

Name:

Date:



My Wellness Model

Center circle: the ultimate goal is to achieve good **health** and **wellness**.

Second circle: Central factors of health and wellness: the **environment**, our **relations**, and our **body and mind**.

Third circle: How the central factors overlap: the environment and our relations create **community**; our relations and our body and mind intertwine as **family**; our body and mind in the context of our environment leads to **nutrition and movement**.

Fourth circle: What are some **barriers** you might find in your inner circles that would make health and wellness difficult to achieve?

Fifth circle: What are some **strategies, skills, and practices** that can help overcome these barriers?

