

Mental

**Mental
(thinking)**

**Creativity
Embrace Learning
Critical Thinking Skills
Stress Reduction
Maturation
Vision**

**Spiritual
(connection)**

**Personal Pride
Respect
Connectedness
Faith
Prayer
Purpose
Service
Love**

Spiritual

**Physical
(movement)**

**Non Smoker
Non Drinker/Drugs
Healthy Diet
Rest and Good Pure Water
Healthy Fitness Level
Lack of Diseases
Exercise**

Physical

**Emotional
(feel)**

**Expression
Share Ourselves
High Self-Esteem
Healthy Relationships
Positive Attitude
Love Others
Ability to Cope**

Emotional