

# Start Right Where You Are

As we continue to examine the assertion “Nothing is more important than your well-being,” the question arises, “What does ‘your well-being’ look like?” Here’s 131 suggestions to get you started.

active	friendly	merciful	safe and sound
adventurous	frisky	middle-of-the-road	sensual
alight	giggly	mindful	serene
animated	glad	mischievous	sexy
aroused	good-humored	naive	sharp as a tack
at ease	grateful	naked	snuggly
at home	hale and hearty	natural	spaced out
athletic	handsome	nice	spicy
beaming	happy	noble	spontaneous
beautiful	healthy	oblivious	stretched
blessed	in control	observant	strong
blissful	in fine fettle	of consequence	sunny
blithe	in tune	on cloud nine	sweet-tempered
bouncy	ingenious	open-minded	thankful
bright-eyed and bushy-tailed	inquisitive	part of the Net	tickled pink
calm	insightful	peace of mind	tranquil
cheerful	intuitive	peaceful	tricky
chipper	joking	perspicacious	turned on
comfortable	jovial	placid	unhurried
contented	joyous	playful	unworried
cool as a cucumber	jumpy	pleased	upbeat
delighted	kind	potent	vivacious
deserving	knowing	powerful	well groomed
devil-may-care	kooky	prayerful	well made
dreamy	laid-back	prosperous	whole
ecstatic	laughing	purring	wise
elegant	listening	queenly	xenodochial (friendly to strangers)
equanimity	lively	quiescent	Zen
evangelical	loving	quiet	zesty
even-tempered	low-key	rebellious	zippy
fine	lucky	replete	
fit as a fiddle	magical	resilient	
	meditative	robust	
		safe	