

MY POSITIVE HEALTH

- Taking care of yourself
- Knowing your limitations
- Knowledge of health
- Managing time
- Managing money
- Being able to work
- Being able to ask for help

- Social contacts
- Being taken seriously
- Doing fun things together
- Having the support from others
- Sense of belonging
- Doing meaningful things
- Being interested in society



- Feeling healthy
- Feeling fit
- No physical complaints or pain
- Sleeping
- Eating
- Sexuality
- Physical condition
- Physical activity

- Enjoyment
- Being happy
- Feeling good
- Feeling well-balanced
- Feeling safe
- Intimacy
- Housing circumstances
- Having enough money

- Being able to remember things
- Being able to concentrate
- Being able to communicate
- Being cheerful
- Accepting yourself
- Being able to handle change
- Feeling in control

- Having a meaningful life
- Having a zest for life
- Pursuing ideals
- Feeling confident
- Accepting life
- Being grateful
- Lifelong learning

