

Creating Your Dream Team

JULY 2023

PHYSICAL

EMOTIONAL

SOCIAL

FINANCIAL

GROWTH

ENVIRONMENTAL

Selecting Your Success & Accountability Team

Find people who:

- **Have Similar Goals**
(ex. Walking, hiking, lifting)
- **Collaborate**
- **Support**
(ex. Lifting up, checking-in)
- **Consistency**
(ex. check marks on days)
- **Celebrate Success**



Check out this year's Way to Wellness topics and [download](#) our 2023 companion calendar with more great tips and challenges to track for each month. Stay tuned for upcoming topics!