



## Quality of Life

General wellbeing, life satisfaction, and ability to engage in meaningful activities.

## Social & Family Connections

Relationships with communities, individuals, and animals.

## Diet

Overall nutrition, including foods, beverages, and eating patterns.

## Physical Activity

Daily movement, aerobic exercise, strength, and flexibility training.

## Stress Management

Managing stress from daily life, responsibilities, and wellbeing factors.

## Sleep

Quality and quantity of sleep and rest, including restorative activities.

## Meaning & Purpose

Activities that provide meaning, spirituality, creativity, and identity.

## Environment

Impact of natural and built spaces on wellbeing, safety, and sensory experience.

# REFLECTIONS & GOAL SETTING



## Quality of Life

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