

# EMOTIONAL WELLNESS

WEALTHY FROM WITHIN



**Invest in you.**  
Make self-care a priority.

**Set SMART goals.**  
Strive for what makes you healthier and happier.

**Build a self-wealth mindset.**  
Choose positive thoughts.

**Give yourself a boost.**  
Eat right, sleep well, move more.

**Practice gratitude.**  
Appreciate what you have and attract more joy.