

## **My Plan to Flourish In Well-Being as a Whole Person**

### **PRAY            Relationship with God**

#### **SPIRIT**    {Heart, Will}

- \_\_\_ I embrace and surrender to God's love for me, learning to love Him in return.
- \_\_\_ I am becoming more aware of paying attention to the sacred and God's presence with me in all things and at all times during the day.
- \_\_\_ I enjoy the life changing joy and Presence of God, and those closest to me see this.
- \_\_\_ I am open to being filled with the Holy Spirit flowing through me to others, choosing to abide and live in the spiritual emotions and character traits of the Spirit
- \_\_\_ I am discovering my true self and the essence of who I am in God.
- \_\_\_ I am becoming aware of my false self, breaking free from unhealthy desires, patterns, and my "default setting" that drives me.
- \_\_\_ I reserve a daily quieting time to slow down, listen and be with God. For Bible reading, self-examination, and prayer in order to know God and his will for my life and to gain the power to follow his will.
- \_\_\_ I am learning a lifestyle rhythm of intentional healthy habits and transforming spiritual practices such as:
  - \_\_\_ Silence and solitude
  - \_\_\_ Bible reading—Lectio Divina (meditating on Scripture)
  - \_\_\_ Prayer: listening and communing with God
  - \_\_\_ Meditation
  - \_\_\_ Reading, writing, journaling
  - \_\_\_ Listening to good, uplifting music. Singing, praising, worshiping
  - \_\_\_ Connecting with spiritual friends
  - \_\_\_ Receiving spiritual direction
  - \_\_\_ Keeping the Sabbath
- \_\_\_ I am becoming more intentional about creating a sanctuary in my soul and my surroundings.
- \_\_\_ I am aware of blessings in my life and becoming more thankful and grateful.

### **THRIVE            Self Care and Wellbeing**

#### **EMOTIONS**

- \_\_\_ I am living more vulnerably, honestly and authentically out of the true, best self I am in God — diminishing the unconscious aspects that drive my false self.
- \_\_\_ I am discovering God's grace and mercy where I am wounded and vulnerable.
- \_\_\_ I am becoming more intentional about daily cultivating positive spiritual emotion.

- \_\_\_ I am developing awareness of my inner thoughts and feelings, expressing them in a healthy, constructive way. (increasing my EQ)
- \_\_\_ I am learning to deal appropriately with difficult, negative emotions.
- \_\_\_ I am learning to grieve all my losses well.
- \_\_\_ I am discovering how to go through crisis in a healthy way.
- \_\_\_ I am becoming aware of and pursuing healing for emotional wounds and family of origin issues.
- \_\_\_ I pursue what nurtures and replenishes me.
- \_\_\_ I laugh more, keeping a sense of humor.
- \_\_\_ I am learning to be forgiven, to forgive, and to “let go.”

## **MIND**

- \_\_\_ I am breaking free from unhealthy habits and patterns.
- \_\_\_ I practice healthy habits of the mind: hopeful, positive, encouraging thoughts.
- \_\_\_ I dispute negative self-talk that leads to negative emotions (fear, worry, anger).
- \_\_\_ I try to keep a positive (God) perspective, especially during difficult times.
- \_\_\_ I am growing in personal character strengths and talents. I have a to-be list.
- \_\_\_ I am learning healthy ways to reduce stress, anxiety, and worry.
- \_\_\_ I practice mental hygiene such as relaxation and Christian meditation.
- \_\_\_ I am aware of my body/mind connection, cultivating positive thinking, emotions, and actions.
- \_\_\_ I listen to and talk with people to learn and enrich my life.
- \_\_\_ I keep learning — reading inspiring books, magazines, and journals, and listening to teaching that inspires me.

## **SOUL**

- \_\_\_ I am aware of my soul being like an inner river - my center - that organizes and integrates my life in unity.
- \_\_\_ I spend time in practices like silence and solitude so that God can restore my soul
- \_\_\_ I am intentional about my personal growth.
- \_\_\_ I spend time enjoying nature and beauty.
- \_\_\_ During challenging times, I draw deeply on the Spirit of God to be strengthened.
- \_\_\_ During challenging times, I reach out to be strengthened and encouraged by others

## **BODY**

- \_\_\_ I care for my body, being in tune with my body as a messenger for my health.
- \_\_\_ I aim for a healthy brain that helps me make good choices, motivating me to flourish.
- \_\_\_ I eat balanced, nutritious meals.

- \_\_\_ I avoid unhealthy processed products.
- \_\_\_ I take vitamin and mineral supplements for special physical needs.
- \_\_\_ I drink eight to ten glasses of water daily.
- \_\_\_ I exercise regularly, at least thirty minutes at a time.
- \_\_\_ I practice healthy stress management and relaxation skills.
- \_\_\_ I remember to breathe deeply throughout the day.
- \_\_\_ I get regular medical checkups and attend to medical needs.
- \_\_\_ I express authentic, healthy sexuality.
- \_\_\_ I am growing in self-care as a spiritual practice, making my well-being a whole-person care a priority.
- \_\_\_ I enjoy being out in nature and enjoying fresh air and exercise outside.

### **REST and RESTORE**

- \_\_\_ I get enough sleep, rest, relaxation and recuperation each night/day.
- \_\_\_ I keep the Sabbath—one day of recovery and enjoyment every week.
- \_\_\_ I regularly have down time to recover from stress and build resilience
- \_\_\_ I go on retreats and vacations (quarterly, annually)

The rush and pressure of modern life are a form, perhaps the most common form, of its innate violence. To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything is to succumb to violence.

-Thomas Merton, *Conjectures of a Guilty Bystander*

### **PLAY and CREATIVITY**

- \_\_\_ I take a break from my regular routine for fun activities and creative hobbies.
- \_\_\_ I foster approaching life with curiosity, delight, awe and wonder.
- \_\_\_ I keep learning new skills and enjoying hobbies – ‘restorative niches’ – that are life giving and invigorating to me.
- \_\_\_ I enjoy being creative, co-creating with God.
- \_\_\_ I am open to being spontaneous and playful.

Play is good. Creation was play for God ... Creation was an act of joy and delight in the goodness of what was done... So when we play, we seek God in what is good through play ... – Dallas Willard.

Work is creative and related to play. Work creates value. Allows us to watch God move.  
Play is creation of value that is not necessary- but reveals God’s beauty with delight, wonder and joy.

## **LOVE      Relationships with Others**

- \_\_\_ I love others well out of embracing God's love for me.
- \_\_\_ I initiate and cultivate positive relationship attachments.
- \_\_\_ I am nurturing friendships and connecting with people I care about.
- \_\_\_ I am a 'friend for the journey' for others.
- \_\_\_ I connect with family in as healthy a way as possible.
- \_\_\_ I practice showing love, kindness and compassion.
- \_\_\_ I practice forgiveness. Towards others, and myself.
- \_\_\_ I show appreciation towards God and others.
- \_\_\_ I am a 'Shalom Bringer', a flourisher, a loving safe place, a joy spreader, a peacemaker, and a hope giver.
- \_\_\_ I am learning to resolve conflict maturely.

The most important human need is to be loved. Our relationship with God and others is what life and love are all about... People need connection with God and others.

We are hardwired for it in every neuron in our brain.

Biological systems predispose us to form and sustain enduring, nurturing relationships.

We need to be loved and nurtured by one another, always. – Dr. Catherine Hart Weber

Keep the joy of loving God in your heart and share this joy with all you meet,  
especially your family. - Mother Teresa

## **WORK      Purpose and Meaningful Engagement**

- \_\_\_ I am aware of and pursue my calling, passions, vocation and purpose in life.
- \_\_\_ I am meaningfully engaged with this purposeful work and calling in life.
- \_\_\_ I set goals to live out my values and visions and dreams.
- \_\_\_ I focus on what matters most, which increases my life satisfaction.
- \_\_\_ I balance my personal life {being} with what I do for work {doing}.
- \_\_\_ I am honestly aware of my strengths, weaknesses, and limits.
- \_\_\_ I develop and use my strengths, gifts, and skills to serve others so they may flourish.
- \_\_\_ I show altruism and generosity towards others.
- \_\_\_ I show careful oversight with what has been entrusted to me – money, possessions, use of time, caring for God's creation.