**Visual – Wholistic look at Self –**

**Taking care of Mind, Body, Spirit and Emotion**

Body

**The core of who you are, your personality**

**Your flame!**

**Mind – mental part of self**

**Learning, stimulating the mind**

**-**reading, taking courses, any learning, our career, hobbies, what stimulates us

-our thoughts – good positive thoughts

**Spirit- our spiritual side, what we believe in, where we get our strength from, our faith**

-our cultural beliefs, practices, our religion, prayer, faith, spiritual beliefs-listening to our intuition, trusting ourself

**Body- our physical self, what we eat, our health,**

-what we eat, healthy nutrition and eating habits, regular exercise – walking, dancing, exercise, resting, enough sleep, regular checkups

**Emotion- our feelings**

**How we deal with & express**

**our feelings, our self-esteem**

-talking with friends, co-workers, counselors, dealing with what is bothering us – telling that person, journaling – Expressing love & joy – telling people how we feel, laughter, tears, anger & sadness & joy

By Charlene Sibley

**What Makes You who You Are!**

**– to achieve our levels of greatness & optimal functioning we need to pay attention to what’s going on in all areas**

I enjoy reading!

I drink lots of water & walk daily!

I have a good friend I trust & confide in!

What keeps you strong & grounded?