

# Elevator 3 Workbook

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person within the next 2-3 weeks and share your availability. Write a message below to the contacts on your list. (3) PREPARE FOR THE INTERVIEW: Plan 6-8 open ended and thoughtful questions to ask. These should be things you genuinely want to know! Write down questions to ask during the interview (see next page for sample questions).

## **CREATING A HEALTHIER LIFE - Substance Abuse and Mental ...**

3. EATING HEALTHIER LIFE . A STEPBY-STEP GUIDE TO WELLNESS. WHAT IS WELLNESS? Wellness is a broad concept. In this guide, we attempt to provide a broad, yet specific sense of what it means. We invite you to think of wellness as meaning being healthy in many dimensions of our lives. That includes the emotional, physical, occupational, intellectual ...