# CASICIPENCE WHEEL

# RELATIONSHIPS

# Self

- Notice Your Inner Dialogue
- Connect to Your Body
- Pursue Personal Healing
- Practice Loving Yourself

# Loved Ones

- Commit to Quality Time
- Improve Interpersonal Skills
- Learn to Set Boundaries
- Say "I Love You" More

#### Community

- Take Time to Volunteer
- Engage in a Social Cause
- Join a Support Group
- Check out a Meetup

#### Spirit

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- Write Gratitude Lists
- Adopt Journaling Routine
- Connect with the Universe
- Spend Time in Nature



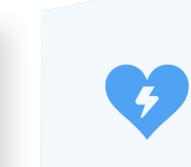
RESILIENCE WHEEL



- Take Values Assessment
- Identify Your Strengths
- Learn from Role Models
- Find a Spiritual Mentor

#### Mind

- Gain Positive Coping Skills
- Learn How to Self-Soothe
- Practice Meditation
- Utilize Digital Detox



#### Goals

- Imagine Your Dream Life
- Create a Bucket List
- Devise an Action Plan
- Commit to Yourself

### Body

- Learn Nutrition Basics
- Adopt Exercise Routine
- Make Sleep a Priority
- Relax and Restore

## Passions

Take Your Passions Inventory

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- Abandon Your Comfort Zone
- Explore and Try New Things
- Pursue What You Love



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