




















Traditional Wellness Model for How Life Ebbs and Flows

<i>Mindsets & Lifestyles for Freedom, Growth & Life</i> Healthy Whole Foods 	Wisdom, Integrity, Open-mindedness	Calm, Hope, Courage	Acceptance, Sense of humor, Friendly to all	Empathy, Helping Both Self & Others	Forgiving, Working/Fighting for Justice	Sex with Fidelity, Love, Patience, and Full Commitment in/to Marriage	Good Habits of Saving, Simplicity, & Sharing	Optimism, Joy, Spontaneity	Self-control for Intake of Food, Drugs/Alcohol, with Exercise
	Honesty	Faith	Humility	Compassion	Peacemaking	Sexual Integrity	Stewardship	Enthusiasm	Physical Fitness
SOUL FOODS <i>Experiences in Life We All Need</i>	TRUTH <i>Reality, Authority, Validity</i>	SAFETY <i>Security, Strength, Stress</i>	RESPECT <i>Honor, Esteem, Value</i>	LOVE <i>Concern, Caring, Comfort</i>	MERCY <i>Anger, Guilt, Blame, Hurt, Grace</i>	SEXUALITY <i>Loyalty, Affection, Desire</i>	MONEY <i>Wealth, Treasure, Possessions</i>	PURPOSE <i>Work, Time, Energy, Focus/Drive</i>	HEALTH <i>Diet, Exercise, Medicine</i>
									
Toxic Junk Foods <i>Mindsets & Lifestyles for Bondage, Decay & Death</i>	Denial <i>Lying, Cheating, Delusion</i>	Fear <i>Worry, Panic, Hiding Out</i>	Selfish Pride <i>Prejudging, Rebellious, Manipulating</i>	Envy <i>Idolizing, Apathy, Image Management</i>	Resentment <i>Hate, Violence, Divisiveness, Slander</i>	Lust <i>Pornography, Objectifying, Sexual Abuse/Addiction</i>	Greed <i>Materialism, Too Much Work, Debt, Possessions</i>	Laziness <i>Passivity, Boredom, Irresponsibility, Discouragement</i>	Gluttony <i>Obesity, Drug & Alcohol Abuse, Smoking</i>
									

An attitude of overflowing fullness is healthy, pouring out to others from wellsprings within and without.

An interactive version of this chart can be found at mynewlife.com/flowchart

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