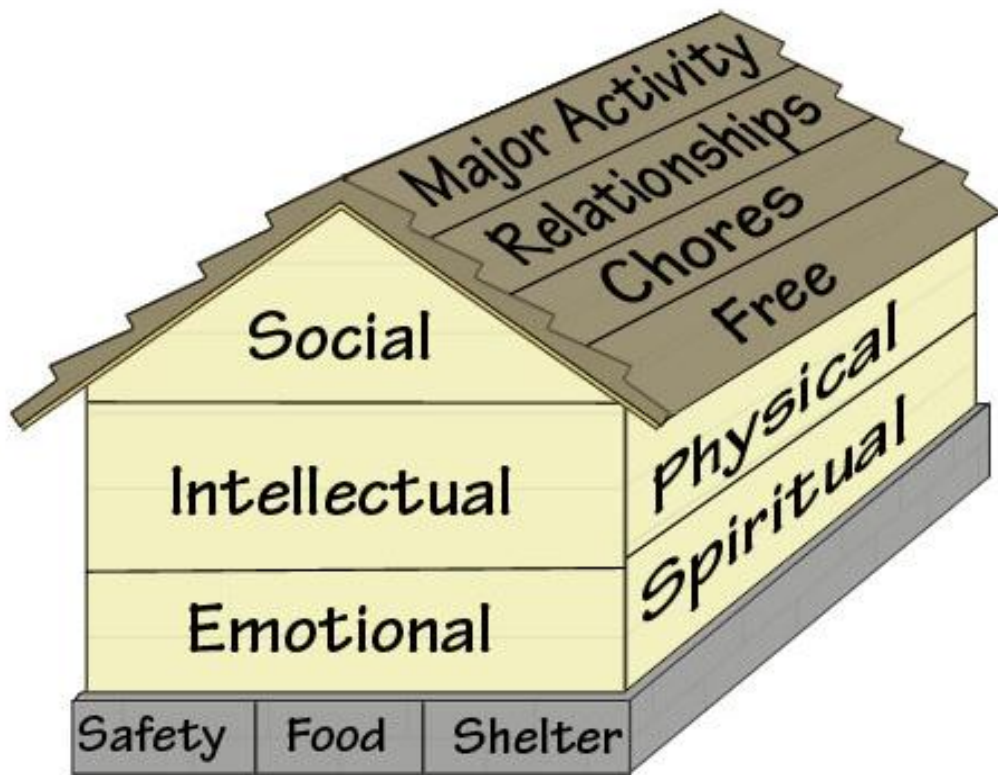
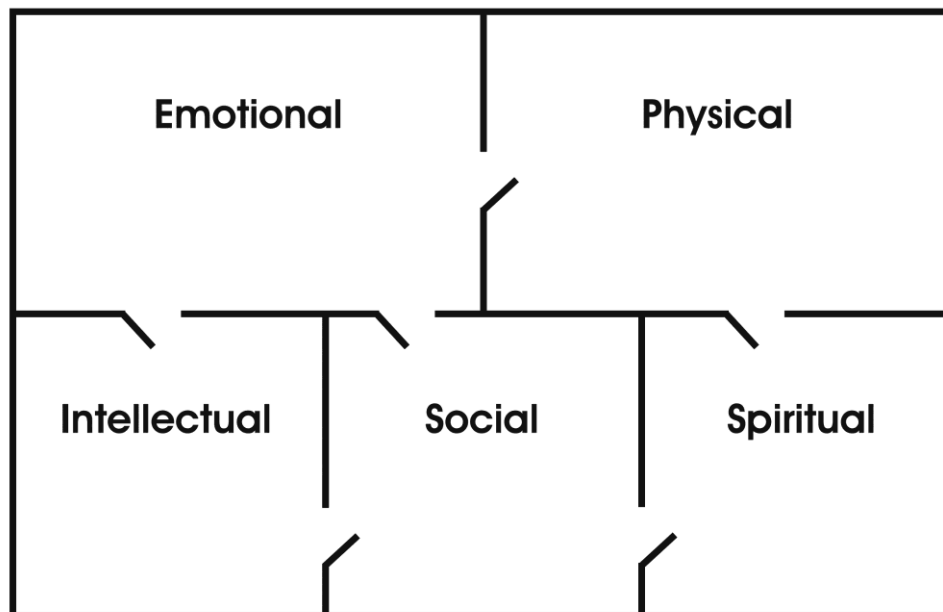


The House of Living Well



The way we spend our time determines the size of each of the life areas. If we spend a lot of our time with people we like, then our social area tends to be larger. Some people really enjoy reading and learning new things, which makes the intellectual area larger. We can change the size of a life area by changing how we spend our time.

Life Areas



Physical

Everyone is physical. We each have a body. Some people value being strong or enjoy physical activities. Other people do not think much about the physical part.

Social

Everyone is social. We all need people in our lives. Some people have a large circle of friends or family. Some people have just a few close friends or family members. Other people prefer to be alone most of the time.

Intellectual

Everyone is intellectual. We all need to think in order to survive. Some people like to learn new things. Other people learn just enough to get by.

Spiritual

Everyone is spiritual. We all have a spirit or essence that is who we are. Some people try to connect with a greater spirit they call God or the universe. Others find connections with nature or experience spirituality through social justice or causes. Some people don't think about spiritual matters.

Emotional

Everyone is emotional. We all have feelings in response to the events in our lives. The emotional part is linked to our other life areas because they often affect how we feel. We are happiest when we are satisfied intellectually, socially, spiritually and physically.