***Homework for your WELL-being***

 Your personal growth and healing will proceed much faster if you learn to do the work of ***retraining your brain***, teaching it to see situations differently, focusing less on problems and more on solutions. To do this retraining, open this document, enter words to describe you, then save the document into your phone, tablet, or laptop. (Cells in the outlines below will expand when you enter more words.)

 Each of these first three pages will describe one aspect of your experience that you can learn to examine and correct, ***through*** ***meditation.*** In a relaxed setting free of distraction, say out loud each false belief in the left column, and then be quiet to allow your mind to realize through words, images, and memories how and why it is a lie, how very wrong it is to believe this way. Then, after another deep breath to relax and refocus, do the same thing with the true belief that you are learning to replace the lie with: say it out loud, and then allow the mind a few moments to realize how true this more practical belief really is…

***BELIEFS***

 ***LIES: Sickening ideas that drain life from me TRUTHS: Healthy ideas that heal me***

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| [Example:] I’ll never overcome this problem. | With good support and guidance, I can learn new habits.  |
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***HABITS***

 ***DO LESS: These actions hurt myself and others DO MORE: Healthy choices that heal me***

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| [Example:] I lie to cover my mistakes and protect others. | I tell the truth, using the pain it causes others as a bond between us, feeling it also, to motivate my habit change.  |
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***RELATIONSHIPS WITH PADs***

***(People, Associations, and Dreams in my life)***

 ***UNHEALTHY PADS HEALTHY PADS***

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| [Example] Toxic (for me) loved ones, groups, ambitions that take away my (truth, peace, respect, love, etc.)  | Honest & kind people, groups, pursuits, with whom I overflow with fresh truth, peace, respect, love, etc. |
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*[To give room for new material, you can copy and paste new empty rows of these tables under old ones.]*

***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 the most people 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*.

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