



## Intellectual

Expanding your creativity, knowledge, and skills through academic pursuits

## Career

Enriching from your work and building your employability skills

## Physical

Taking care of your physical body, staying active, eating healthy, and sleeping well

## Social

Sustaining connections from your support system of friends and family

## Spiritual

Discovering your individuality, spirituality, and sense of purpose

## Emotional

Coping through the ebbs and appreciating the flows of your life

## Environmental

Connecting to your planet, community, NMU, and Marquette

## Financial

Investing in your current and future personal financial decisions