

# Let's get started with BEACON... How brightly are you shining?

## Belonging

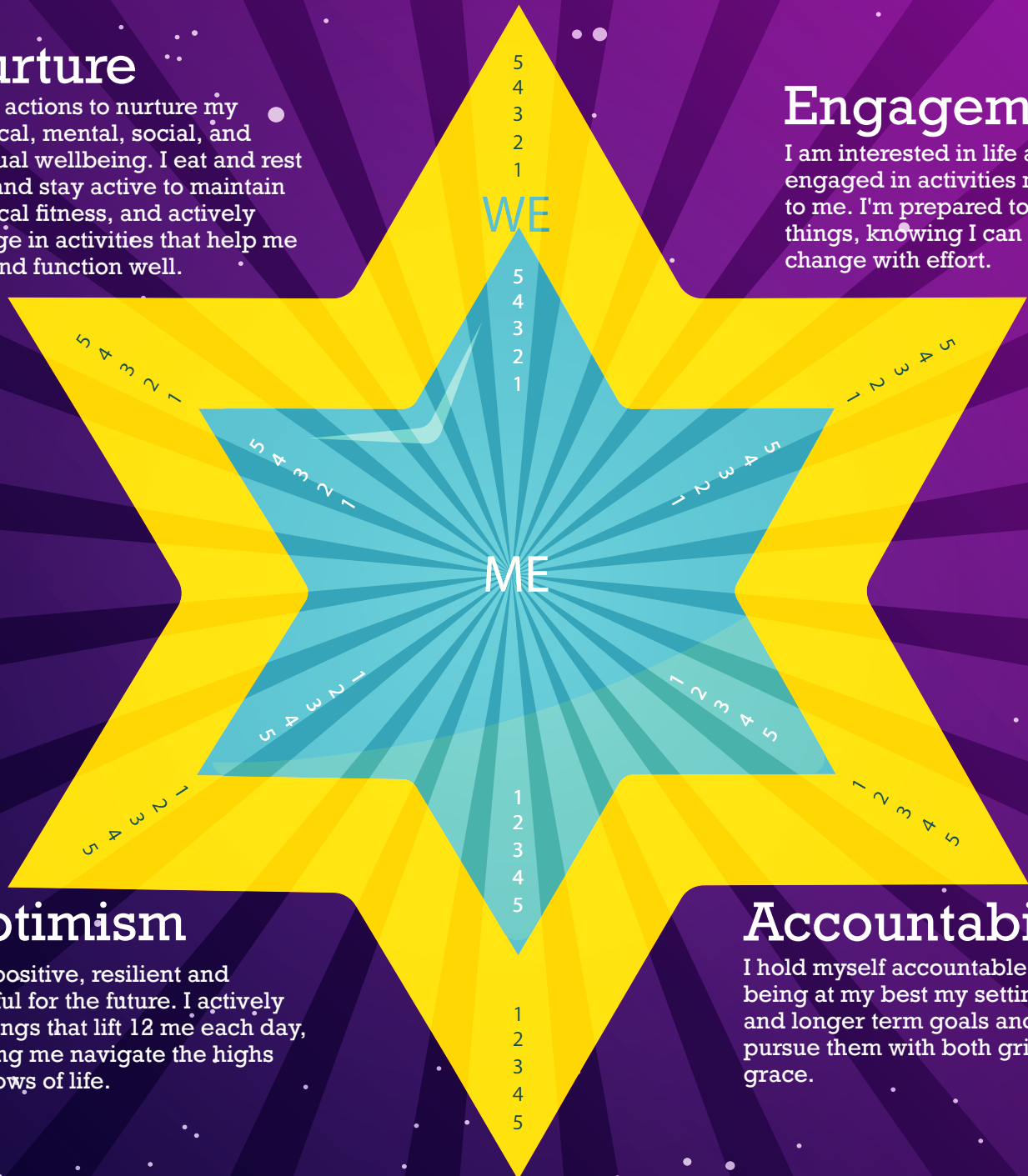
I prioritise connecting with others, invest in my relationships and share openly. I set boundaries with those who don't treat me respectfully.

## Nurture

I take actions to nurture my physical, mental, social, and spiritual wellbeing. I eat and rest well and stay active to maintain physical fitness, and actively engage in activities that help me feel and function well.

## Engagement

I am interested in life and engaged in activities meaningful to me. I'm prepared to try new things, knowing I can make change with effort.



## Optimism

I am positive, resilient and hopeful for the future. I actively do things that lift me each day, helping me navigate the highs and lows of life.

## Accountability

I hold myself accountable for being at my best my setting daily and longer term goals and pursue them with both grit and grace.

## Compassion

I am kind and compassionate to myself and others but balance my own needs with theirs.