



Intellectual

Expanding your creativity, knowledge, and skills through academic pursuits

Career

Enriching from your work and building your employability skills

Physical

Taking care of your physical body, staying active, eating healthy, and sleeping well

Social

Sustaining connections from your support system of friends and family

Spiritual

Discovering your individuality, spirituality, and sense of purpose

Emotional

Coping through the ebbs and appreciating the flows of your life

Environmental

Connecting to your planet, community, NMU, and Marquette

Financial

Investing in your current and future personal financial decisions