

"Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort."

-Franklin D. Roosevelt

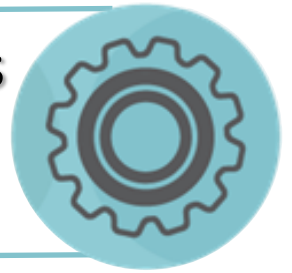


Think about what inspires and interests you and then pursue it.

Presented by: **The Partnership for a Healthier Carroll County**

8 Dimensions of Wellness

OCCUPATIONAL



WEEK 7 - DAY 1

WORKSITE WELLNESS



OCCUPATIONAL WELLNESS IS:

exploring and determining activities that align with your individual purpose and meaning that mirrors personal goals, belief systems, lifestyle, and values.



Click [here](#) for a video on Occupational Wellness.



Update your resume. Even if you are not currently looking, you can add your current position.



Click [here](#) for resume tips!

