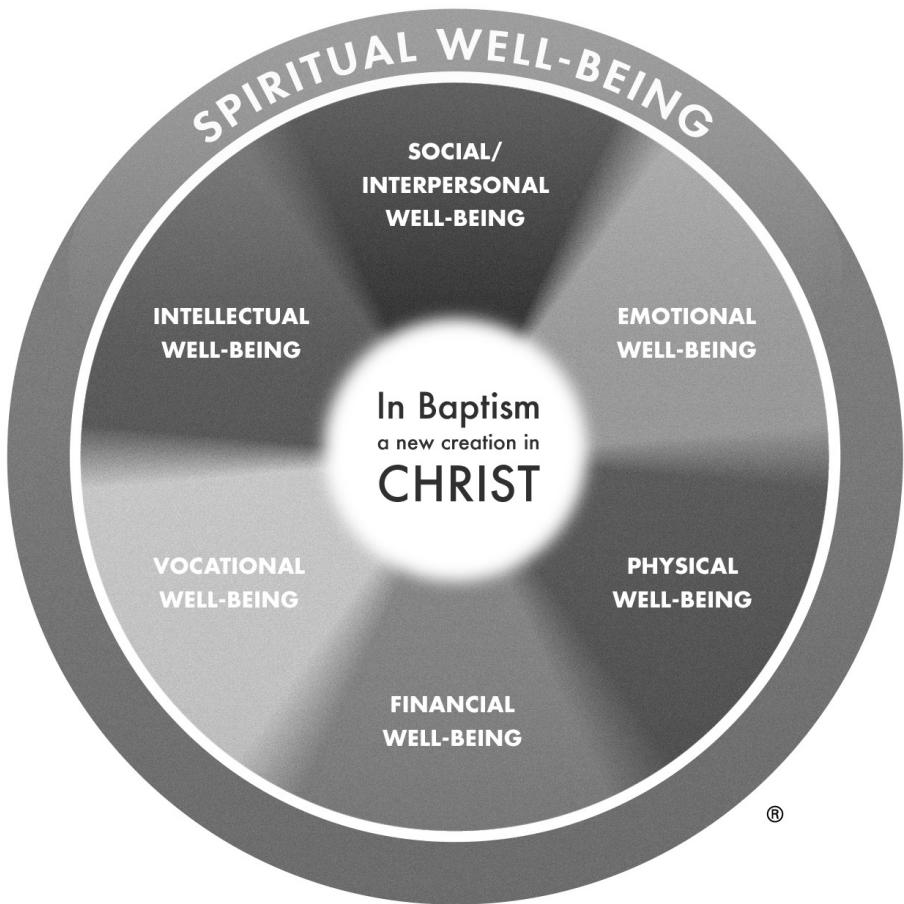


# THE WHOLENESS WHEEL



**Note:** Portico Benefit Services' wholeness wheel emblems are trademarks of Portico Benefit Services (U.S. Patent and Trademark). Certificate of registration numbers: 4,637,260; 4,637,258; 4,637,259; 4,636,828; 4,677,811; 4,769,984.

**MARTIN LUTHER SAID,** "This life, therefore, is not godliness but the process of becoming godly, not health but getting well, not being but becoming, not rest but exercise. We are not now what we shall be, but we are on the way." We can't be "whole" in this life, but we can become acquainted with the wholeness to come by striving to live well in key aspects of our lives. The Wholeness Wheel is a tool we use to understand whole-person health.

## **Social/Interpersonal well-being**

We were created by God to be social beings, living in community and instructed to help and love each other. Make time to build and maintain social well-being through interaction, play and forgiveness. Take time to nurture your relationships with family, friends, congregation and co-workers.

## **Emotional well-being**

Being emotionally well means feeling the full range of human emotions and expressing them appropriately. Self-awareness is the first step. Recognizing and honoring your own feelings and those of others — stress, contentment, anger, love, sadness, joy, resentment — will help you live life abundantly.

## **Physical well-being**

While we are not all born perfectly healthy or able to live life without injury or illness, we can live well with tending and nurturing. Honor your body as a gift from God. Feed it healthy foods, keep it hydrated, build your physical endurance through regular exercise and respect your body's need for rest.

## **Financial well-being**

In all aspects of well-being we are called to be stewards. Good financial stewards make decisions based on their values, which is evident in the way they save, spend and share. This understanding of stewardship embraces resilience, sustainability and generosity.

## **Vocational well-being**

We all have a calling – a vocation – to follow Christ's example, living a life of meaning, purpose and service to our neighbor. Our vocations are our life's work and passions – our everyday roles through which God calls us to help make this world a better place. Those who are well vocationally are faithful stewards of their talents and abilities, and find opportunities to build and use them.

## **Intellectual well-being**

A mind is a terrible thing to waste. Using our minds keeps them alert and active. Stay curious, ask questions, seek answers. Explore new responsibilities, experience new things and keep an open mind. And remember, knowing when and how to let your mind rest is as important as keeping it active.

## **Spiritual well-being**

Living a centered life focused on God affects each aspect of our well-being. Turn to God for strength as you seek to live well in Christ. Nurture your relationship with God through prayer, devotions, worship, nature, art and music. Explore who you are and know whose you are.