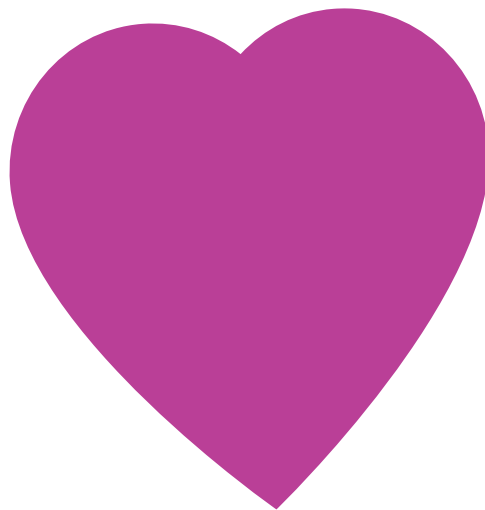
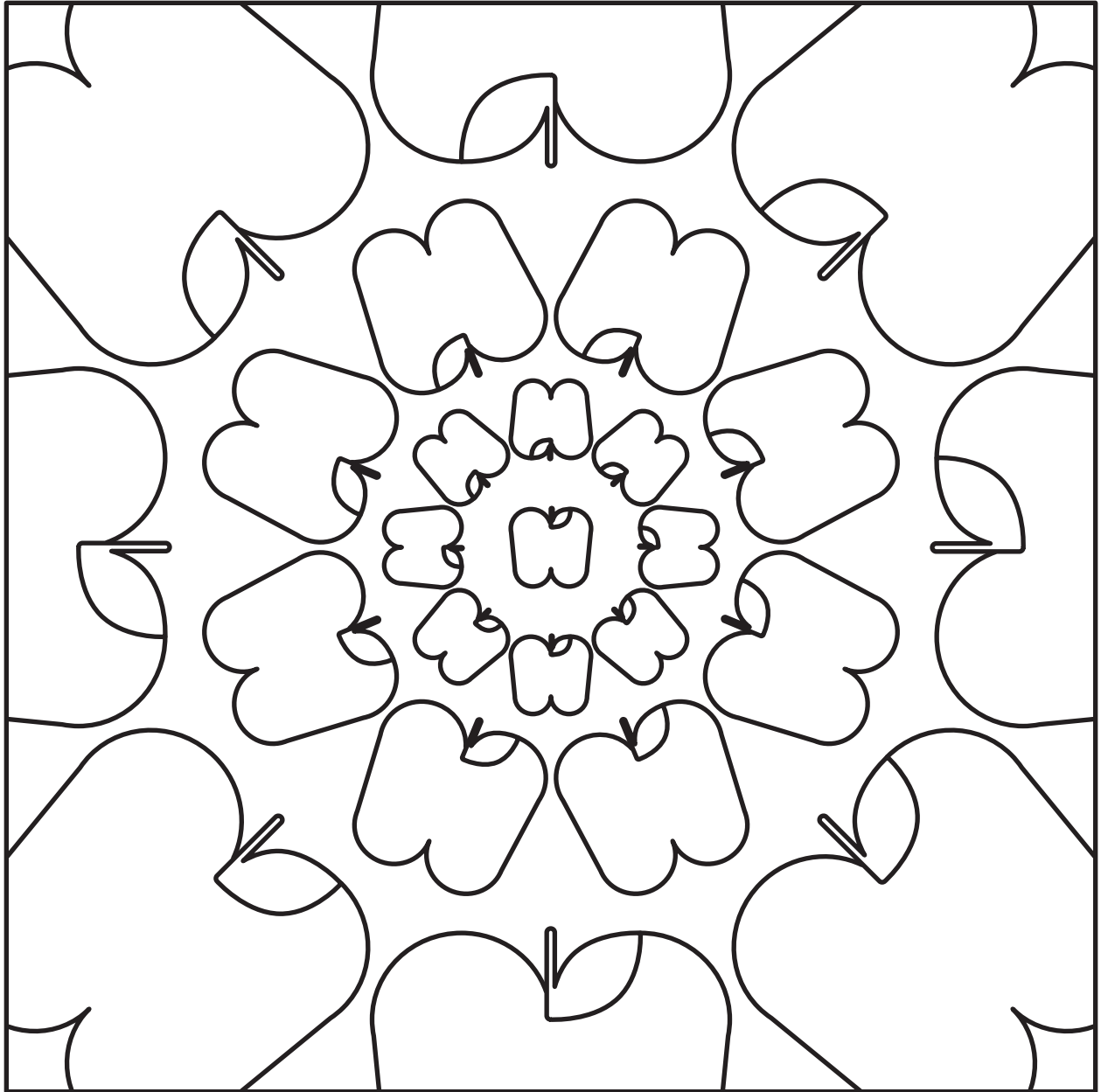


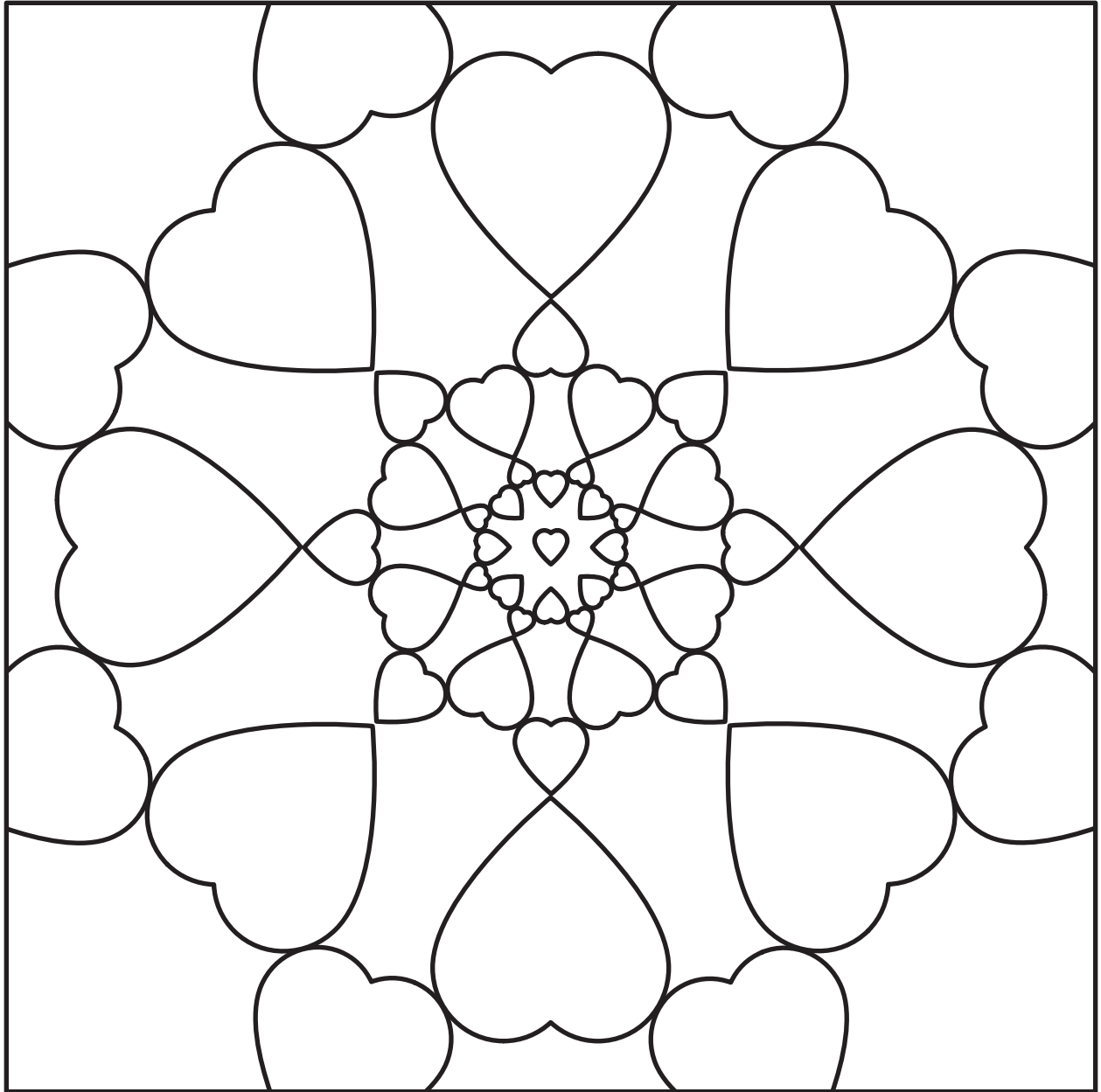
# Thrive

Getting to know your wellness,  
colouring one page at a time!

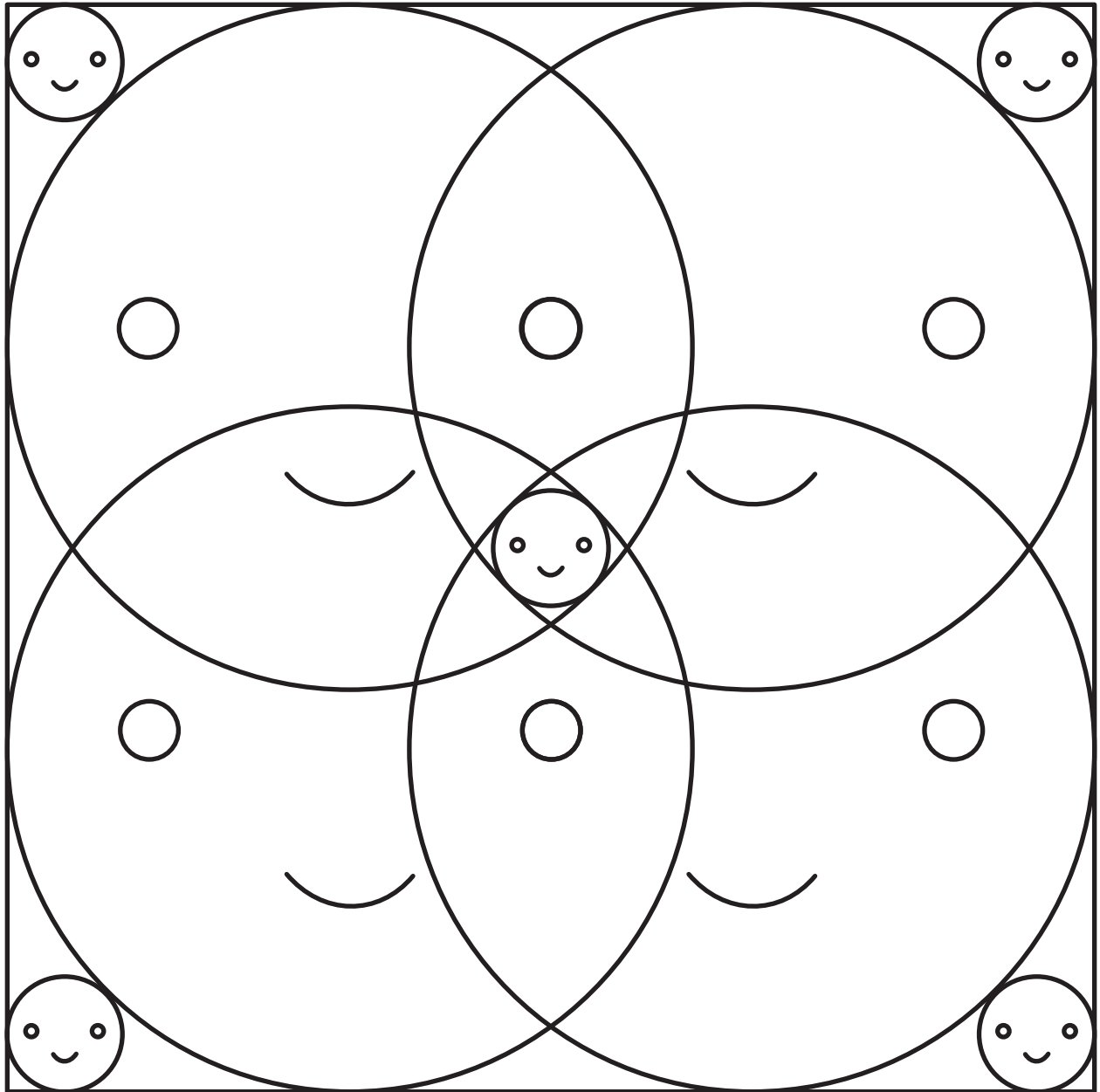




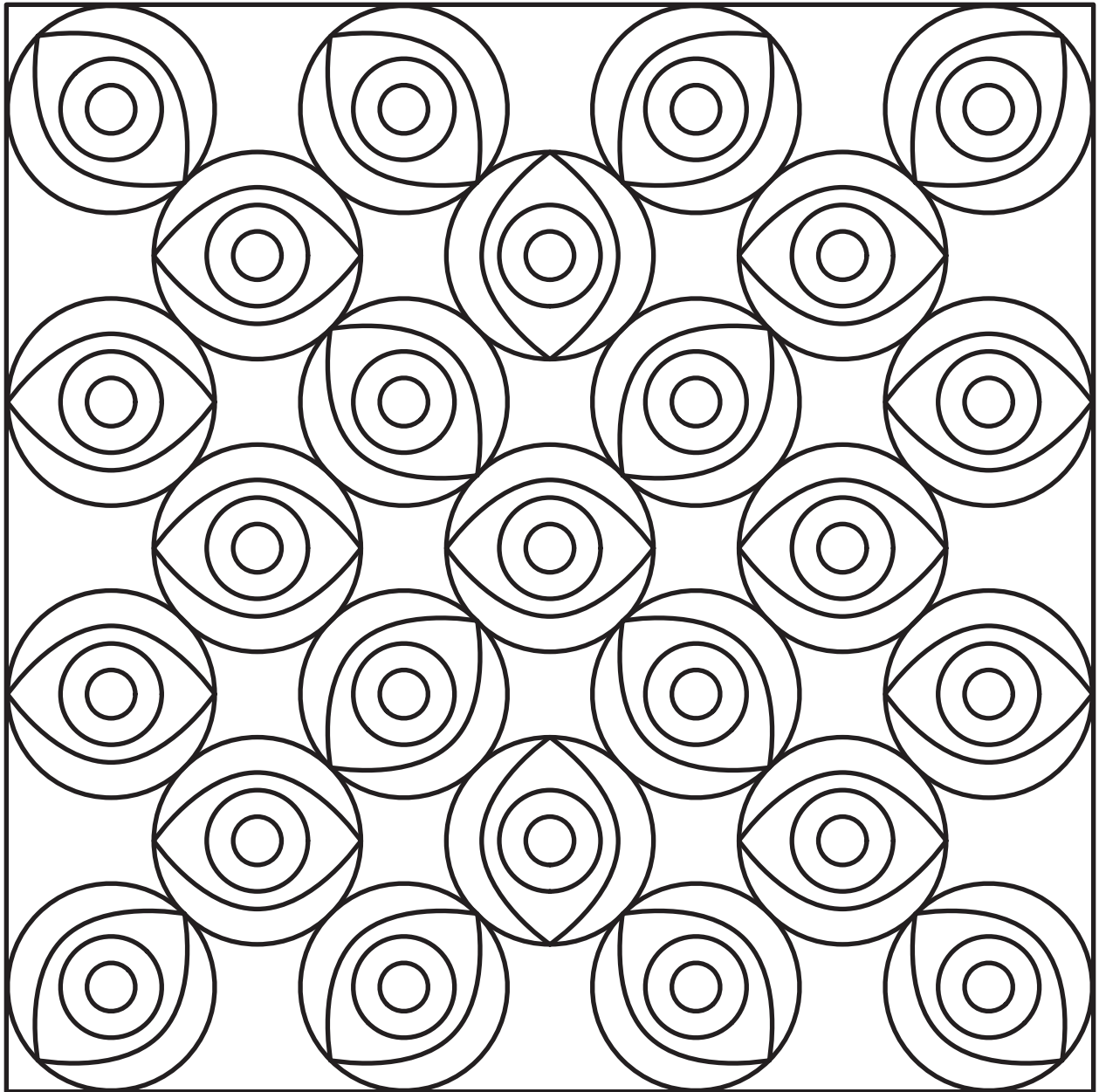
Physical  
**Wellness**



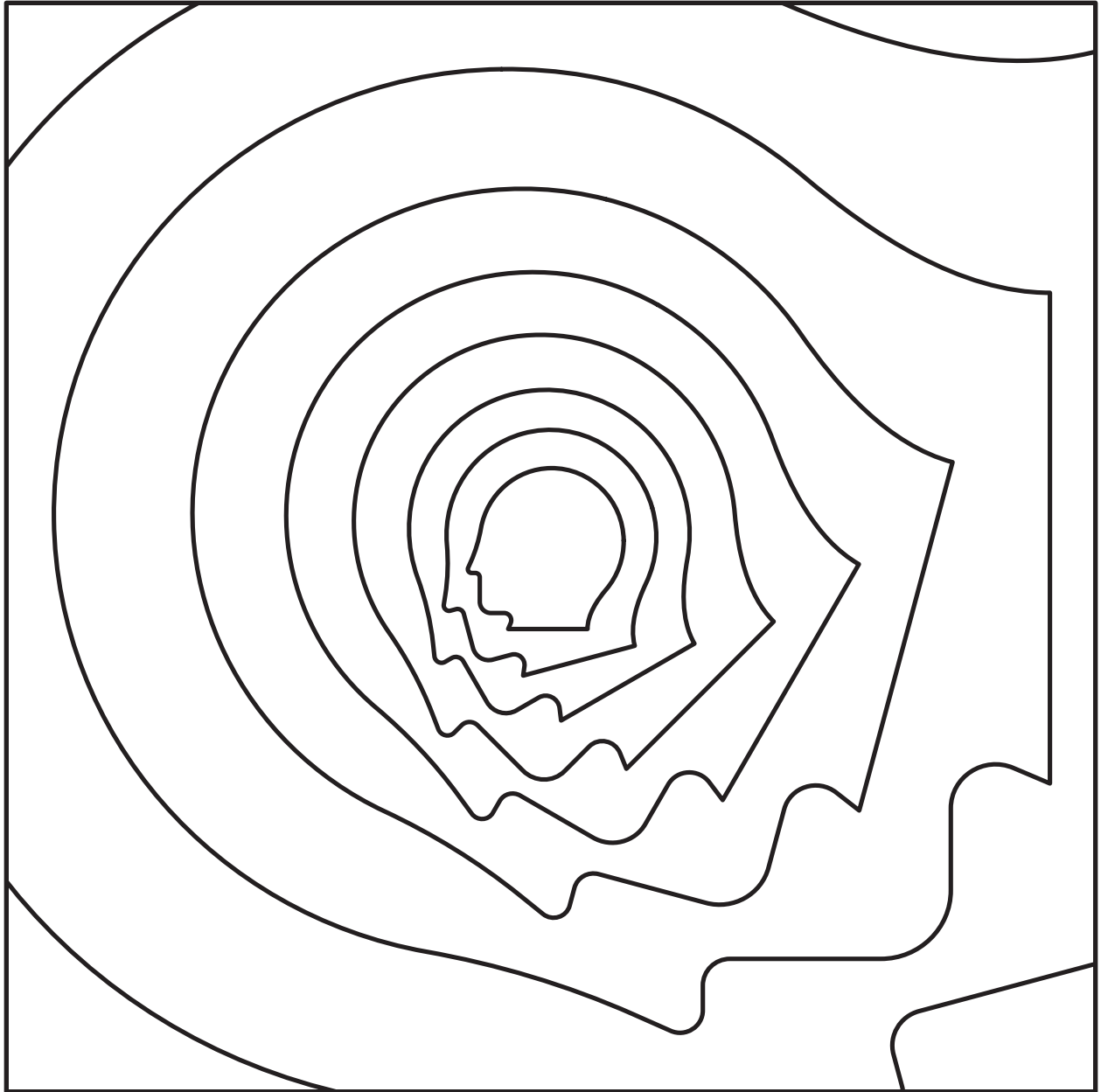
Emotional  
**Wellness**



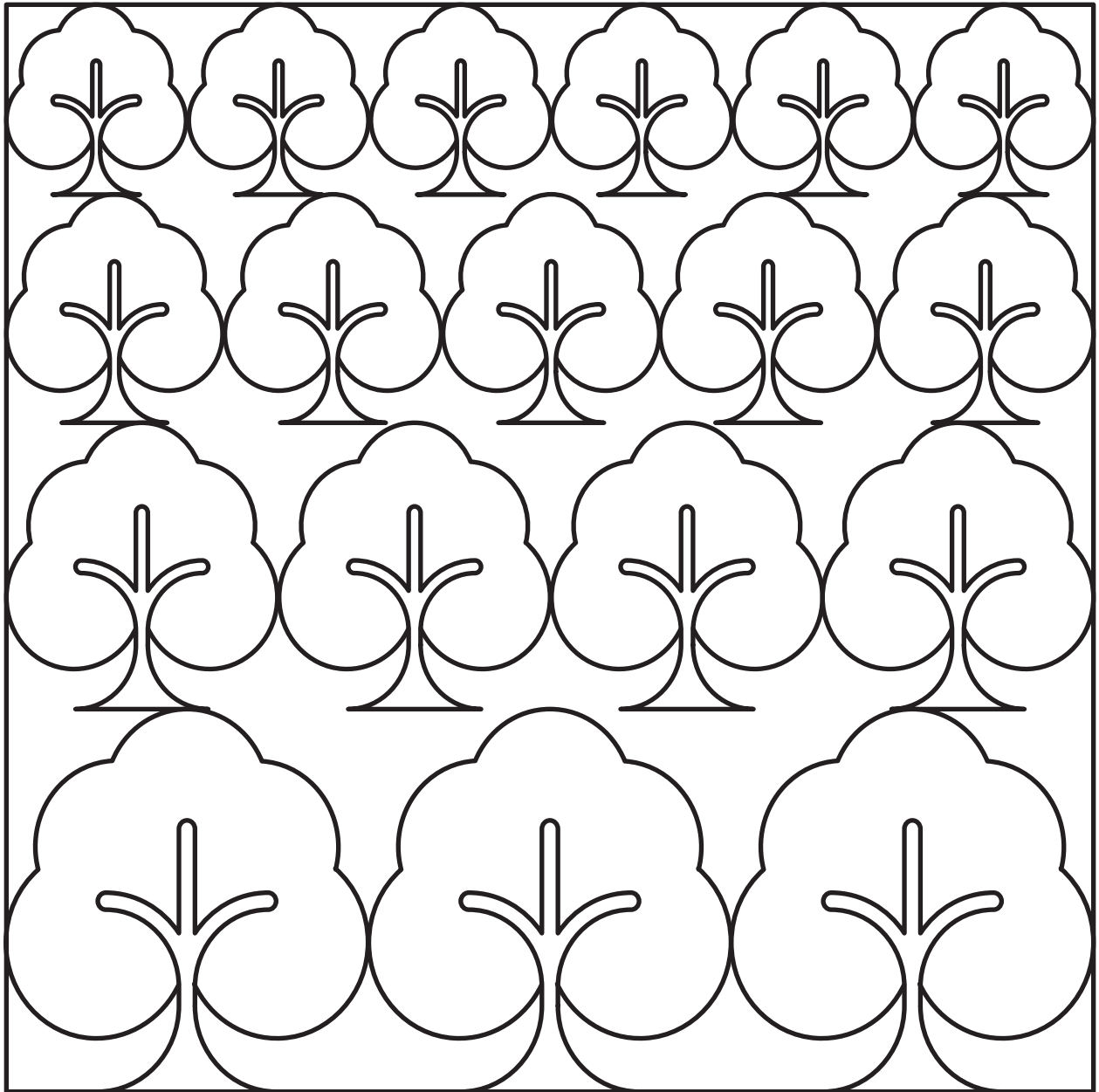
Social & Cultural  
**Wellness**



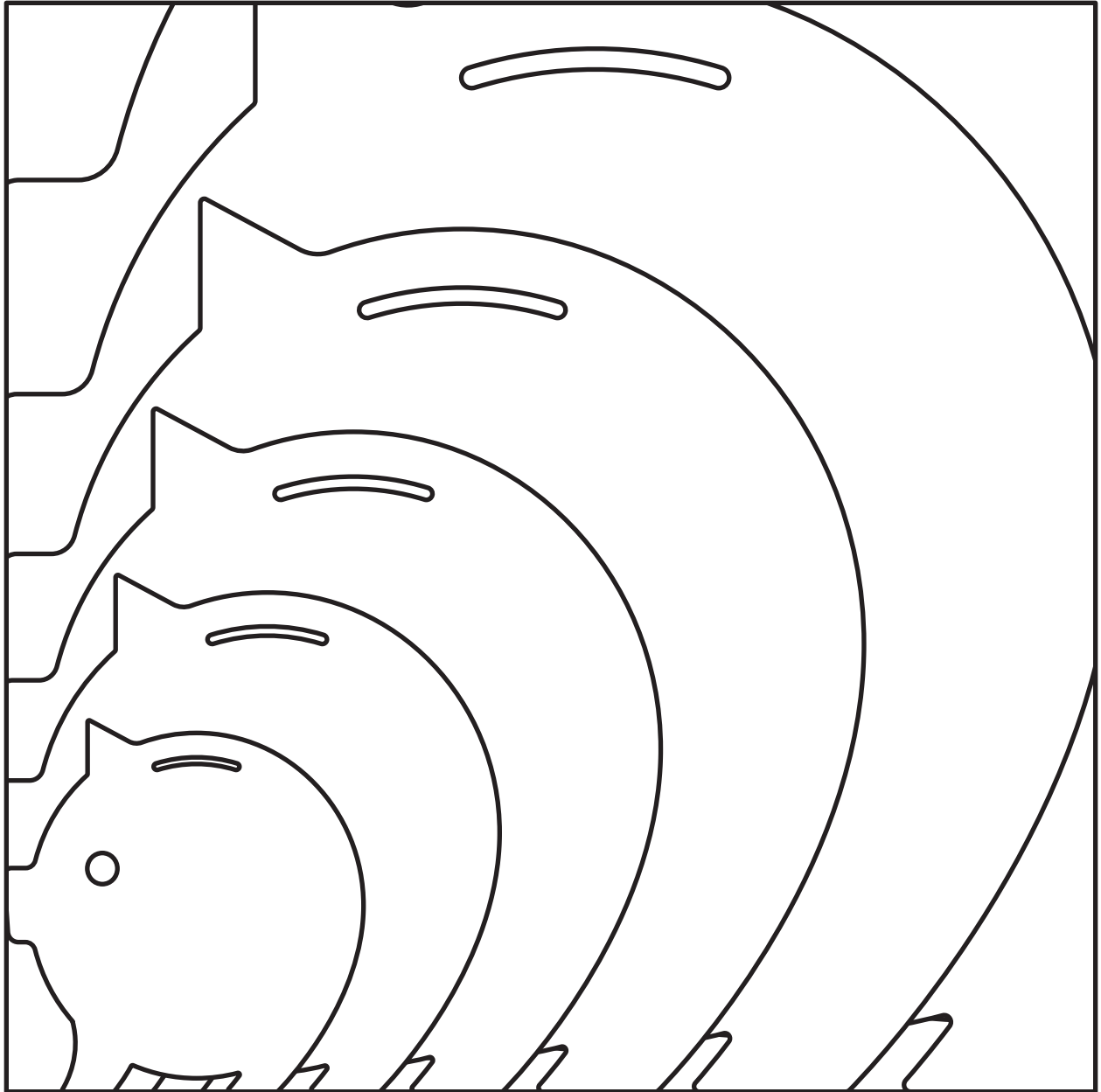
Spiritual  
**Wellness**



Intellectual  
**Wellness**



Environmental  
**Wellness**



Career / Financial  
**Wellness**





**How I'm feeling today**



**This is how I Thrive**