



### INTELLECTUAL

Open your mind to new ideas & experiences that can advance your academics & career preparation



### FINANCIAL

Identify your relationship with money & hone skills in managing these resources



### SOCIAL

Deepen your connections with other people in your world & promote active citizenship



### EMOTIONAL

Increase your self-awareness & learn to cope with the challenges life can bring



### ENVIRONMENTAL

Recognize your own responsibility to protect our natural resources & serve your community



### SPIRITUAL

Establish daily practices that create peace & harmony in your life



### PHYSICAL

Maintain quality of life & avoid unnecessary stress and burnout



### OCCUPATIONAL

Develop leadership skills & personal fulfillment from your chosen career path

