***A Personal Invitation***

***You are invited to look at yourself in a new way, to see how healthy you are.*** This isn’t about you as a body, a bank account, or as a beloved spouse or friend. It’s about the person who takes care of your body, your bank account, and your relationships. *How healthy are YOU, as a person?*

You can take **a personal wellness test here** that is *free,* and takes just *15-20 minutes to complete.* It is completely *anonymous:* privately encrypted, your device’s IP is not known, and immediately your feedback is sent to whatever email you submit (it could be a friend or neighbor’s). You’ll get percentile scores to measure three aspects each for how we get these experiences we all long for:

***The Nine Personal Well-being Issues:***

**How we get Nine Experiences We Crave**

***Identity Issues*** resolved mostly *at home*, dealing with ***Confusion vs. Character***

**TRUTH ~ Honesty vs. Deceit** Issues of Reality, Authority, Validity, Integrity

**PEACE ~ Trust vs. Fear** Issues of Strength, Shelter, Security, Stress

**RESPECT ~ Humility vs. Selfish Pride** Issues of Honor, Esteem, Value, Worth

***Relationship Issues*** resolved *with* *family and friends*, about ***Comparing vs. Connecting***

**LOVE ~ Compassion vs. Envy** Issues of Concern, Caring, Comfort

**MERCY ~ Peacemaking vs. Resentment** Issues of Anger, Guilt, Hurt, Grace, Forgiveness

**SEXUALITY ~ Sexual Integrity vs. Lust** Issues of Desire, Beauty, Modesty, Fidelity, Pleasure

***Contribution Issues*** resolved *in work/society*, dealing with ***Consuming vs. Creating***

**WEALTH ~ Stewardship vs. Greed** Issues of Money, Treasure, Possessions

**PURPOSE ~ Enthusiasm vs. Laziness** Issues of Time, Energy, Effort, Focus, Work

**HEALTH ~ Physical Fitness vs. Gluttony** Issues of Diet, Exercise, Medicine, Drugs, Alcohol

 Look at the feedback for 15 minutes, and you will have learned a few things about yourself. Spend another half hour, ask yourself some questions it presents, and you will discover and begin desiring new solutions to your biggest problems.

For personal growth and healing, take the test at ***to-the-well.org/test***,

and get a personal health check-up that’s ***free, anonymous,*** and ***emailed right away!***