

**I will promote my wellness through:**

**Awareness:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Advocacy:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Collaboration:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Self-Compassion:**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Resiliency:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Mindfulness:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_