



**Quality of Life:** Your general sense of wellbeing and life satisfaction, including your physical, mental, and emotional comfort, and your ability to engage with and enjoy **what matters to you most**.

**Social & Family Connections:** Your **relationships**, including communities, individuals, animals.

**Diet:** Your overall **nutrition**, including foods and beverages consumed and patterns of eating.

**Physical Activity:** Your daily **movement**, including all physical activities, aerobic exercise, strength, and flexibility training.

**Stress Management:** Your ability to **manage stress** from daily life, including personal and professional responsibilities, caregiving, financial wellbeing, digital health, and more.

**Sleep:** The quality and quantity of your daily **sleep and rest**, including restorative activities.

**Meaning & Purpose:** Pursuits and activities that provide **meaning and purpose** in your life, which may include spirituality, time in nature, intellectual or professional activities, hobbies, creative endeavors, sense of identity, and more depending on your personal values.

**Environment:** The impact you feel from the **natural and built spaces** in which you live, work, and play, including impacts from organization, safety, and sensory experiences.