



WHAT IS A PERSON  
LIKE WHO LIVES  
HIS/HER  
"BEST LIFE"?

## WHAT ARE THE ELEMENTS OF A *BEST LIFE*?

Good health?  
Friendships?  
Personal Goals?  
Joyful past times?  
Attitude?  
Spirituality?  
Material possessions?  
Confidence?

YOU DECIDE....

**No one is in charge of your happiness  
except you.**



# HEALTH OF

BODY • MIND • SPIRIT

## BODY HEALTH

What do you do to care for your physical / body health?

- Exercise!
- Sleep!
- Healthy diet!
- Medical check-ups!
- Safe sex!



*Does pizza count for a healthy diet?*

What else?....



## MIND

### a.k.a PSYCHOLOGICAL HEALTH

What do you do to care for the health of your mind?

- Self-talk – the way you “coach” yourself.
- Healthy, realistic perceptions.
- Ask for what you need. Ask in a way that respects your feelings and the feelings of others.
- Clean out clutter in your environment! It helps you think more clearly.
- Exercise / Relax your mind / Meditation.

What else can you do?

## HEALTH OF THE SPIRIT

### What is “SPIRIT”?

- **life force of person:** the vital force that characterizes a human being as being alive
- **will:** will or sense of self
- **enthusiasm:** enthusiasm and energy
- **Synonyms:** will, strength, courage, character, guts, strength of mind, fortitude, moral fiber, determination, chutzpah, heart, mettle

“Being happy doesn’t mean that everything is perfect. It means that you’ve decided to look beyond the imperfections.”

happiness

# SPIRIT

What do you do to care for your spirit?

- Relationships/Connections.
- Commitments.
- Goals.
- Enjoyable past times.
- Healthy decision making.

## Overall Spirituality

<u>Negative</u>	----->	<u>Positive</u>
Fear	to	Trust
Self-Pity	to	Gratitude
Denial	to	Honesty
Resentment	to	Acceptance



THANK YOU FOR YOUR  
ENTHUSIASM!

HAVE A JOYFUL DAY!!!