

Keys to emotional well-being

Use positive self-talk



Remind yourself that you're a work in progress



Work towards your goals & dreams



Stay physically active



Get enough sleep and rest



Spend time with family & friends

Eat a balanced diet



Talk about your thoughts & feelings



Do activities you love



Care for yourself



Keep learning things that interest you



Give back to others

www.thepathway2success.com

Clipart by
Kate Hadfield

Pathway
2 SUCCESS