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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- Hope
- Personal Responsibility
- Support
- Education
- Self-Advocacy
- Spirituality