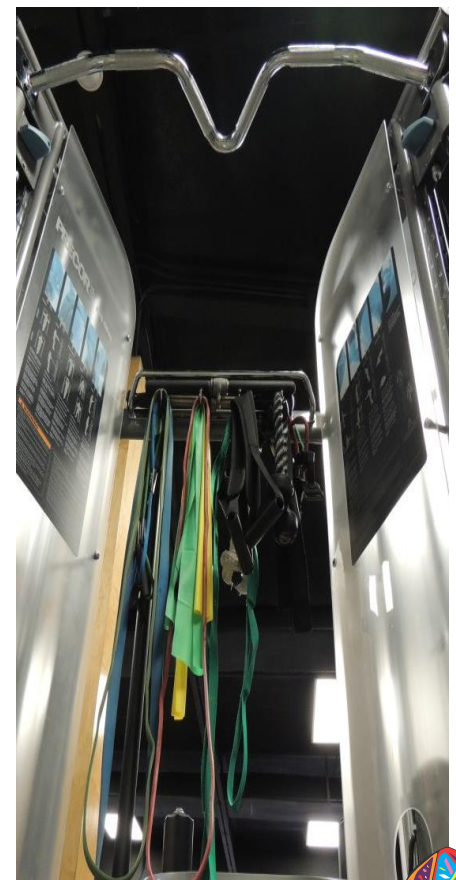
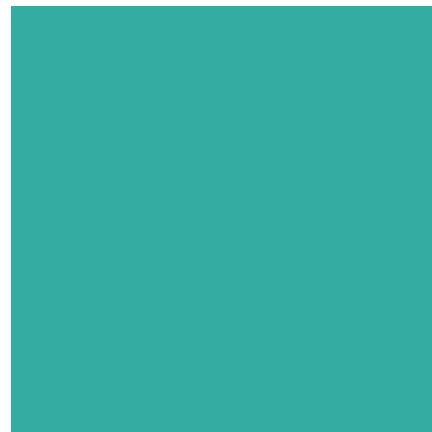
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## BOOSTING PHYSICAL WELL-BEING

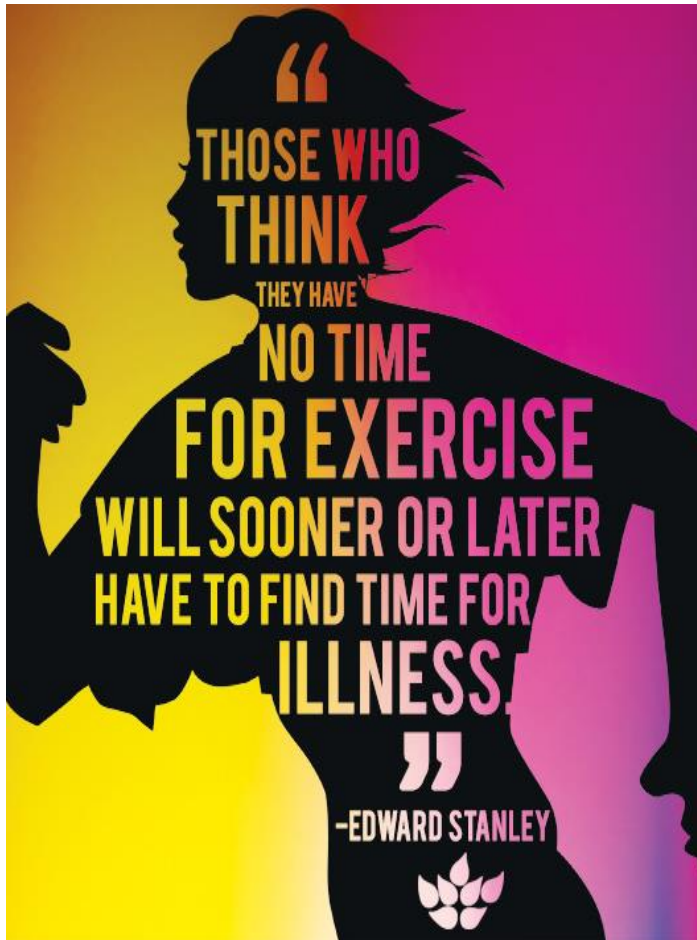
- 1) Sleep - Get 7 to 8 hours a night to ensure that you are well-rested.
- 2) Eat - Shop for & consume food in its most natural state.
- 3) Exercise - Get **AT LEAST 30** minutes of physical activity a day, preferably in the mornings.







# PHYSICAL WELL-BEING



- Question:
  - What price are you paying for NOT making time for your physical health?



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# BOOSTING COMMUNITY WELL-BEING

- 1) Contribute - Identify how you can impact your community.
- 2) Share - Tell others about your personal passions and get connected to groups/causes.
- 3) Start NOW - Find an event or group and get started.





# COMMUNITY WELL-BEING



- Question:
  - Is your passion overflowing into the community?



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**“The most effective way of influencing positive change is to model it in ourselves”**

