

Questions to think about on Social Wellness are:

1. *What are my thoughts on the benefits of volunteering?*
2. *How can I educate myself about community events?*
3. *Am I aware of my influence on others?*
4. *How can I try to model healthy lifestyle choices?*

Questions to think about on Spiritual Wellness are:

1. *What do I most enjoy doing with my time?*
2. *When do I feel the most full of life and well-being?*
3. *Which people provide me energy, strength, and hope, and how much time do I spend with them compared to other people?*
4. *When do I feel my life is most full of purpose and meaning?*