

Costs of Harmful Behaviors

1. Family Relationships (How are you living up to your values and ideals for family roles?)

Spouse:

Parents:

Children:

Siblings:

Extended:

2. Social Relationships (Are you satisfied with your social life? Do you belong to any communities?)

Friends:

Co-workers:

Community:

3. Education and Career (Have you achieved your dream job? Have you learned all you want to?)

Education:

Career:

4. Hobbies, Recreation & Volunteer (Do you schedule time for self-care and enjoyment in life?)

Hobbies:

Recreation:

Volunteer Work:

5. Physical & Spiritual Health (Do you prioritize your health? Where do you find meaning in life?)

Diet, Sleep & Exercise:

Spirituality (Meaning):

God (Higher Power, Divinity):