PERSONAL WELL-BEING FLOWCHART:
What makes us sick, and how we get well

3000-year-old view of wellness: Whatever does the most good and the least harm to the most people in the long run

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 *Powers in Life We All Long For, Food Groups We All Need*	**TRUTH** *Reality, Authority, Validity*	**PEACE** *Security, Strength, Safety*	**RESPECT** *Honor, Esteem, Value*	**LOVE** *Concern, Caring, Comfort*	**MERCY** *Grace, Harnessing Hurt, Anger, Blame, Guilt*	**SEXUALITY** *Loyalty, Affection, Desire*	**MONEY** *Wealth, Treasure, Possessions*	**PURPOSE** *Work, Time, Energy, Focus/Drive*	**HEALTH** *Diet, Exercise, Medicine*
	⬇⬆	⬇⬆	⬇⬆	⬇⬆	⬇⬆	⬇⬆	⬇⬆	⬇⬆	⬇⬆
Toxic Junk Foods *Mindsets & Lifestyles for Bondage, Decay & Death*	Denial	Fear	Selfish Pride	Envy	Resentment	Lust	Greed	Laziness	Gluttony
	Lying, Cheating, Delusion	Worry, Panic, Hiding Out	Prejudging, Rebelling, Manipulating	Idolizing, Apathy, Image Management	Hate, Violence, Divisiveness, Slander	Pornography, Objectifying, Sexual Abuse/ Addiction	Materialism, Too Much Work, Debt, Possessions	Passivity, Boredom, Irresponsibility, Discouragement	Obesity, Drug & Alcohol Abuse, Smoking

Health comes from *Wellsprings* - believing that the more we give and receive these assets, the more we have to give.
Illness comes from *Whirlpools* - feeling that the more we earn and take these assets, the more we feel we need to get.

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

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