




















Personal Wellness Model for How Life Ebbs and Flows

Mindsets & Lifestyles for Freedom, Growth & Life 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
									
Core Assets, Life Issues <i>Powers in Life We All Long For, Food Groups We All Need</i>	TRUTH <i>Reality, Authority, Validity</i>	PEACE <i>Security, Strength, Safety</i>	RESPECT <i>Honor, Esteem, Value</i>	LOVE <i>Concern, Caring, Comfort</i>	GRACE <i>Mercy, Harnessing Hurt, Anger, Blame, Guilt</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>
									
	Denial <i>Lying, Cheating, Delusion</i>	Fear <i>Worry, Panic, Hiding Out</i>	Selfish Pride <i>Prejudging, Rebelling, 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>
Toxic Junk Foods <i>Mindsets & Lifestyles for Bondage, Decay & Death</i>									

Health comes from *Wellsprings* - believing that the more we give and receive these assets, the more we have to give.

Illness comes from *Whirlpools* - denying that the more we earn and take these assets, the more we need to get.

Whatever you give out comes back into you, and whatever you take in comes back out of you.

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

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