



PREIS ELEMENT	RATE	CLARIFY	CULTIVATE
<p>PHYSICAL</p> <p>Basic care for our body</p> <p>Mind/body connection</p>			
<p>RELATIONAL</p> <p>Relationships are crucial for a full & fulfilling life</p> <p>The foundation is a healthy relationship with oneself</p>			
<p>EMOTIONAL</p> <p>All emotions are legitimate, acceptable & part of being human</p> <p>Emotions arise from & shape our thoughts and actions</p>			
<p>INTELLECTUAL</p> <p>Curiosity & openness help us make the most of what life has to offer</p> <p>Engaging in deep learning fulfills our potential</p>			
<p>SPIRITUAL</p> <p>Lead a meaningful & purposeful life</p> <p>Mindfully savor the present moment</p>			

