



BOULDER CREST
FOUNDATION

DEFINE YOUR PERSONAL **WELLNESS** **TRIANGLE**

The Boulder Crest Foundation model is based on four focus Areas of Wellness, each of which are key components of a life worth living.

These elements are: **Mind, Body, Finances, and Spirituality.**



MIND

Develop the **mental wellness practices** that cultivate **calm, clarity, and connection**, and ensure you can respond rather than react to life. **Examples: Meditation, Journaling, Reading, Music, and Art**



BODY

Develop **physical training, sleep, and nutrition practices** that optimize physical wellness, reduce stress, and ensure you can do the things that bring meaning, purpose, and connection to your life. **Examples: Exercise, Yoga, TRX, Sleep, Hygiene, not Nutrition**



FINANCE

Develop **financial wellness practices**, in terms of **managing money** over the **short, medium, and long-term**, cultivating a strong quality of life, and being mindful of your surroundings. **Examples: Financial literacy, Savings plan, Reflection, and introspection**



SPIRIT

Develop strong **spiritual wellness practices** in the areas of **character, relationships, and service**, to create a strong sense of purpose and mission, and create a life worth living. **Examples: Cultivate capacity to communicate openly and honestly, volunteerism, and date night/family night**



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Students in the **Warrior PATHH Program** are asked to rate themselves against each area of the **Wellness Triangle** on a scale of **1–5**. A self-rating of “**5**” indicates everything is as good as it can be, and a “**1**” is the opposite in terms of a student’s personal circumstances.

WHAT'S YOUR PERSONAL WELLNESS SCORE?

MIND

1 · 2 · 3 · 4 · 5

30-DAY GOALS

BODY

1 · 2 · 3 · 4 · 5

30-DAY GOALS

FINANCE

1 · 2 · 3 · 4 · 5

30-DAY GOALS

SPIRIT

1 · 2 · 3 · 4 · 5

30-DAY GOALS