

## ▲ Foundations of Leadership, Part 2 ▲

Area	Explanation	Health	Benefits	Warning Flags
	<i>To connect with others ____ly I can:</i>	<i>To maintain ____ health I can:</i>	<i>Benefits of main- taining ____health:</i>	<i>I'll know I am in ____ danger if:</i>
Spiritual	Pray with them			
Mental / intellectual	Talk about an interesting subject or idea with them			
Emotional	Share my heart or feelings with them			
Physical	Put an arm around them			
Social	Hang out with them in a setting we both enjoy			

When I go home, I commit to: