

# Foundational Principles of Wellness

## Hope

First, believe you can.  
Then, set goals.  
Then, keep believing.

## Personal Responsibility

Take action toward the goals you set.  
Make good choices.

## Support

Lean on others for encouragement.  
Depend on others to hold  
you accountable.

## Education

Get good information.  
Use info to make decisions.

## Self-Advocacy

Communicate effectively.  
Change methods based on  
different situations.

## Spirituality

Find meaning and purpose in your life.  
Identify what matters to you the most.

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Personal Responsibility



Support



Education



Self-Advocacy



Spirituality