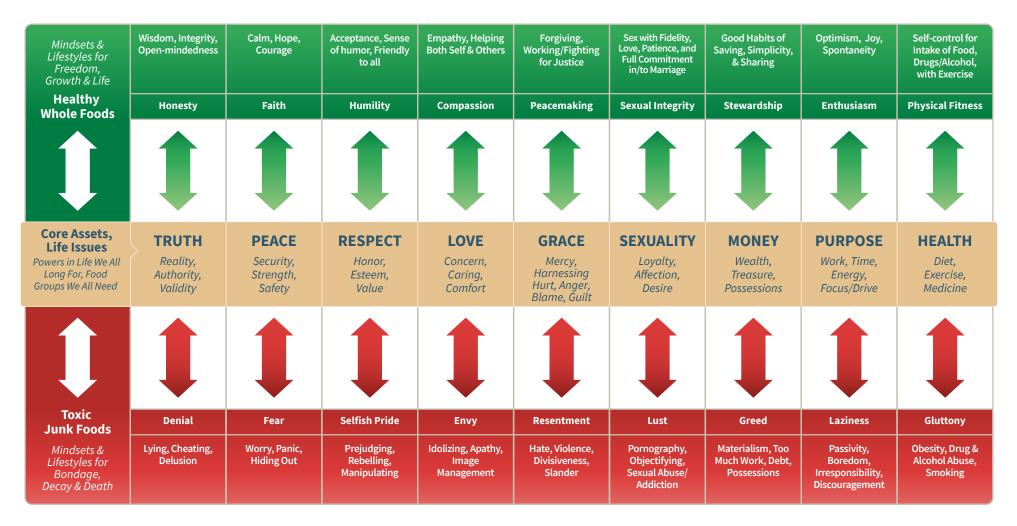
Personal Wellness Model for How Life Ebbs and Flows



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 This model is licensed by WELL, Inc., Creative Commons Copyright 2022 BY-NC-SA 4.0