

## What Does BEing Healthy Mean to Me?

What does health mean to me? What does it look like, feel like and sound like?

Does it include my mental, social, physical, financial, emotional, environmental and spiritual health?

How will I know when I am BEing healthy?  
Is it related to how much energy I have?  
What will I be able to be, do and have?

Remember "A journey of a thousand miles begins with a single step" Lao Tzu