

HOW DO I FLOURISH?



Stability and physical health

- Am I happy inside my body?
- Am I happy about my financial situation?
- Am I happy about how I eat, sleep and rest?



Emotional and sexual health

- Am I happy about my mental health?
- Am I happy about my sexual life?
- Am I happy about how much joy I feel in my life?



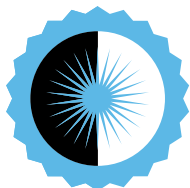
Self esteem health

- Am I happy about how I act in challenging situations?
- Am I happy about how I see my responsibilities?
- Am I happy on how I execute my plans and ideas?



Relationships health

- Am I happy about my friendships and relationships?
- Am I happy about how I accept difficult situations?
- Am I often feeling sense of love for life and people?



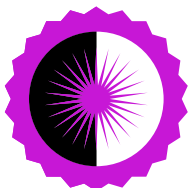
Expression health

- Am I happy about the things I do in my life?
- Am I happy about how I express myself with interests and hobbies?
- Am I happy about my communication authenticity?



Purpose health

- Am I happy about the vision I have for different aspects of my life?
- Am I happy what and how I mentor others?
- Am I happy about what difference I make to the world?



Spiritual health

- Am I happy about how I understand my purpose in life?
- Am I happy about how I can let go of past, present and future worries?
- Overall, how happy am I in my life?

ANSWERS

Stability and physical health

Emotional and sexual health

Self esteem health

Relationships health

Expression health

Purpose health

Spiritual health