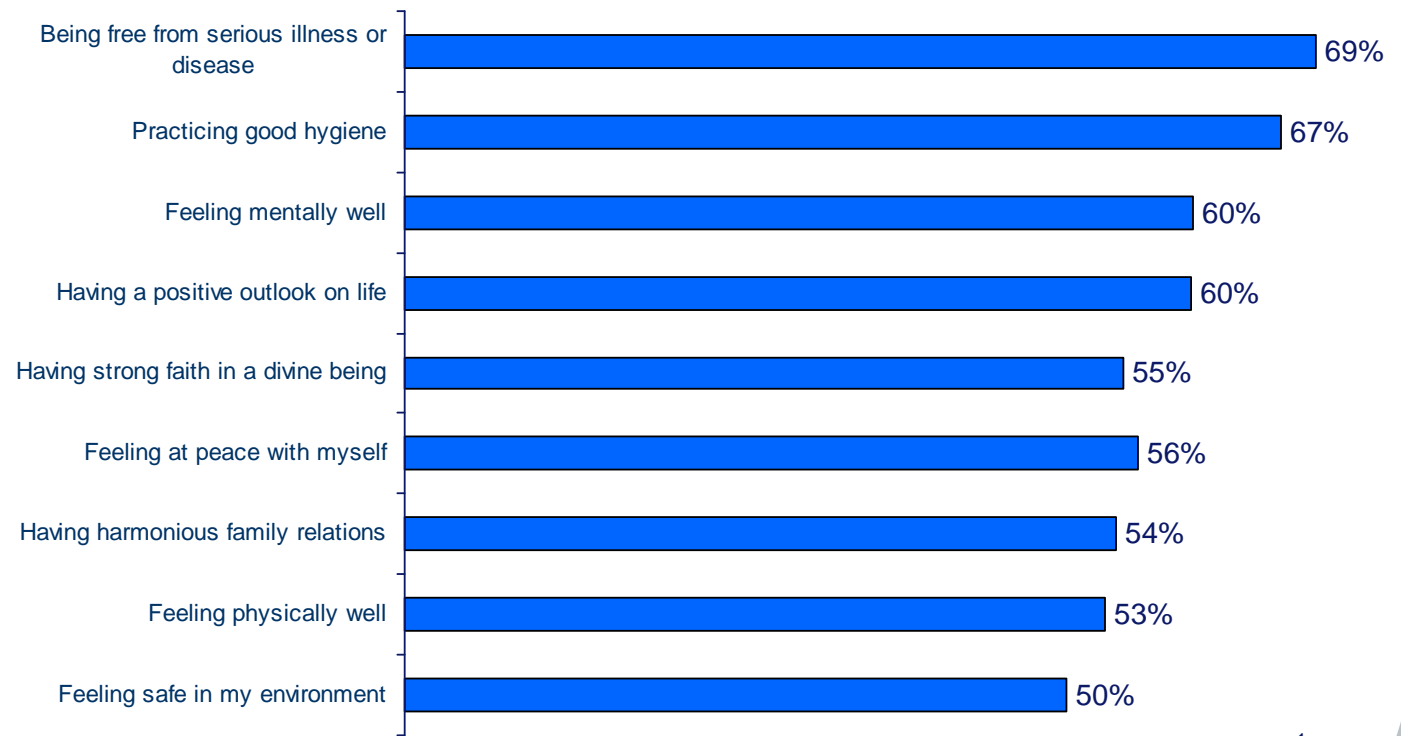


# Physical, Mental, Emotional and Spiritual Health Drive Personal Well-Being

- Almost 70% of Americans give freedom from illness (69%) and good hygiene (67%) top ratings on importance to their sense of personal well-being
- Almost as important are mental wellness (60%) and a positive outlook (60%)
- Having a strong faith and harmonious family relationships are rated highly by well over half of Americans

Percent Rating 10 out of 10 in Importance



**Q. How important are the following to your sense of personal well-being?**

The sampling error is +/- 3%

# Faith, Family and Feeling Physically Well Are Most Important Drivers of Well-Being

- When asked to choose one thing that is most important to personal well-being, 22% of Americans select having faith in a divine being.
- The next highest factor is harmonious family relations (16%), followed closely by feeling physically well (12%).



The sampling error is +/- 3%

Q. Which of these things is the most important to your sense of personal well-being?

# Secondary Drivers of Personal Well-Being Include Relationships and Being Youthful and Energetic

**Q. How important are the following to your sense of personal well-being?**

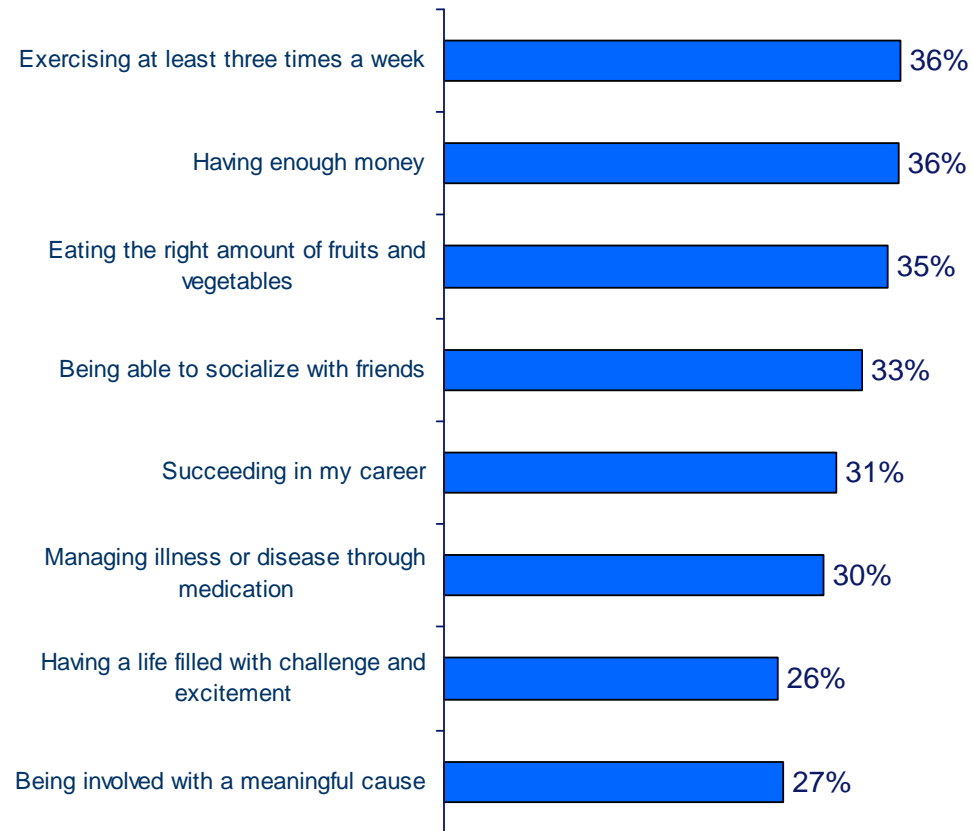
Percent Rating 10 out of 10 in Importance



The sampling error is +/- 3%

# Money and Success at Work Are Rated as Less Important to Personal Well-Being

Q. How important are the following to your sense of personal well-being?



The sampling error is +/- 3%