

Optimal Health Scavenger Hunt

Find a vendor that has information or a service that helps contribute to optimal health in each optimal health areas (take a photo of the information or service)

Areas of Optimal Health and Basic Principles	Vendors and Resources
<p>Intellectual Health</p> <ul style="list-style-type: none"> ▪ Unlimited thought exposure ▪ Asking empowering questions ▪ Test against universal laws 	<p>Organization Name:</p> <p>Resource or Information (<i>Briefly describe and take a picture</i>):</p>
<p>Emotional Health</p> <ul style="list-style-type: none"> ▪ Live in the present ▪ Reduce/eliminate fear ▪ Reduce/eliminate anger 	<p>Organization Name:</p> <p>Resource or Information (<i>Briefly describe and take a picture</i>):</p>
<p>Physical Health</p> <ul style="list-style-type: none"> ▪ Optimal rest ▪ Optimal nutrition ▪ Optimal exercise 	<p>Organization Name:</p> <p>Resource or Information (<i>Briefly describe and take a picture</i>):</p>
<p>Spiritual Health</p> <ul style="list-style-type: none"> ▪ Unconditional love ▪ Optimal meditation ▪ Optimal attunement 	<p>Organization Name:</p> <p>Resource or Information (<i>Briefly describe and take a picture</i>):</p>
<p>Socio-Economic Health</p> <ul style="list-style-type: none"> ▪ Unconditional love ▪ Live your life purpose ▪ Preparation 	<p>Organization Name:</p> <p>Resource or Information (<i>Briefly describe and take a picture</i>):</p>
<p>Healthy Relationships</p> <ul style="list-style-type: none"> ▪ Keep commitments ▪ Approach with respect ▪ Act as a friend 	<p>Organization Name:</p> <p>Resource or Information (<i>Briefly describe and take a picture</i>):</p>