

Activity 24. My Top Twenty Wellness Essentials

Use this activity to clarify the 20 essentials you must have for a lifetime of well-being.

You've been given a backpack to carry your twenty wellness essentials –the items you must have to live well and to be healthy, happy, and successful day in and day out. You can easily replace the bag, but some of the 20 items are irreplaceable—they will be gone forever if you don't properly take care of them or lose them. To sure your long-term wellness you have to simplify and be selective about what you absolutely need. What will you choose? Think big; think life-sustaining basics; be sure to consider your security, health, motivation and loved ones.

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