
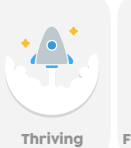
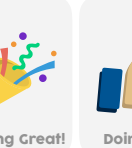
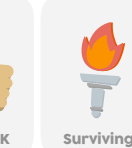


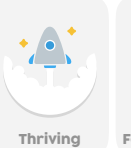
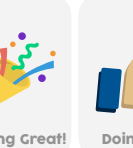
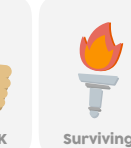

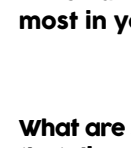
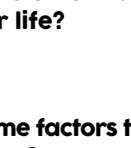

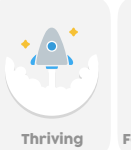
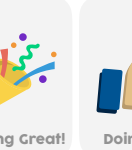
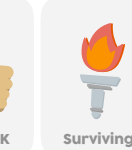


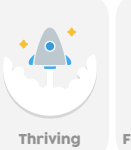
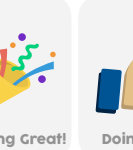
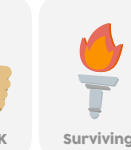




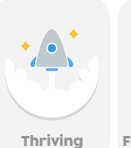
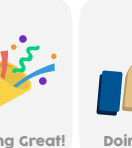
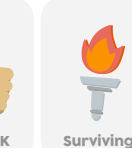


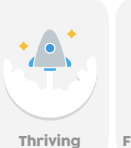
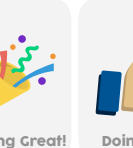
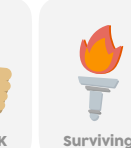




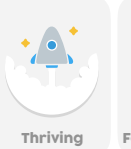
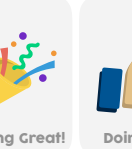
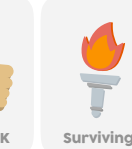


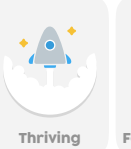
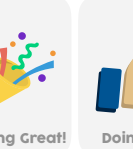
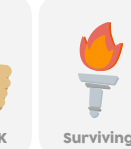





SELF ASSESSMENT

	 Thriving	 Feeling Great!	 Doing OK	 Surviving	 Hurting		 Thriving	 Feeling Great!	 Doing OK	 Surviving	 Hurting
	 Thriving	 Feeling Great!	 Doing OK	 Surviving	 Hurting		 Thriving	 Feeling Great!	 Doing OK	 Surviving	 Hurting
	 Thriving	 Feeling Great!	 Doing OK	 Surviving	 Hurting		 Thriving	 Feeling Great!	 Doing OK	 Surviving	 Hurting
	 Thriving	 Feeling Great!	 Doing OK	 Surviving	 Hurting		 Thriving	 Feeling Great!	 Doing OK	 Surviving	 Hurting

IMPACT REFLECTION

Which dimension of health do you believe is hurting the most in your life?

What are some factors that are contributing to you hurting in that dimension?

What impact would an improvement of the quality of health in that dimension would **have on the people you care about?**

What is one simple action you could take this week to **create a positive impact** in that dimension of your health?

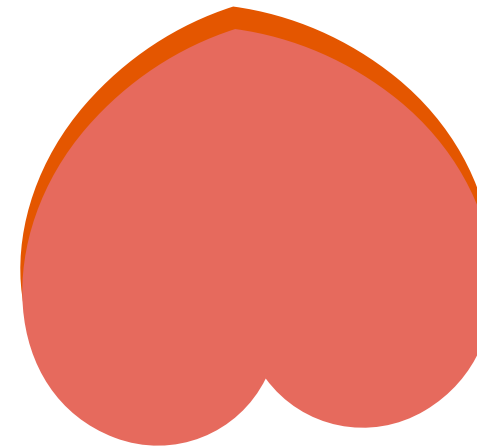
STARS/STAIRS

We all thrive in some dimensions of health and hurt in others. Let's learn from each other by sharing our personal stars and stairs!


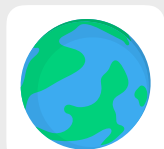
A star is something that you have achieved that has had a positive impact on one of the dimensions of your health. Your achievements may serve as a guiding light for the people within your community. To shine your light, write your star on one of the Post-Its and place it in the STARS jar in the student lounge. Joey will be sharing these via the conferences so that your achievements may help others (you don't have to write your name).

A stair is a next step you can take to create an improvement in one of the dimensions of your own health. That being said, you may not know what that step is! If you are in that situation, write the question that has you feeling lost on the second Post-It and place it in the STAIRS jar in the student lounge. Joey will be sharing these questions via the conferences to open them up to discussion, so don't feel the need write your name should you prefer to remain anonymous.

THRIVE GUIDE



HEALTH DIMENSIONS

FINANCIAL HEALTH Satisfaction with current and future financial situations.		OCCUPATIONAL HEALTH Personal satisfaction and enrichment from one's work.	
ENVIRONMENTAL HEALTH Good health by occupying pleasant, stimulating environments that support well-being.		INTELLECTUAL HEALTH Recognizing creative abilities & finding ways to expand knowledge & skills.	
SOCIAL HEALTH Developing a sense of connection, belonging, and a well-developed support system.		EMOTIONAL HEALTH Coping effectively with life and creating satisfying relationships.	
SPIRITUAL HEALTH Expanding a sense of purpose and meaning in life.		PHYSICAL HEALTH Recognizing the need for physical activity, healthy foods, and sleep.	