

Module 5: Take Action

It's time to Take Action

and fortify our lives, so we're ready for anything.

Our lives consist of **eight primary areas or dimensions**. We need to Take Action in each of these dimensions to create our best life.

I call these dimensions the Wheel of Wellness



Taking Action

in these eight dimensions of wellness fortifies you, so you don't regress to old thinking and beliefs and so you feel whole, healthy and secure in every area of life.

The fortification process is like a soldier outfitted for battle. You need to prepare yourself for the challenges that will try and stop you from **Breathing**.

EPHESIANS 6:10-11 NASB

10 FINALLY, BE STRONG IN THE LORD AND IN THE STRENGTH OF HIS MIGHT. 11 PUT ON THE FULL ARMOR OF GOD, SO THAT YOU WILL BE ABLE TO STAND FIRM AGAINST THE SCHEMES OF THE DEVIL.

The enemy has well-crafted trickery as his weapon. That's what schemes in this **scripture mean. We can easily slip back into old habits, beliefs and mindsets.**

We need to put on the whole armor of God to fortify ourselves spiritually, mentally and physically.

Let's break down the **Wheel of Wellness**. As we go through each dimension, notice how integrated they are.

The beauty of this connection is we can use it to our advantage to create synergy—

combined effect is greater than the sum of the separate parts.

We create a more powerful life when we integrate all the spokes of our Wheel of Wellness.

Warning:

Before we continue, I want you to be aware that you'll discover some of your dimensions are further along in the growth process and others you have some catching up to do. That's perfectly normal.

Always remember that no matter where you're at in your Wheel of Wellness don't "Should" on yourself. "I should have done **this...**" **"I shouldn't do that..."**.

There's no condemnation for those who are in Christ Jesus (Romans 8:1). He's not condemning us, so we shouldn't condemn ourselves either.

At any moment in this process, if you're feeling overwhelmed or condemned, **take a moment to Release and Accept so you can continue to move forward.**





Spiritual Wellness

Spiritual Wellness

means having a sense of purpose and meaning in life that revolves around your personal beliefs and values—being spiritually healthy means having strong values, a feeling of inner peace, and a clear sense of meaning.

Now, most of the Dimensions of Wellness are not in any particular order as they create a synergy when they work together. However, Spiritual Wellness is listed first because this is the area I want you to integrate first and foremost.



Pause Spiritual Wellness

Spirituality is about a relationship—not religion.

To grow spiritually and live your best life, you must cultivate your relationship with God.

Let's Pause to locate your Spiritual Wellness. Once you know where you're at, you know where you need to grow.

Spiritual Wellness Pause Exercise

Ask yourself:

- Do I intentionally set aside time to spend reading his Word each day?
- Do I spend any time with God during the day?
 - What's my image of God? (i.e., Disciplinarian, Authoritarian, Rescuer, Genie, Aloof, Lord, God, Heavenly Father, Friend, etc.). List as many as needed.
- Do I have a spiritual mentor?

On a scale of 1 - 10, how is my relationship with God?

1	2	3	4	5	6	7	8	9	10
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Process Spiritual Wellness

Our relationship with God

can have a direct correlation with the image we have of who God is. So we need to process what we think of God.

Spiritual Wellness Process Exercise

Look at your answers in the Pause exercise.

Process why you think your relationship with God is the way it is.

Ask yourself:

- If my relationship with God is 1 - 7, why is that? If it's 8 or higher, why is that?
- If I struggle to find time to spend in God's Word or praying, why do I think that is?
- If I've never pursued a spiritual mentor, why not?
- Why do I feel I have the image of God that I do? What's the story behind it?



Pray Spiritual Wellness

It's time to take your Spiritual Wellness to God.

Spiritual Wellness Prayer Exercise

Ask Him:

- How can I grow closer to You?
- What areas do I need to grow in so my Spiritual Wellness can be at its best?
- Does how I view You need to change?
- How should I view You.
- Please show me how much You love me.
- Help me Accept Your unconditional love.
- If you need a spiritual mentor, ask Him to show you who or bring them across your path if you haven't met them yet.





Plan Spiritual Wellness

Our relationship with God grows when we're intentionally pursuing Him.

Spiritual Wellness Plan Exercise

How do you want to spend your time with God?

Here are some ideas:

- Read/Study the Bible
- Prayer
- Meditation
- Scripture memorization
- Singing – praising and worshiping God
- Journaling

In our time with our Heavenly Father, He strengthens and draws us closer so we know we don't have to do this journey alone.





Pivot Spiritual Wellness

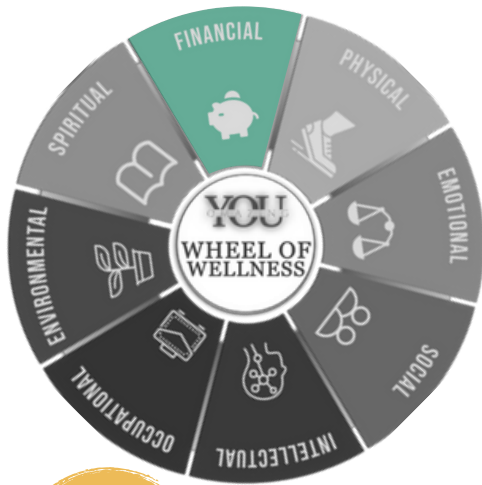
What adjustments do you need to make so you can Take Action and Pivot on your Spiritual Wellness Plan?

Spiritual Wellness Pivot Exercise

Pivot:

- If you don't already have a consistent time of day you commit to your Spiritual Wellness, the first thing is to schedule a time.
- Put it on your calendar and treat it like your most important appointment of the day because it is.
- Do you need to purchase a Bible or a journal?
- What scriptures do you want to memorize first?
- Do you need to adjust your image of God so you can boldly come to Him regularly
- instead of hiding?





Financial Wellness

Financial Wellness refers to our financially literacy and ability to manage our money.



Pause Financial Wellness

The work you put in to become financially healthy will pay off

not just financially giving you greater freedom, but will also provide peace and security you may not have felt in years.

You can't manage what you can't measure. So you first must be clear where you're at with your money.

So let's Pause to measure our Financial Wellness.

Financial Wellness Pause Exercise

Rate your Financial Wellness between 1 - 10

1 being I'm homeless, living in a van down by the river, to 10 being I'm financially free where I don't have to work if I don't want to because my money is working for me.

For insight, ask yourself:

- What is my relationship with my money?
- Does it evoke strong emotions or trigger memories?

- Do I have a budget?
- Do I save money or spend all I get?
- Am I wasteful, or am I fiscally responsible when I spend money?
- Am I tracking my income?
- Am I doing anything to create multiple streams of income?
- Do I have life insurance?
- Do I pay tithes? Do I give offerings or give to charity?
- What's my credit score?
- Do I know my net worth?
- Am I investing?

1	2	3	4	5	6	7	8	9	10
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Process Financial Wellness

Your Financial Wellness is a direct reflection of your relationship with and beliefs about money.

Maybe you heard things like:

- "Money doesn't grow on trees."
- "We could never afford that."
- "Rich people are greedy."
- "That's for THOSE kind of people."

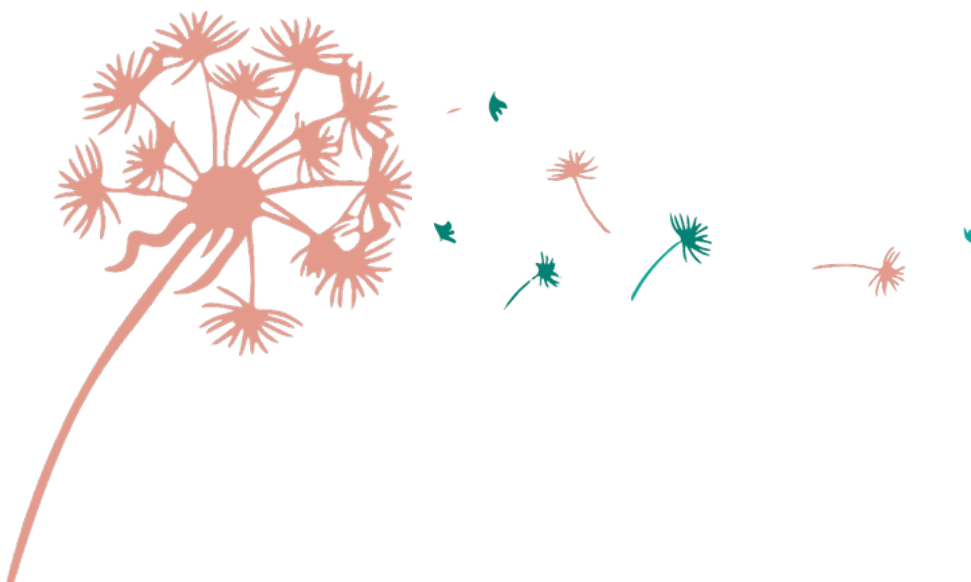
These money beliefs work like automatic scripts or hidden messages that affect how we view and handle our money.



"Making money is much harder if, deep down, you suspect it to be a morally reprehensible activity."

Rabbi Daniel Lapin in *Thou Shalt Prosper*

When we discover the beliefs hindering us, we can rewrite them and improve our Financial Wellness.



Financial Wellness Process Exercise

Look at how you rated your Financial Wellness in the Pause exercise. Why did you choose that number?

Ask yourself these questions to discover what you believe about money:

There's space to write your answers on page 91.

- What do you believe about money?
- Who taught you these beliefs? Did you learn them by observation or intentional instruction?
- What do you believe about rich people? Are they greedy, more significant, generous, etc.?
- When you think about your money, have you ever thought, "when is the other shoe going to drop?" If yes, why do you believe that?
- Have you ever thought, "money will solve all my problems?"
- Do you believe money will increase your social status and, therefore, your self-worth?
- Do you believe it's essential to save for a rainy day, or you'll just figure it out as life comes?
- When you get money, do you feel like there's a hole in your pocket?

When we understand the unhealthy beliefs we hold about money, it reveals why our money is in the state that it is.

But when we know the root of our beliefs, we can change our belief system and permanently create Financial Wellness.

1 2 3 ...

Financial Wellness Process Exercise

Write your thoughts to the questions from page 90.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Pray Financial Wellness

God wants us to come to Him about everything, including money and He is pro-wealth.

PSALM 35:27B NKJV

**"LET THE LORD BE MAGNIFIED,
WHO HAS PLEASURE IN THE PROSPERITY OF HIS SERVANT."**

3 JOHN 2 AMP

BELOVED, I PRAY THAT IN EVERY WAY YOU MAY SUCCEED AND PROSPER AND BE IN GOOD HEALTH [PHYSICALLY], JUST AS [I KNOW] YOUR SOUL PROSPERS [SPIRITUALLY].

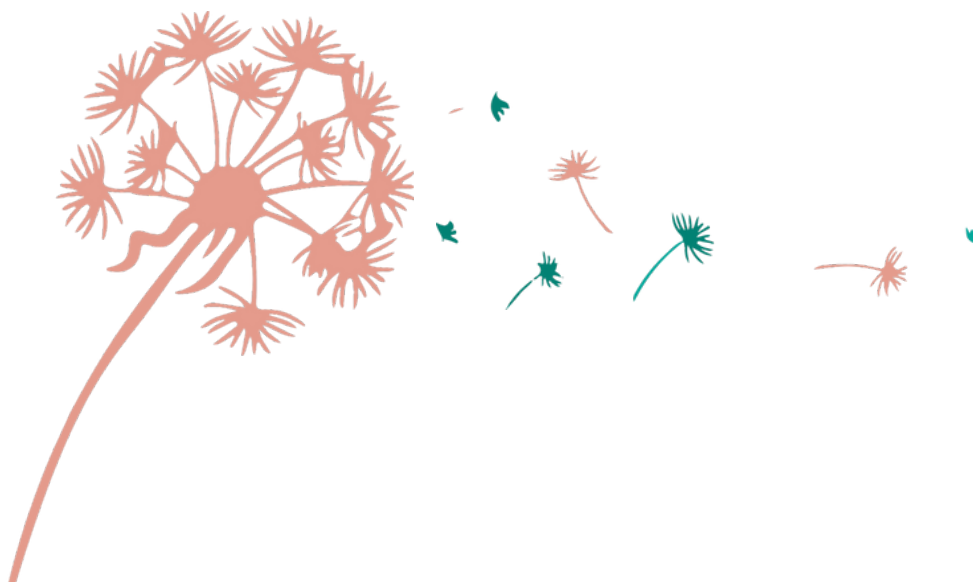
God desires us to prosper. He just doesn't want money to have our hearts; He wants that position.

Financial Wellness Pray Exercise

Ask God:

- Where do I need to grow in my understanding of money?
- There's always room for growth. So if you're very successful in the dimension of money,
- ask God, "where do You desire me to grow in this area?"
- What's Your Plan for my finances?
- •How can I glorify You with my wealth?
- Where do I need wisdom for my finances? Or, if you know the area, ask for wisdom in
- that specific area.

If you have any wrong beliefs about money, ask God to help you rewrite that belief so you can walk in all He has for you.





Plan Financial Wellness

God has a life of abundance for you, but you have to plan for it.

How do you want to Plan for Financial Wellness?

Budget

A budget is a spending plan that allows YOU to tell your money where it's going to go instead of it telling you.

Credit Score

Your credit score reflects your decisions and beliefs about money and reflects your ability to manage money and pay back debts on time.

Net Worth

Your net worth is what you've accumulated over time, such as cash, investments, stocks, real estate, and businesses. It's everything you OWN minus everything you OWE.



Financial Wellness Plan Exercise

Gather the following financial information:

Credit score

If you don't know if you can get a free score annually from experian.com.

Budget

If you don't have a budget, you can use tools such as mint.com, EveryDollar app or Quicken software.

Net worth

If you don't know it, head to mint.com to figure it out.

Financial Portfolio

Investing is beyond the scope of this course; I recommend talking to a financial advisor to get started.

What Financial areas do you need to work on?

Here are some questions to help you evaluate:

- Who do you need to ask for help?
- Do you need a financial advisor?
- Do you need to attend a financial course or seminar?
- Do you need a financial counselor?
- Do you need a lawyer to set up wills or trusts?
- Do you need a life insurance agent to create or revise your life insurance policy?

List Financial areas you need to work on below

_____	_____
_____	_____
_____	_____
_____	_____





Pivot Financial Wellness

Did you know that rich people think differently about money than average people?

Wealthy People Think

Plan 10, 15, and 20 years out. They plan for their profits and their philanthropic work.

Believe that poverty is the root of all evil.

Believe in living below their means, not above their means.

Teach their children how to save, thrive, and leverage resources and relationships.

Average People Think

Average people plan for the next 30 days because they focus on survival.

Average people believe that you have to become something to get rich, like a business owner or CEO.

Average people believe they have to work for someone else to make money.

Average people lack the knowledge to teach their children how to accumulate wealth.

I challenge you to think differently about your finances.



Financial Wellness Pivot Exercise

Looking at your Financial Wellness Plan, what are your next steps?

Schedule a time to work on each area and put due dates on your calendar.

Ideas:

- Call and make an appointment now if you need to meet with a financial advisor.
- If you need to attend a conference or seminar or purchase a course, sign up now if you can or research which one you need and schedule when you'll sign up.
- Create a budget.
- Set up mint.com, Quicken or EveryDollar app to track your money.





Physical Wellness

Physical Wellness includes:

- Eating a healthy diet for proper nutrition.
- Getting adequate sleep.
- Participating in regular physical activity.

It takes energy to **Breathe**. When we care for ourselves physically, our bodies produce the energy we need for our best life.



Physical Wellness Pause Exercise

Diet:

- How does your body respond to the foods you consume?
- Are you bloated or gassy, or have irritable bowels?
- Are you eliminating after each meal or are you constipated?
- How much water are you drinking?
- Does what you're eating or drinking giving you energy?
- Do you eat when you're hungry and stop when you're full?
- Do you eat a variety of whole foods?

Sleep:

- Research says everyone should get between 7-9 hours sleep per night.
- Do you get enough sleep?
- Do you wake up before your alarm goes off, or do you wake up groggy?
- Do you hit the snooze button regularly?
- Do you fall asleep as soon as your head hits the pillow? (This indicates you're not getting enough sleep)
- Can you fall asleep within 10-20 minutes, or does it take longer?

Activity / Exercise:

- Do you have some type of physical activity you participate in multiple times per week? It can be anything that gets your body moving.
- Do you have chronic aches and pains in your muscles or joints?
- Do you have the energy to do the things you want to do?



Process Physical Wellness

Next, Process what you discovered about your Physical Wellness when you Paused.

MATTHEW 12:33 MSG

IF YOU GROW A HEALTHY TREE, YOU'LL PICK HEALTHY FRUIT. IF YOU GROW A DISEASED TREE, YOU'LL PICK WORM-EATEN FRUIT. THE FRUIT TELLS YOU ABOUT THE TREE.

We only get one body, so we need to stop and listen to what it's trying to say to us.

Physical Wellness Process Exercise

Looking at your Pause exercise for diet, activity and sleep.

Rate each area on a scale of 1 - 10.

1 being the worst and 10 being the best it's ever been. For each area,

Process why you rated that area as you did. As you answer, think, "what is my body trying to tell me?"

Diet

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Activity / Exercise

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Sleep

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Hidden Beliefs

Ask yourself: Is there a deeper reason I avoid activity, sleep or eat foods that hinder my ability to feel good?

There could be a hidden belief that causes you to play small and hold you back from doing what you know to do.

Hidden belief examples:

- There could be deeper beliefs like "food equals family," so you feel obligated to eat everything offered to you.
- Some people who've been abused unconsciously gain weight to repel abusers, so they don't get hurt again.
- You might struggle to go to bed on time because you realize you're unhappy in your job and think, "If I go to bed, I'll just have to get up and do the grind all over again."

If you discovered a hidden belief, write that down here:

Don't condemn yourself for this belief. It was a defense mechanism you unconsciously developed to try and keep you safe, and it worked for a time. But it's not serving you anymore; it's time to create a new belief that will serve you.



Rewrite Your Belief

Each time you want to overeat, sit on the couch instead of going on that walk, stay up late, or say yes to the extra helping when you really want to say no,

STOP yourself. Acknowledge what you're thinking and feeling.

Then replace that old belief with the new belief by speaking it to yourself, out loud if you can.

Each time that old belief crops up, replace it with the new belief, and then choose a new action that empowers you to **Breathe**.

You can change your Physical Wellness with each thought you think and action you take.

What new belief will support your Physical Wellness journey instead of hinder it?

Write it down here:

1 2 3 ...





Pray Physical Wellness

God cares about everything in our lives, including our Physical Wellness.

1 CORINTHIANS 6:19-20 NIV

19 DO YOU NOT KNOW THAT YOUR BODIES ARE TEMPLES OF THE HOLY SPIRIT, WHO IS IN YOU, WHOM YOU HAVE RECEIVED FROM GOD? YOU ARE NOT YOUR OWN; 20 YOU WERE BOUGHT AT A PRICE. THEREFORE HONOR GOD WITH YOUR BODIES.

Physical Wellness Pray Exercise

Spend time with the Lord and ask Him where you need to honor Him with your body?

Pray for wisdom, clarity and strength to do what He tells you to do.

Journal here what God speaks to you or you sense as you pray:



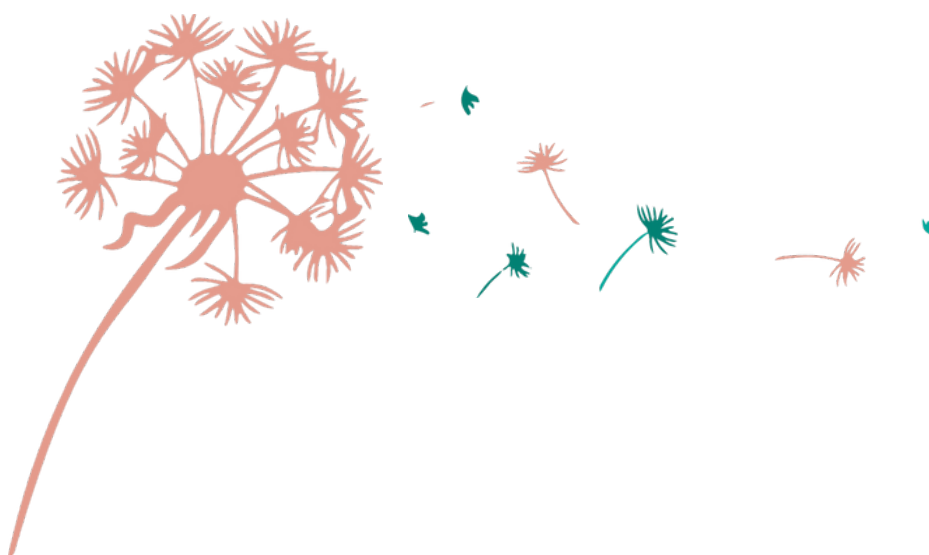


Physical Wellness Plan Exercise

Write down the areas God revealed to you to work on and that you discovered in your Pause and Process exercises here:

As you Plan, remember to start small.

- If you haven't exercised in a decade, start with 5 or 10 minutes of walking. Then add more time as it becomes a habit.
- Need more sleep? Start going to bed 15 minutes earlier for a few days, then 30 minutes and so on.
- Do you need to make dietary changes? Start small.
- Shift your mindset from diet to lifestyle. Lifestyles are sustainable; diets are just something you want to quit when it gets hard.
- It's also wise to consult your doctor before starting a new diet or exercise program.



Write your Physical Wellness Plan here:

Diet:

Activity / Exercise:

Sleep:





Pivot Physical Wellness

It's time to Pivot and Take Action. You can plan all day, but nothing will change if you don't implement your plan.

Physical Wellness Pivot Exercise

Looking at your Physical Wellness Plan

- What do you need to do to pivot?
- Do you need to schedule workouts, buy tennis shoes, or get a gym membership?
- Do you need to clean your pantry, schedule an appointment with your doctor, or plan your meals?
- Do you need to stop work sooner to create downtime before bed? Do you need to create a bedtime? Do you need to move your alarm clock away from the bedside, so you don't hit the snooze button?

List here how you'll Pivot to improve your Physical Wellness:

Next, give each item a due date or start date.

Now, schedule it on your calendar.





Emotional Wellness

Emotional Wellness involves:

- Being able to cope effectively with the difficulties of life.
- Being emotionally aware.
- Having healthy relationships with yourself and others.

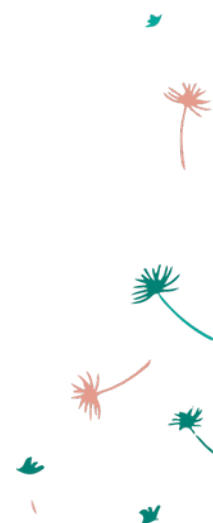
Emotional Wellness Pause Exercise



Pause and discover how emotionally self-aware you are.

These questions will help you discover your level of self-aware.

- | Yes | No | |
|--------------------------|--------------------------|-----------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Do I know how to describe my emotions as I'm feeling them? |
| <input type="checkbox"/> | <input type="checkbox"/> | Can I see and understand other people's perspectives without being cynical, critical or judgmental? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have I taken full responsibility for my life? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do I own how I make people feel or how my emotions influence them? |
| <input type="checkbox"/> | <input type="checkbox"/> | Has anyone ever described me as a bull in a china shop or bulldozer? If yes, would I still describe myself like that? |
| <input type="checkbox"/> | <input type="checkbox"/> | Would I described myself as a doormat? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do I love myself even when I see my flaws? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do I own the greatness in me? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do I show up as everyone's superwoman? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do I have enough quiet time to myself? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do I have a self-care routine? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do I know how to manage my strong emotions in a healthy manner? |



The ability to recognize our emotions is a skill. We must develop this skill to know when our feelings get unhealthy. Knowing this will help us shift and Take Action to become emotionally healthy again.

If you feel you're getting emotionally unhealthy, you can use the How to Check-In With Yourself exercise in the Resource section of this workbook.



Emotional Wellness Process

Time to process your emotions.

What are they trying to tell you?

Where can you improve?

What's the root issue?

Emotional Intelligence Exercise

Emotional Wellness includes Emotional Intelligence or EQ.

It's the ability to understand, use and manage your emotions positively to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflicts.

Review your answers to the Emotional Self-Awareness exercise; Then rate yourself on a scale of 1 to 5; how self-aware are you?

Self-Awareness Rating System:

1. **Serious concern**--I'm unaware of my emotions in the moment and struggle to recognize them or label them after the fact. ¶
2. **Something I should work on**-- Sometimes I'm aware of emotions but not usually. ¶
3. **Needs some improvement**--I have some awareness but struggle to see certain emotions or reactions. ¶
4. **Above average**--I'm aware most of the time but still have a few situations that I don't realize how much they affect me. ¶
5. **Fully aware**--I'm fully aware of my emotions at all times. ♡

Self-Awareness

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Self-Management

Self-management is your ability to use your awareness of your emotions to stay flexible, positively direct your behavior and manage your emotional reactions to situations and people.

Self-Management Rating System:

1. **Serious concern**--This skill is a problem for me, or I'm unaware of its importance. ¶
2. **Something I should work on**--I demonstrate management sometimes but not usually. ¶
3. **Needs some improvement**--I manage some reactions, but some responses are still holding me back. ¶
4. **Above average**--I manage myself most of the time, but there are a few situations I don't react to how I want or should. ¶
5. **Highly competent**--I excel at managing myself.

Self-Management

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



1 2 3 ...

Now that you have a baseline for

self-awareness and self-management for your Emotional Intelligence, ask yourself the following questions:

Why did you answer as you did?

Is there a story behind it?

What's that story telling you?

Self-Awareness: (answer)

Self-Management: (answer)

1 2 3 ...





Pray Emotional Wellness

God doesn't just tolerate our emotions—He embraces them.

Look at David in the book of Psalms. He would pour out everything he felt, the good, the bad and the ugly. God loves it when we're honest and vulnerable with Him.

Emotional Wellness Pray Exercise

Take time now and open up to your Heavenly Father about your feelings, struggles, missed opportunities, hurts and pains. Anything that is on your heart to bring to Him.

Ask Him for clarity and guidance if you're unsure where you need to grow in your Emotional Wellness dimension.

Read Psalm 142

This Psalm is a song/prayer David wrote while living in a cave while being pursued by Saul, who was trying to kill him.

Journal any thoughts you have after taking your emotions to God.



Emotional Wellness Plan

We all need a self-care plan to be at our emotional healthiest.

Here are two reasons you need a Plan:

1. Emotional Triggers:

A trigger is a reminder from a past experience, either positive or negative.

We can be triggered by something we hear, smell, taste, touch or see.

Examples:

- A particular hairspray smell can take you back to college because your roommate used that same hairspray.
- A song could bring you back to a breakup moment.
- A car backfiring could take you back to when you were in a car accident or in the military.
- Getting overlooked for the promotion could trigger your feeling of constantly feeling invisible.
- invisible.

When we experience triggers that cause negative feelings, we can use a self-care plan to shift out of that negative feeling state.

2. Proactive Self-Care

Prevention is the best medicine. Proactively caring for our Emotional Wellness prevents many issues from manifesting.



Emotional Wellness Plan Exercise

My Self-Care Plan For Triggers:

Use the list of Self-Care Ideas to create your Self-Care Plan for when you're triggered or use your own ideas.

My Pro-active Self-Care Plan:

- Look at the list of Self-Care Ideas.
- Ask yourself:
- How do I need to care for myself to be at my emotional best?
- What relaxes me?
- What rejuvenates me?
- What can I look forward to?

These are some of my self-care strategies:

- Listen to inspirational music or smooth instrumental jazz.
- YouTube videos – or I like to call it YouTube University. I love watching Joyce Meyer, Les Brown, Lisa Nichols, Eric Thomas, and Brené Brown. Those are some of the people I resonate with and feel connected to.
- Get a monthly massage. I get one once a week when stress is high.
- Take a bath in Epsom salts.
- Play Games - cards games & board games with my kids.
- Watch a movie I enjoy—I love action and sci-fi movies - My go-to is to overwork, so I must give myself permission to unplug.
- Unplug from social media - I will detach for a month at a time.



Trigger Example:

When Kerri saw a man with similar features to her abusive father, she felt terrified. Although it wasn't him because her father lived several states away, she still felt in immediate danger.

Kerri developed the following self-care plan for when she was triggered:

Fear Trigger:

She sees someone that resembles her father

Kerri's Self-Care Plan:

Talk to her husband about her feelings and
Listen to her favorite music

Write down ten ways you will use to care for yourself proactively. You won't use all these ideas at once, but you're creating a toolbox that you can rotate through to care for your Emotional Wellness proactively.

Your ideas can be from the list provided on page 114 or any life-giving and purpose-driven ideas that feed you and don't affirm your fears.

My Self Care Plan

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____



Self-Care ideas

- Wrap self in a blanket
- Soothing self talk
- Therapist, Counselor or Coach
- Talk to husband or friend about feelings
- Listen to favorite music (instrumental, smooth jazz, music that brings back great memories)
- Inspirational YouTube or TedTalk videos
- Read a book
- Take a walk
- Speak or read affirmations
- Get out in nature
- Color, draw or paint
- Journal
- Yoga or stretch
- Dance
- Meditate
- Breathe deeply
- Exercise
- Spend quality time with a loved one
- Look at the stars or clouds
- Unplug from social media (pick the time frame you want to disconnect - day, week, month, etc.)
- Pray
- Light a candle or diffuse essential oils
- Take a nap
- Take a bath
-
- Do a jigsaw puzzle or play a game
- Turn smartphone off for 24 hours
- Write a list of compliments to yourself (acknowledge yourself for any forward movement in your life)
- Have coffee with a friend
- Make a cup of tea
- Eat a small piece of dark chocolate
- Plan something to look forward to (date night, vacation, personal time off) Me-cation (a vacation by yourself doing what you love to recharge)
- Buy some flowers for yourself
- Work in your garden or yard
- Hug someone
- Spa day
- Watch the sunrise or sunset
- Call or text someone you love
- Manicure or pedicure (do it yourself or go to a salon)
- Watch your favorite uplifting show
- Do something that makes you laugh
- Do a brain dump
- Write ten things you're grateful for
- Do something nice for someone
- Other: Any life-giving and purpose-driven ideas that feed you and don't affirm fears





Pivot Emotional Wellness

Now it's time to Pivot and Take Action so you can stay Emotionally well.

Emotional Wellness Pivot Exercises:

Self-Care Plan Pivot:

- Write out your How to Check-In With Yourself checklist (found in the Resources section) and/or Self-Care Plan on 3x5 cards, sticky notes, a whiteboard or a note on your phone.
- Keep these lists close so you can check in with yourself as needed, and then you can implement your plan daily to care for yourself.

Pick two items from the Self-Care Plan that you need to research.

- Maybe you need to research locations or pricing.
- Schedule a time to research them. That way, when you need to implement these items, you're ready with the information you need.

Pick three items from your Self-Care Plan that you can proactively implement to improve your Emotional Wellness.

Maybe it's a massage, schedule a vacation, watch a Brené Brown video or buy a new music soundtrack.

☐ Schedule them on your calendar now.





Social Wellness

Social wellness involves healthy relationships with family and friends, a strong support network, connections with other people, and a sense of belonging.

Feeling isolated, lonely, or disconnected from others can lead to negative physical and emotional wellness issues.



Pause Social Wellness

Every relationship you have should support your Social Wellness and help you glow and grow. Let's Pause to examine our relationships.

Inner Circle Relationships:

Your inner circle comprises the people you spend the most time with and have the greatest influence on who you become.

AMOS 3:3 SAYS, "DO TWO PEOPLE WALK HAND IN HAND IF THEY AREN'T GOING TO THE SAME PLACE." (MSG)

To **Breathe**, you must surround yourself with others with similar values, interests or purposes. Write down the five closest people to you or the five people you interact with the most every week.

Inner Circle

1.

2.

3.

4.

5.

Looking at your Inner Circle, ask yourself:

- What are their beliefs?
- Do you share the same faith?
- Do you share the same culture, occupation, or profession?
- What are your connections to them?
- Do you have things in common?
- Is the relationship one-sided? If yes, who puts in the most effort in the relationship?
- Do they add to your life?
- Do you feel depleted after you talk with them?
- Do you feel uplifted and energized?
- Do you feel safe being yourself around them?

Outer Circle Relationships – Your Network:

I also want you to examine your outer circle or network.

These are the people you do business with, your colleagues, partnerships, clients, members of your church, and the social groups you're involved in.

A viable, thriving outer circle of people you can reach out to is essential to your professional growth and development and your ability to [Breathe](#).

List five people in your outer circle and which network they're in (church, colleague, social group, client, etc.).

Outer Circle

1.

2.

3.

4.

5.



Look at your Outer Circle and ask yourself:

- What are their beliefs?
- Do you share the same faith?
- Do you share the same culture, occupation, or profession?
- What are your connections to them?
- Do you have things in common?
- Do they add to your life?
- Do you feel depleted after you talk with them?
- Do you feel uplifted and energized?

How are you growing your Outer Circle?

- Do you attend any networking events?
- Do you attend church?
- Do you attend small groups?
- Do you attend other types of connection groups?





Process Social Wellness

You must surround yourself with others with similar values, interests or purposes, and who challenge you to be better if you want to [Breathe](#).

Social Wellness Process Exercise

Look at your Inner Circle list.

Who are the people that need to stay in your inner circle?

Is there anyone that you either need to move to your outer circle or you need to Release? Write the reason(s) why.



Process Social Wellness

Look at your Outer Circle list.

Who are the people that need to stay in your outer circle?

Is there anyone you desire to move to your inner circle because you need them to go to the next level, and it's a mutually beneficial relationship? If yes, what do they bring to the relationship? What do you bring to the relationship? Is there anyone you need to Release? Write the reason(s) why.





Pray Social Wellness

God cares about everything and everyone in your life.

We are stronger together than we are alone. At the same time, we need wisdom on who we allow to speak into our lives.

1 CORINTHIANS 15:33 NIV

DO NOT BE MISLED: "BAD COMPANY CORRUPTS GOOD CHARACTER."

Social Wellness Pray Exercise

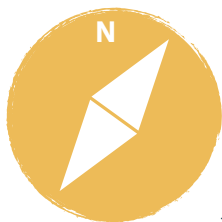
Take your list of inner and outer circles to God and ask Him for wisdom on who needs to be in your circles and who should exit.

Ask Him:

- Does anyone on the inner circle need to move to the outer circle?
- Does anyone on the outer circle need to move to your inner circle?
- Is there anyone you need to Release?
- Is there anyone you should add to your inner or outer circle? Thank Him for bringing those who need to be in your circles across your path.

Journal here what God shows you:





Plan Social Wellness

Tweak your Outer Circle or network regularly

to make room for people who add value to your life. Your network should constantly be evolving.

Social Wellness Plan Exercise

Plan Your Circles:

- Write down anyone you need to move out of your Inner Circle.
- Do you need to move them to your Outer Circle or Release them completely?
- Write down anyone you need to move out of your Outer Circle.
- Write down anyone you want to add to your Outer circle.

Social Wellness Plan Exercise

Plan Your Circles continued:

- Do you need to have a conversation with this person, or is it the type of relationship you just need to let go of?
- For those in your Inner Circle, what is your Plan to help each other grow and develop?
- Do you need to set up a coffee or lunch?
- If they're not local, do you want to set up video calls where you connect or help hold each other accountable?
- Do you already have an established relationship with these outer circle people?
 - If not, do you know anyone who can introduce or connect you with them?
 - If you don't know anyone that can introduce you, what event or groups can you attend that will put you in the same circles as them?
- What is your Plan to expand your network?
- Are there any conferences, events or networking groups you want to attend to expand your network? List them.





Pivot Social Wellness

Our Social Wellness is a group effort

and we must do our part for it to be as healthy as possible.

1 PETER 4:10 NIV

EACH OF YOU SHOULD USE WHATEVER GIFT YOU HAVE RECEIVED TO SERVE OTHERS, AS FAITHFUL STEWARDS OF GOD'S GRACE IN ITS VARIOUS FORMS.

Social Wellness Pivot Exercise

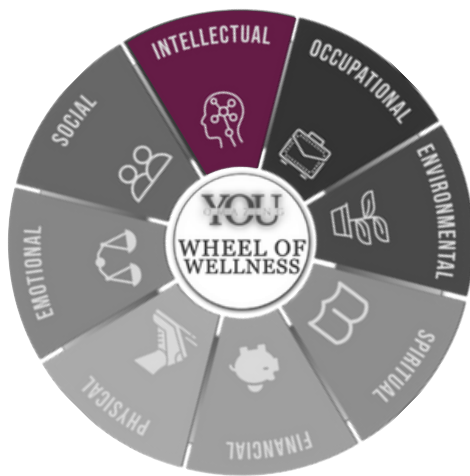
Look at your Plan, what do you need to do to Take Action and Pivot?

- Do you need to schedule coffees and lunches?
- Do you need to research and register for a conference or event?
- Do you need to have a tough conversation with someone?
- Do you need to ask for an introduction?

Write down what you need to do here:

☐ Now, schedule it on your calendar. What gets scheduled gets done.





Intellectual Wellness

Intellectual Wellness involves exercising your mind, learning new things, and expanding your knowledge and skills to use your creative and critical thinking abilities.



Pause Intellectual Wellness

Growing your intellect unlocks your world

expands your horizons and introduces you to new possibilities.

We need to both grow and guard our minds to be Intellectually healthy. Growing and guarding keep us from regressing to old mindsets and beliefs.

Intellectual Wellness Pause Exercise

- **Do you have an abundant mindset or a scarcity mindset?**
- Are your thoughts focused or scattered most of the time? Yes or No
- Are your thoughts producing the life you desire? Yes or No
- **Do you proactively choose your thoughts or let them come and go as they please?**
- Are you intellectually feeding yourself? Yes or No
- What are you feeding your mind?
 - i.e., Books, podcasts, courses, coaching, great conversations, etc.

If you're not purposefully feeding yourself with quality inputs like mentioned above, what are you feeding yourself regularly?

Write the unhealthy inputs you're feeding yourself here:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



Process Intellectual Wellness

Our thoughts don't just stay in our minds;

they work their way to the outside and affect our behavior,
affecting who we become.

Intellectual Wellness Process Exercise

Looking at how you answered your Intellectual Wellness Pause questions, how would you rate your Intellectual Wellness on a scale of 1 - 10.

1 being I'm an intellectual mess, and it couldn't get any worse to 10 being I'm always putting in the right inputs to grow and am continually guarding my mindset.

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Why did you answer the way you did?

What areas of your Intellectual Wellness do you need to grow?

What has prevented you from engaging in those areas in the past?

What are the obstacles to engage with those areas now?





Pray Intellectual Wellness

God cares about your Intellectual Wellness too.

God gave Daniel (from the Daniel and the lion's den story) and his friends knowledge and understanding beyond even what the king's staff had. See Daniel chapter 1 for the story.

PROVERBS 3:5-7 MSG

TRUST GOD FROM THE BOTTOM OF YOUR HEART; DON'T TRY TO FIGURE OUT EVERYTHING ON YOUR OWN. LISTEN FOR GOD'S VOICE IN EVERYTHING YOU DO, EVERYWHERE YOU GO; HE'S THE ONE WHO WILL KEEP YOU ON TRACK. DON'T ASSUME THAT YOU KNOW IT ALL.

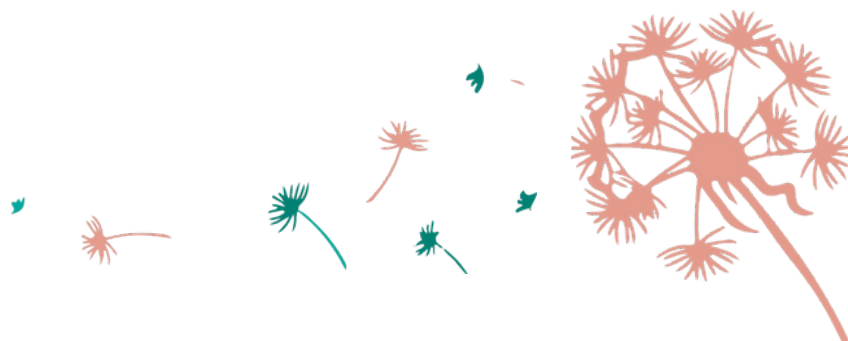
We must continually seek God for wisdom and understanding, knowing He's our source.

Intellectual Wellness Pray Exercise

Ask God

- Where you need to grow and guard so you can be Intellectually healthy.
- Ask for wisdom and clarity, so you know what areas to pursue.

Journal what you learn in your Pray exercise here:





Plan Intellectual Wellness

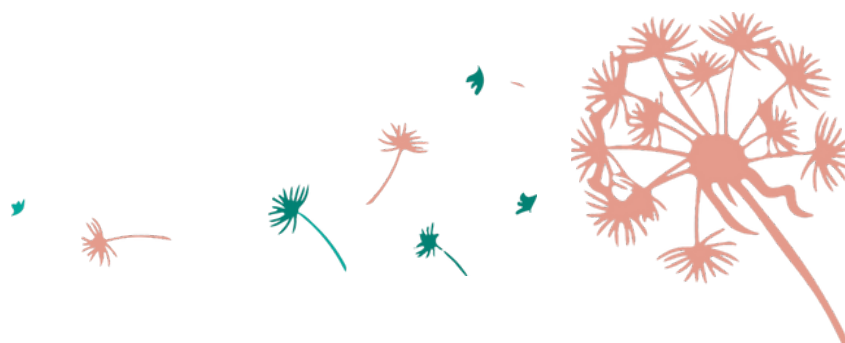
It's time to create an Intellectual Wellness Plan so you can grow and guard yourself.

Intellectual Wellness Plan Exercises

Intellectual Wellness Plan:

What Intellectual Wellness areas do you need to grow?

Refer to your Process exercise above. List them here:



For Each Area

brainstorm how you'll grow in those areas.

List as many ideas for each area as needed. Here are some examples:

- I will you attend a conference, purchase a course, watch YouTube videos, purchase
- books, join a mastermind, study a foreign language, go back to school, etc.?
- Be specific as you can. If you know which books, courses, etc., you want to consume,
- write that down.
- Don't forget free resources, like YouTube, webinars and the library. Most libraries
- nowadays have a way you can also borrow digital books and audiobooks.
- It's crucial to invest in yourself financially, and it's also wise to steward our
- finances.
- For instance, when you borrow a book from the library, that allows you to see if this
- is something you want to own. Then you can purchase the book later, knowing
- you'll use it as a continual resource instead of collecting dust on your shelf.

Intellectual Wellness Area 1



Intellectual Wellness Area 2

Intellectual Wellness Area 3



Intellectual Wellness Area 4

Intellectual Wellness Area 5



i.e., which conference(s) will you attend, when are they, and what's the cost.

[illegible]

Affirmations Exercise

Affirmations will help support your ability to grow and guard your Intellectual Wellness.

Create one affirmation for each of the wellness dimensions. You can create more, but start with one per dimension.

Your affirmations need to mean something to you and they need to encourage, energize, and positively affect your behavior and thoughts.

If you feel condemned speaking an affirmation—change it.

Here are the eight dimensions of Wellness again:



Affirmation Examples

- Everything and everyone prospers me every day in every way now.
- Money cometh to me easily and effortlessly.
- Greater achievements are coming in spite of what I see.
- I can do everything God's called me to do.
- Winning is contagious. When I help others win, I win too.
- Feeling uncomfortable is a sign that my old comfort zone is having a hard time keeping up with me.
- Everything is always working out for me.
- The best response to obstacles is to do it anyway.
- Today is brand new and tomorrow is too.
- I've got a gift worth giving.
- I'm the CEO of me, and I'm the best boss.
- I will not be moved.
- God establishes my steps.
- I'm ready for a day of untold opportunities.
- I'm excited to see what happens next.
- I'm disciplined and dedicated to sticking with it.

1. Spiritual Wellness

2. Financial Wellness

3. Physical Wellness

4. Emotional Wellness

5. Social Wellness

6. Intellectual Wellness

7. Occupational Wellness

8. Environmental Wellness





Pivot Intellectual Wellness

It's time to Pivot and Take Action on your Plan.

Intellectual Wellness Pivot Exercises

Intellectual Growth Plan:

Schedule out what you need to do to implement your growth plan. If you need to research, schedule on your calendar when you'll do it.

Affirmations:

How do you want to display your affirmations? Write it next to each affirmation you created.

You can write them on:

- 3x5 cards
- Sticky notes
- Make a beautiful poster to hang on your wall
- create a digital graphic for your computer or phone

The more you can incorporate affirmations in your life, the more you'll see and speak them.

They only work when you work them, so put them everywhere.





Occupational Wellness

Occupational Wellness is having a fulfilling and enriching occupation (professional or academic work) with a positive and supportive work environment.

God has given us unique talents to help fulfill His plan for us. We need to be growing our talents and developing our skills continually or we'll feel stagnated.

Occupational Wellness Pause Exercise

Think about what God created you to do, your unique purpose, gifts, and talents.

What can the world expect from you based on who God created you to be and do? Write it here:



Pause and think about how you've been moving through the world up to this point. Write your thoughts here:

Does what the world expects from me and what I'm actually doing match?

Yes No

☐ ☐

Why did you answer the way you did? Write it here:

If you need help, use these questions to help you Pause and think about your Occupational Wellness:

Do I feel energized by what I'm doing?

- What am I doing to grow professionally?
- What's the last book I read in my area of expertise?
- What's the last conference I've attended or course I've finished in my area of expertise?
- Do I connect with others in my same profession regularly?
- Am I part of any networking groups or masterminds?





Process Occupational Wellness

Let's Process our Occupational Wellness.

Occupational Wellness Process Exercise

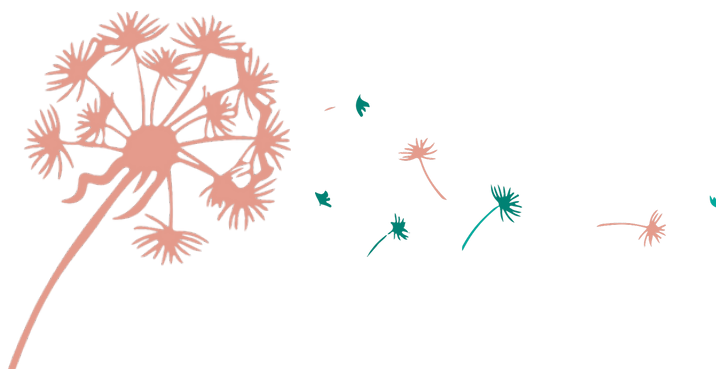
Rate your Occupational Wellness on a scale of 1 - 10.

1 being miserable in your current occupation or have zero idea what your purpose is.

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Now, ask yourself why you rated Occupational Wellness as you did? What's the root issue or cause?

If you rated yourself between a 1 and 9, what's holding you back from your Occupational Wellness being a 10?





Pray Occupational Wellness

JOHN 15:5 NIV

I AM THE VINE; YOU ARE THE BRANCHES. IF YOU REMAIN IN ME AND I IN YOU, YOU WILL BEAR MUCH FRUIT; APART FROM ME, YOU CAN DO NOTHING.

God knows what we need and don't need so we can bear the greatest amount of fruit possible so we can fulfill our purpose.

Occupational Wellness Pray Exercise

To bear fruit, we must abide or remain in the Vine.

So, let's go to God.

Ask God:

What do you need to be Occupationally healthy?

If you're Occupationally Well, ask Him what you need to keep and what you need to let go or prune so you can bear more fruit?

Ask Him for wisdom if you're unhappy with your current occupation or aren't seeing any fruit.

- What do you need to do?
- Do you need to seek a new occupation?
- Do you need to delegate more and focus on what only you can do?
- Do you need to grow in some aspect of your occupation?





Plan Occupational Wellness

What's your Plan to grow and bear more fruit in your occupation?

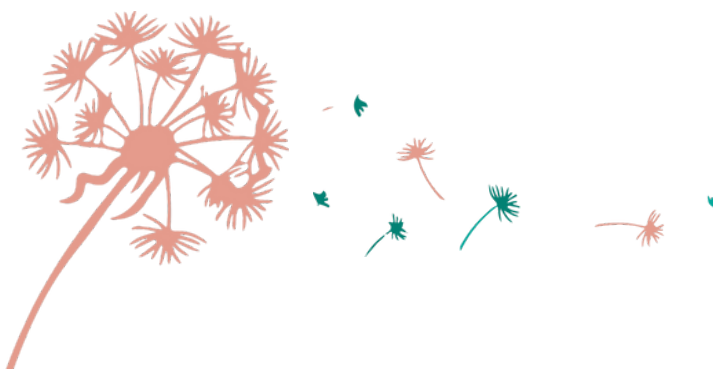
Here are some growth ideas:

- Attend conferences, seminars, workshops, and events.
- Study your area of expertise.
- Study outside your area of expertise; anything that sparks your interest.
 - This makes you more well-rounded and interesting.
- Connect with people who share ideas outside your area of expertise to increase your exposure and awareness of new concepts.

Occupational Wellness Plan Exercise

Write down what you will do to grow in your Occupational Wellness.

You can use the list above or create your own ideas. Also, write down what God told you when you went to Him in the Prayer exercise. Write your Occupational Wellness Plan here:





Pivot Occupational Wellness

It's time to Pivot and Take Action

to become your Occupationally healthiest self.
Pivoting will create the fruit we discussed or allow you to bear more fruit.

Occupational Wellness Pivot Exercise

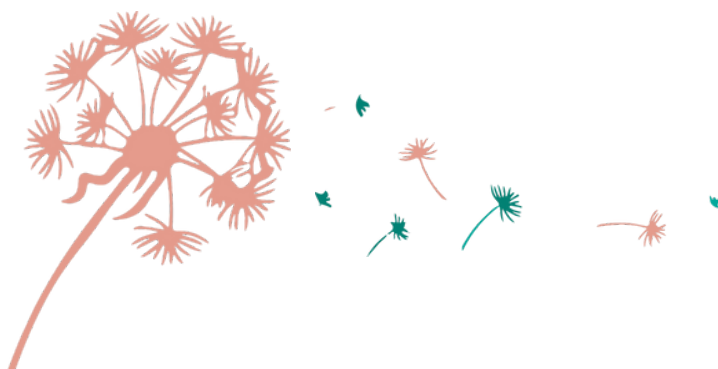
Write down what you need to do to Pivot and Take Action.

Schedule anything you can on your calendar, including the time you may need to research.

If there is anything you can do right now, do it?

Taking Action will create the momentum you need to continue your journey to Occupational Wellness.

When you're feeling overwhelmed or doubt the vision God gave you, or it seems like nothing you do is producing results or fruit, take yourself back through this process—Pause, Process, Pray, Plan and Pivot. You'll regain the confidence you need to keep going.





Environmental Wellness

Environmental Wellness refers to being in a nurturing and healthy environment (home/family and work), as well as having awareness and respect for the physical environment around us (nature).



Pause Environmental Wellness

With so much riding on our Environment and its impact on our ability to **Breathe**, let's Pause to examine our physical Environment to ensure it's as healthy as possible. If it's not, let's pinpoint where we can improve it.

Environmental Wellness Pause Exercise

Look at each of your Environments and ask yourself these questions.

Home:

What are five words that you would use to describe your home Environment?

i.e., peaceful, energizing, pleasing, family-oriented, cluttered, messy, toxic, crazy, etc.

1. _____
2. _____
3. _____
4. _____
5. _____

Home continued:

How do you feel when you walk in the door to your home? Describe it below.

What are five things you love about your home Environment?

1.

2.

3.

4.

5.

What are five things that could use improvement?

1.

2.

3.

4.

5.



Work:

What are five words that you would use to describe your work Environment?

i.e., collaborative, energizing, fun, rewarding, fast-paced, comfortable, inclusive, demanding, inconsistent, toxic, biased, micromanaging, etc.

1. _____
2. _____
3. _____
4. _____
5. _____

How do you feel when you walk into your office (whether working from home or traveling to a workplace)? Describe it below.



Work:

What are five things you love about your work Environment?

1. _____
2. _____
3. _____
4. _____
5. _____

What are five things that could use improvement?

1. _____
2. _____
3. _____
4. _____
5. _____



Nature:

I talked about the vital connection between your Environmental Wellness and nature. So, let's Pause and think about how much nature is incorporated into your daily life.

Yes No

- ☐ ☐ **Do you spend time outdoors?**
- ☐ ☐ **Do you have nature in your home and office, such as plants, a view of trees outside your window, etc.?**

When you're in nature, how do you feel at that moment?



Process Environmental Wellness

We're not always conscious of our home or work Environments and their effect on our ability to **Breathe**.

Environmental Wellness Process Exercise

Looking at your five words to describe your home and workplace Environments, explain why you used those words.

If the words you chose to describe your Environments are not producing the desired effects or hindering your ability to **Breathe**, then it's time to make a change.

What words do you **WANT** to be able to use to describe your home and work Environments?
How do you want to feel in these Environments instead?

Home

1.

2.

3.

4.

5.

Work

1.

2.

3.

4.

5.

How do you want to feel?

How do you want to feel?





Pray Environmental Wellness

God really does care about every area of our lives, including our Environments.

God was very specific on how He wanted the Israelites to create the first Tabernacle to worship Him. He spent seven chapters describing it detail. You can explore Exodus 25 - 31 for the whole story.

Environment matters to God, so it should matter to us too.

Environmental Wellness Pray Exercise

Pray and ask God what He thinks you need to change or be added to your Environment so you can be at your best.

Write what God shows you here:





Plan Environmental Wellness

Remember, your Environment matters. If we don't put thought into and plan out our environments, we miss out on their ability to help us **Breathe**.

Environmental Wellness Plan Exercise

Think about your home and work environments.

What is your Plan to create the atmosphere you desire?

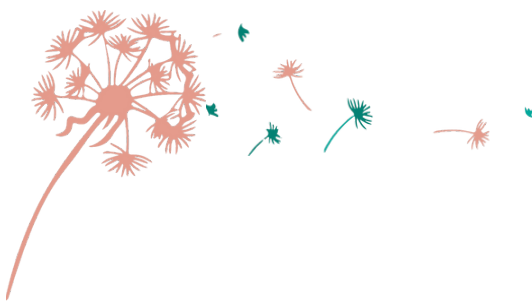
Environmental Ideas:

- Incorporate Feng Shui principles (see Resources section)
- Add plants to your environments
- Declutter spaces
- Organize spaces
- Add color to spaces through furniture, painting, decor, etc.
- Rearrange furnishings
- Create affirmation pictures
- Spend more time in nature—i.e., walking, jogging, picnics, etc.

What's your Environmental Plan for Home:

What's your Environmental Plan for Work:

What's your Environmental Plan for Self Rejuvenation in Nature:





Pivot Environmental Wellness

I have used all of the mentioned concepts in my home and workspace to create my desired Environment; it allows me to work, laugh, and create.

Environmental Wellness Pivot Exercise

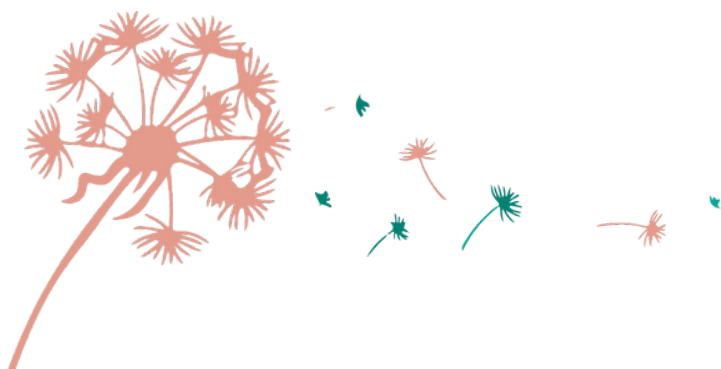
What will you do to Pivot and Take Action to create a healthy Environment?

Ideas:

- Look through magazines or websites like Pinterest to get inspiration.
- Purchase a Feng Shui, decorating or decluttering book.
- Buy plants
- Make affirmation pictures
- Purchase paint, decor or furnishings
- Schedule walks in nature

Write down here how you will Pivot:

Now, it's time to Pivot and Take Action. Schedule the components of your Environmental Wellness Plan now.



Wrap Up

Nurturing our Wheel of Wellness isn't a one-and-done thing.

We must continue to examine, tweak and feed these eight dimensions of wellness.

A healthy Wheel of Wellness fortifies you for any challenge and keeps you **Breathing** easy, living your best life as your best self.

You now have the necessary tools to Take Action—now go Take Action and **Breathe**.

Prayer Of Taking Action

I purpose to live according to the Holy Spirit; I set my mind on and seek those things which gratify the Holy Spirit. I no longer live my life after the flesh. I live the life of the Holy Spirit. Holy Spirit, direct and control me. May I always be a doer of the Word. I have God's wisdom, and I draw it forth in prayer. I am strong in the Lord and the power of His hands. In Christ, I am filled with the Godhead, Father Son, and Holy Spirit. I ask for all of these things or better in Jesus' name. Amen.

Scripture References

ROMANS 8:2, 4, 9, 14, 31, 37

AMP JAMES 3:17 AMP

ROMANS 12:21

HEBREWS 13:5

EPHESIANS 6:10

JAMES 1:22

1 CORINTHIANS 10:31 NIV

ECCLESIASTES 4:9-10 NLT

PROVERBS 18:21 AMP

DANIEL 1:19-20 NIV

PROVERBS 3:5-7 MSG

ROMANS 8:1

PSALM 35:27B NKJV

3 JOHN 2 AMP

MATTHEW 12:33 MSG

1 CORINTHIANS 6:19-20 NIV

PSALM 142

1 CORINTHIANS 15:33 NIV

JOHN 15:5 NIV

