***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 least harm to most people in the long run**

 ***HEALTHY* HONESTY TRUST HUMILITY COMPASSION PEACE- SEXUAL RESOURCE- ENTHU- PHYSICAL**

 ***TRAITS* MAKING INTEGRITY FULNESS SIASM FITNESS**

 ***Mindsets & Wisdom, Calm, Acceptance, Empathy, Forgiving, Sex with love, Share & Save Optimism, Self-control w/
 Lifestyles Integrity Hope Can be teased Caretaking Mediating and loyalty Simplicity. Focused Joy Food/drugs/booze***

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***Fruits that Feed the Core/True Self: What makes ME + others FEEL + DO better NOW + in the LONG RUN***

ISSUES TRUTH PEACE RESPECT LOVE MERCY SEXUALITY MONEY PURPOSE HEALTH

 *Life Reality, Security, Honor, Concern, Anger, Loyalty, Wealth, Time, Diet,*

 *Experiences Authority Strength Value Comfort Blame Desire Treasure Energy Exercise*

 *We all need*  *Validity* *Stress*

***Fruits that Feed the Executive Ego: What makes ME FEEL better NOW***

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 ***TOXIC* DENIAL FEAR SELFISH ENVY RESENT- LUST GREED LAZINESS GLUTTONY**

 ***TRAITS* PRIDE MENT**

 ***Mindsets & Self- Worry, Rebelling, Idolizing, Hate, Objectifying, Materialism, Passivity, Obesity and***

 ***Lifestyles Flattery Panic Prejudging Comparing Slander Pornography $ = worth Boredom****,* ***Addictions***

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

Illness comes from *WHIRLPOOLS* - feeling that the more we earn and take these assets, the more we need to get, from a limited supply.

*Whatever beliefs and actions we take in come back out of us, and whatever words and deeds we give out also comes back into us →*

*The vertical 2-way arrows above show this truth. Our research has proven this now, and proved that all reds fight vs. all greens, and v-v.*

We have also proven that all green traits feed each other, as do all the red ones. This dynamic is shown by horizontal arrows.

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***KEY CONCEPTS FOR PERSONAL WELL-BEING***

**DEFINING HEALTHY** Our modern concept of *quick* *symptom relief* doesn’t get to the root of sickness. Instead, our free, anonymous online test defines what’s healthy as ***whatever does the most good and the least harm for you and others, now and in the long run*.** Seeing healthy this way is quite practical, reminding us that health and sickness are both contagious, as we take in what we put out, and vice-versa.

**HALLMARKS FOR HEALTH** We look for six main signs of health: ***cooperation, strength, growth, caring,*** ***freedom,*** and ***gratitude***. Sickness brings just the opposite: ***division, weakness, decay, apathy,*** ***bondage,*** and ***complaint***. These hallmarks of life and death are important but invisible: they can only be fully seen by the eyes of a trained heart and mind. WELL gives you resources for that training.

**BASIC HUMAN NEEDS** For3000 years, health experts have taught we need nine experiences

for thriving, self-confidence, and self-esteem: • ***TRUTH*** (learning how … to know what’s real) • ***PEACE*** (… to feel safe and secure) • ***RESPECT***  (… to feel self-worth) • ***LOVE*** (… to care and share) • ***MERCY*** (… to forgive) •  ***SEXUALITY*** (… to save/use genital contact for loyal pair bonding) • ***WEALTH*** (… to earn, save, give) • ***PURPOSE*** (… to find meaning, hope) and • ***HEALTH*** (… to exercise, diet, and medicate).

**PADs** These basic needs get met by connecting with **People, Associations,** and **Dreams** (**PADs**).

We can think of them as *sources* of life, but better to see them as *resources*, channels and carriers of life. WELL shows you to discern how healthy your PADs are for you, before you take or give too much with them.

**WELLSPRINGS & WHIRLPOOLS** PADs showing the hallmarks for health often **cooperate to create** intangible attitudes of *overflowing fullness*in people. Such PADs are for us *external* ***WELLSPRINGS***, and as we pay attention to them, they gradually become internalized, into healthy mindsets and lifestyles for us. Give from these *internal wellsprings* and you find the more you give of yourself, the more you are able to give.

By contrast unhealthy PADs often **compete** **to consume** finite,tangible resources, at the expense of others who end up with less. *Mindsets and lifestyles of draining emptiness* work like ***WHIRLPOOLS*** to exhaust inner strength from you and others. To disengage from whirlpools, pull back the attention you pay them.

**PAYING ATTENTION** Whatever you pay attention to will grow, both inside you and out. So will whatever we call others’ attention to. *To disconnect* from a toxic PAD, take back the attention you give it, and give your attentions elsewhere, to healthier PADs. We can give ***five levels of attention*** to our **PADs**:

**Level 1 = Attention** ~ deliberately focusing ourselves to notice a PAD

**Level 2 = Acceptance** ~ deciding it’s relatively harmless, and worth exploring further

**Level 3 = Affection** ~ becoming charmed by paying attention mostly to the positive

**Level 4 = Allegiance** ~ joining, subscribing, committing to be together regularly

**Level 5 = Adoration** ~ idolizing a PAD, and believing that it is virtually *always healthy*.

**Wellness Education for Living and Loving, Inc. *www.to-the-well.org***

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