

Nurturing yourself with nutrition, hydration, movement, and sleep,

Health

Positive Emotions

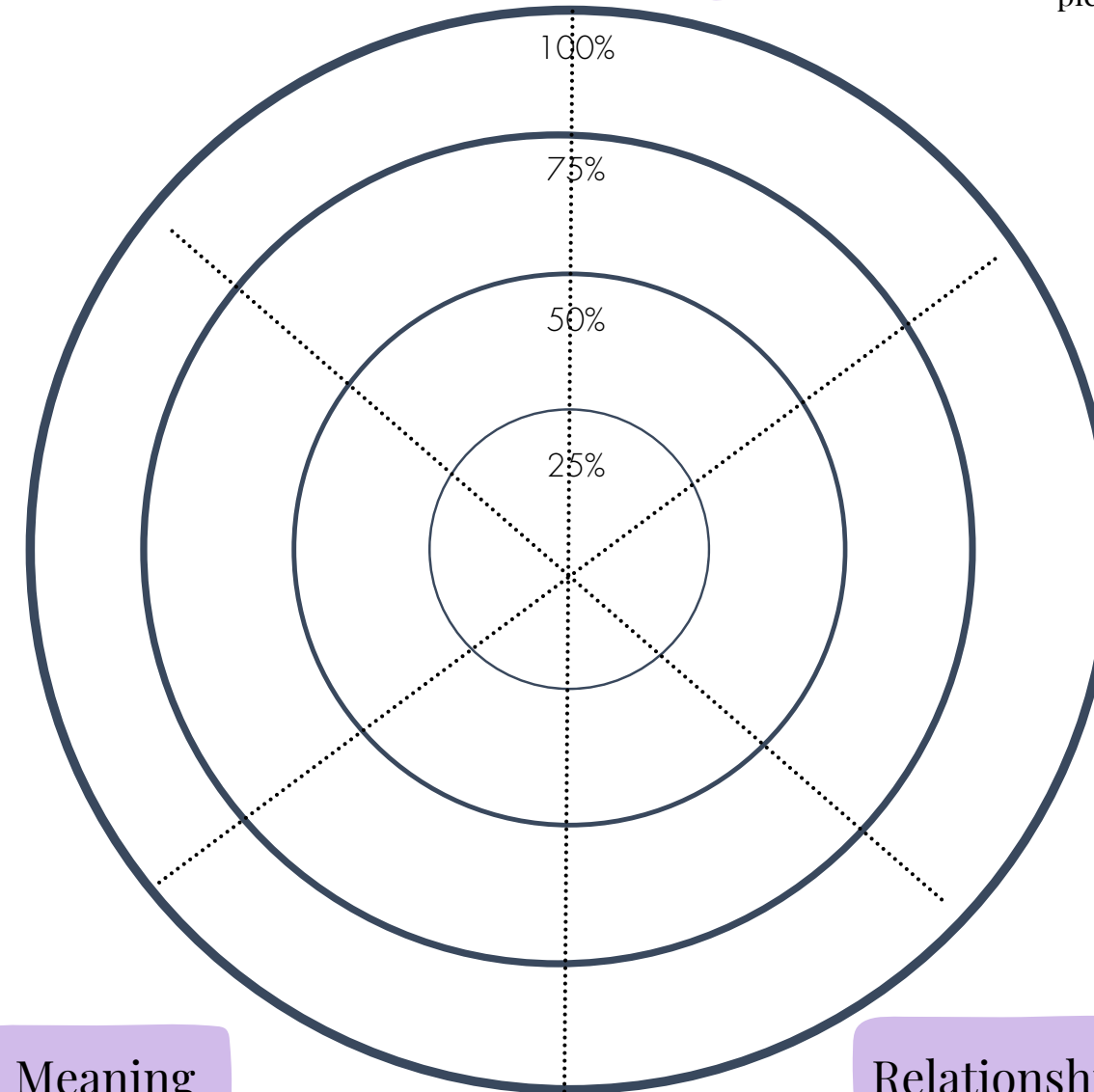
Experiencing positive emotions such as comfort, contentment, ecstasy, joy, pleasure, rapture, satisfaction, warmth, etc.

Achievement

Success, accomplishment, progress, mastery.

Engagement

Being in flow; deploying your highest strengths and talents to meet your greatest challenges; finding that time stops during an absorbing activity



Meaning

A sense that you and your life serve something that is bigger than the self

Relationships

(Positive) Other people to whom you offer, and from whom you can accept, love and care.