

# 4 Aspects of you

## Wellness

Body  
Mind  
Spirit



### PHYSICAL YOU - BODY

your structure and 5 senses

needs - Nutrition, Exercise

### EMOTIONAL YOU - FEELINGS / REACTIONS

Fear, Anger, - Love, Joy

needs - Forgiveness, Compassion,  
Laughter, Joyful Relationships

### MENTAL YOU - THOUGHTS / PLANNING

Knowledge, Attitudes, Beliefs, Analytical Self

needs - Self supportive attitudes, Positive  
thoughts, viewpoints, and actions

### SPIRITUAL YOU - SPIRIT / HIGHER and INNER SELF

Relationship with yourself, your Life Purpose,  
your Creativity, your Relationship with Higher Self

needs - Calmness, be open to your Creativity  
and Trust in your Inner Knowing