***You are invited to look at yourself in a new way, to see how healthy you are.*** This isn’t about you as a body, a bank account, or as a beloved spouse or friend. It’s about the person who takes care of your body, your bank account, and your relationships. *How healthy are YOU, as a person?*

Until the last hundred years or so, the western world has always considered the healthy choice for people and groups to be *whatever does good* to *everybody* in the *long run.* So the **traditional view of well-being is what works for the common good over time.** By contrast, now we use **the psycho-medical model of symptom relief:**  *healthy is whatever feels good* to *my body today.*

***The*** ***traditional model of wellness*** portrays what people throughout history have most often considered to be sick and what they’ve seen as healthy. **We offer a personal wellness test here** that is *free, anonymous* (privately encrypted), takes just *20 minutes*, and explains your *30 percentile scores*, with free learning tools. You might be ready to *go ahead and take the test* without knowing more about what it measures or why. If so, ***skip to the last two lines* of this page**. But if you want to know a little more, just keep reading this page. To learn *a lot* more, you can go to [***mynewlife.com/about-the-TAW***](https://www.mynewlife.com/about-the-TAW).

***Find yourself*** in [mynewlife.com/flowchart](http://www.mynewlife.com/flowchart), in the middle row between the **healthy green above** and the **toxic red below**. Print that out if you want. You’ll see **listed in neutral blue** ***nine experiences*** we all need to feel healthy and alive, resources we are all made to long for and to share. They affect the core of our true self, by feeding our self-worth. That’s why we call them simply ***soul foods***.

***Healthy, life-giving expressions*** of these soul foods are **colored green and listed above** **you**. (Green means go and shows growth, so we call these ***healthy whole foods***.) These beliefs and habits all come from a mindset of personal abundance. We give and receive these experiences when we believe that we have **wellsprings** for these soul foods, both within us and around us. Believing and living by this view of *supernaturally overflowing fullness*, *the more we give, the more we are able to give, to others, and also to ourselves as caretakers.* Acting on this belief motivates compliance with medical directives.

By contrast, ***unhealthy, life-draining expressions*** are **colored red and listed below**. (Red means stop and shows infection, so we call these ***toxic junk foods.***). The *natural, self-centered deficit mentality* teaches that we must manipulate others to give us our nine soul foods, and if they don’t, we must just take these from them. Our egos are the selves we create to *avoid pain and maximize our pleasure in the short run,* by getting these life resources for ourselves. Though we try not to realize it, when others tap into us for these same resources, **we spring a leak**: *the more we try to get, the more we need to get.*

Now to take an even closer look at yourself in this way, you can take a new, free, anonymous test, the **Traditional Assessment of Wellness** (the TAW). You’ll get 30 percentile scores, including one for each **green whole food**, each **red junk food**, and one for each **blue soul food**. ***The TAW*** ***feedback*** will help you

• examine *where you get each soul food* from, and how to exchange unhealthy sources for healthy ones;

• examine both *what you take in and put out* of all nine foods, in private, at home, and out in public; and

• use our ***27 Learning Tools***, one of each for the nine soul foods: ***Life Lessons*** from psychology, ***Devotional***

***Guides*** each explaining 20+ Bible passages, and ***Parenting Tips*** for raising healthy children.

For personal growth and healing, take the test at [***mynewlife.com/TAW***](https://www.mynewlife.com/TAW),

and get a personal health check-up that is ***free, anonymous, and emailed to you immediately!***