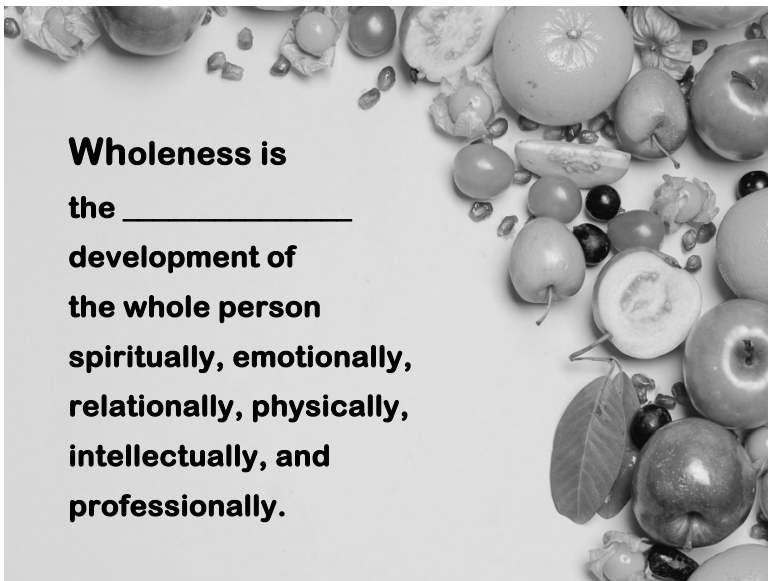




Wholeness By Design

**Weekend Seminar
Session 1**



Wholeness is
the _____
development of
the whole person
spiritually, emotionally,
relationally, physically,
intellectually, and
professionally.

Wholeness is
the _____ active
awareness process of making
_____ choices that

physical, mental, emotional,
social, and
spiritual wellbeing.

Wholeness begins when we individually **Take Charge!**

Wholeness Cannot Be Left To Chance We Must Take **Personal** _____.



Wholeness is
Healing, hope, and
Optimism powered by
Love,
Emotional intelligence, and
Natural design resulting in
Energy, endurance, eternal life
Simplicity and
Spiritual growth.

Wholeness is creating constant personal _____ where we recognize and act on the truth that each day is a miraculous _____ and our job is to untie the _____.

Adapted from Greg Anderson,
The 22 (Non-Negotiable) Laws of Wellness



Wholeness is being

- Emotionally Healed
- Relationally Well-Rounded
- Physically Energized
- Intellectually Balanced
- Spiritually Inspired
- Professionally Fulfilled

Examples that we can experience wholeness even with limitations:

- 1.
- 2.
- 3.

Notes:

Personal Wholeness/Wellness Review

Wholeness/Wellness is an active process of making lifestyle choices. It is growing as a whole person.
Physically • Intellectually • Emotionally • Relationally • Spiritually • Professionally

The purpose of this *Personal Wholeness/Wellness Review* is to increase your wellness awareness. This simple assessment is a tool to help you monitor your ongoing wellness and stress management progress. Take it again in six months. The only importance of this number is to compare yourself to yourself. Each statement is scored according to how often you apply the given statement to your life. Next to each statement place a number from 5 to 1 and add up your score.

100-80%	80-60%	60-40%	40-20%	20-0%
5	4	3	2	1

The Physical Factor	6 Months	The Emotional Factor	6 Months
Today		Today	
1. ___ I am generally relaxed and unworried and regularly sleep well.	___	1. ___ I deal well with my own and other people's emotions.	___
2. ___ I feel fit, energetic and healthy and respond to my body when it needs special care.	___	2. ___ I can give and receive love, joy and peace & feel free to ask when I need love or caring.	___
3. ___ I work regularly at improving/maintaining my fitness including vigorous exercise at least three times a week and daily do stretching and limbering exercises.	___	3. ___ I have energy to use my free time creatively and can laugh freely and frequently.	___
4. ___ I eat primarily natural wholesome low-fat, high-fibre foods and avoid junk foods. ie. soda, candy, chips, etc.	___	4. ___ I forgive easily and often and live life with peace and hope.	___
5. ___ I avoid stimulants like coffee, nicotine, alcohol and drugs.	___	5. ___ I see life as a positive adventure and don't take it too seriously.	___
___ ⇄⇄⇄ Totals Physical Factor ⇄⇄⇄	___	___ ⇄⇄⇄ Totals Emotional Factor ⇄⇄⇄	___
The Relational Factor		The Spiritual Factor	
1. ___ I communicate easily & openly with others.	___	1. ___ I have a clear value system that I have faith in and live by.	___
2. ___ My communications with co-workers are open and harmonious.	___	2. ___ I regularly meditate or take quiet time for reflection and planning.	___
3. ___ I regularly cultivate a strong support system of friends, family and co-workers.	___	3. ___ I have faith in a higher power beyond myself.	___
4. ___ The people I spend my time with are kindred spirits and help me grow.	___	4. ___ I use prayer, contemplation and affirmation as healing tools.	___
5. ___ My family life is peaceful and harmonious.	___	5. ___ I am generally positive, optimistic and thankful.	___
___ ⇄⇄⇄ Totals Social Factor ⇄⇄⇄	___	___ ⇄⇄⇄ Totals Spiritual Factor ⇄⇄⇄	___
The Intellectual Factor		The Professional Factor	
1. ___ I regularly challenge my brain with new and/or unusual information.	___	1. ___ I enjoy my work and generally have a positive attitude toward it.	___
2. ___ I keep my mind alert by reading, learning & keeping abreast of current issues & ideas.	___	2. ___ I generally feel fulfilled and appreciated at work and make it fun.	___
3. ___ I am constantly developing my creativity and intellectual curiosity.	___	3. ___ I work a moderate number of hours and avoid working excessive overtime.	___
4. ___ I keep an open mind and regularly seek to sharpen my problem solving skills.	___	4. ___ I handle my money well.	___
5. ___ I often vision and dream about my life goals and future possibilities.	___	5. ___ I have clear work goals consistent with my personal values, interests and abilities.	___
___ ⇄⇄⇄ Totals Intellectual Factor ⇄⇄⇄	___	___ ⇄⇄⇄ Totals Professional Factor ⇄⇄⇄	___
Add up all 6 areas for your Grand Total _____			

Interpreting Your Score:

Over 130	Excellent---Keep it up. You are enjoying the benefits of High-Level Wellness!
110—130	Good—Your on your way to High-Level Wellness. Don't stop Now!
90—110	Fair—Additional Commitment needed immediately. You can do it!
Under 90	Poor—You need to get started toward High Level Wellness. Take positive action

Using the blank wellness wheel below, and the descriptions of each wellness factor from the your Personal Wellness Factors, shade in each segment to determine the overall balance of wellness in your life.

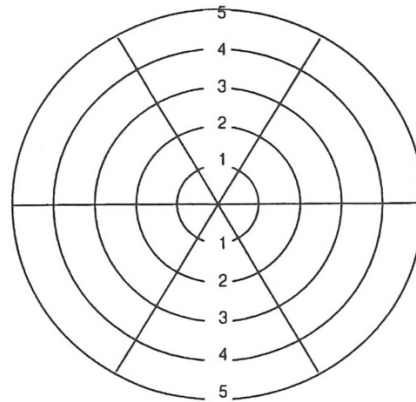
Physical Factor

Intellectual Factor

Emotional Factor

Spiritual Factor

Social Factor



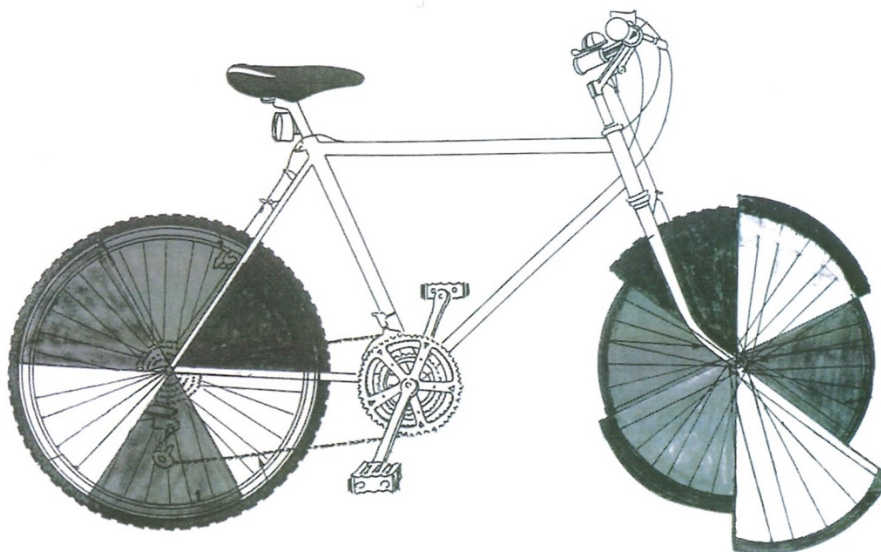
Professional Factor

How smooth is Wellness your ride?

The purpose of this Personal Wellness Factor Exercise is to help you assess the degree of balance among the wellness factors in your life. You will get a snapshot of where you are doing well and where you can target improvements.

Balanced Versus Unbalanced Wellness

Balanced
Approach
"Smooth Ride"



Unbalanced
Approach
"Bumpy Ride"

Physically Energized In An Exhausted Society

Physical Wholeness is getting • regular physical activity • adequate rest and • eating good food while _____ anything harmful in order to maximize energy levels.

Nature's Natural Energy Booster is regular physical _____.

Nature's Restorer is getting • Adequate _____.

"We have become a civilization of zombies who are sacrificing sleep just to keep up."

U.S. sleep researcher, James Maas

Adequate Rest is • 8-10 hours a night sleep • 1 day a week off for rest

Eating _____ Food guaranteed to increase energy levels.

"A One Sentence University Course in Nutrition:

Eat at the _____ times, a variety of _____ foods in quantities to maintain ideal weight."

Dr. John Scharffenberg, Professor of Nutrition Loma Linda University

Emotionally Healed In A World Of Pain

Emotional Health is the ability to feel and express the entire range of human emotions and to control them, not be controlled by them.

It is learning how to give and receive love, joy and peace.

5 keys to Emotional Health

1. Resolve emotional _____. Get help, as needed, from grief, loss, abuse, etc.
2. Choose to be _____ and optimistic.
3. _____ freely and often both others and yourself.
4. Learn how to receive and give _____.
5. Understand and master **emotional** _____, the ability to monitor and regulate your own and other's feelings and to use them to guide thought and action.

A Note on Expectations: When dealing with people, especially your children, have limited expectations, the less expectations the less disappointments!

Spiritually Inspired In A Spiritually Confused Society

Spiritual Wholeness is finding _____ in life and living with purpose and passion. It is living consistent with your beliefs and values. It is believing in a higher power and discovering peace with both life and death.

Everyone Needs Inspiration

Here are 4 Spiritual Disciplines That Will Help

1. Prioritize a _____ time for prayer and meditation.
2. Nurture an open _____, seek for truth.
3. Spiritual _____ includes being tolerant and understanding of others.
4. Watch for opportunities to _____.

Ultimately, Wholeness is a Person.



Okay, it is decision time!

Developing A Wholeness Action Plan

Decide On An Action Plan

★ Start _____

★ Stop _____

★ Keep _____