

Towards Well-Being.

So *another* year! Time to reflect *again*! Make resolutions – *once more*!
Achievable resolutions towards well-being

The Four Areas of Well-Being

1. Physical well-being
2. Material well-being
3. Social well-being
4. Spiritual well-being

Reflecting on these for four areas allows us to have a global view of our situation.
Here are some topics you might investigate. Please tell us of any other topics you have added.

1. Physical well-being

- eating
- sleeping
- exercise
- health issues

2. Material well-being

- wages
- consumer items
- cost of living
- ease of living
- unemployment

3. Social well-being

- intimate relationships and family
- wider family
- friends
- work mates
- work
- civic responsibilities
- charity work
- leisure

4. Spiritual well-being

- ethics – relationship to human : animals : environment
- lifestyle of a spiritual voyage
- spiritual practice