

**Eight Essential Elements of Wellbeing**  
**Presented at the Mind, Body, Spirit Expo**  
**Betsy Smith   Karen Bernard**  
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1. Know your life purpose and values  
    Align your behavior
2. Define your success – be specific  
    I want – not I wish
3. Welcome change  
    When you are trapped – know there are always options
4. Discover Your Strengths
5. Ask for help  
    Coach  
    Friend  
    Group
6. Understand that occasionally you are powerless  
    That's ok for now  
    Make a decision  
    Take control
7. Embrace responsibility
8. Incorporate self-care into your life  
    Massage  
    Nutrition  
    Exercise  
    Fun – laugh