

Wellness Bill of Rights^{©2006}

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I have a right to **Spiritual Wellness** and to live my life in a way that honors that I am a child of the Creator.

I have a right to **Physical Wellness** and to have access to safety, adequate food, housing and health care to keep my body strong.

I have a right to **Emotional Wellness** and to have a safe place to share my feelings and deal with anger, trauma, grief and fear.

I have a right to **Social Wellness** and to have a community that supports my dreams and my spirit so that I never have to suffer or celebrate alone.

I have a right to **Academic/Intellectual Wellness** and to have an opportunity to gain the practical and technical knowledge that I need to achieve my greatest potential as a human being.

I have a right to **Vocational Wellness** so that I can work in a job that brings me joy and fulfills my Divine Purpose on this earth.

I have a right to **Financial Wellness** and to be debt free, financially stable and independent so that I can take care of myself, my family and my community in the manner in which I desire.

I have a right to **Cultural Wellness** and to be recognized for who I am and for where I come from so that my language, spirit, my values and my culture will be honored and nurtured as a unique strength that I possess.

I have a right to Respect. Balance. Wholeness. and Shared Power.
I have a right to Abundant Life.