

# 12 Signs of Health!

(Unknown Author)

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***Persistent presence of a support network.***

***Chronic positive outlook and expectations!***

***Episodic peak experiences!***

***Sense of spiritual involvement.***

***Persistent sense of humor.***

***Tendency to adapt to changing conditions!***

***Rapid response and recovery of adrenaline system  
due to repeated challenges.***

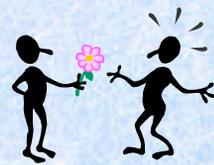
***Increased appetite for physical activity!***

***Tendency to identify and communicate feelings.***

***Repeated episodes of gratitude, generosity,  
and related emotions.***

***Increased sensitivity.***

***Compulsion to contribute to society.***



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