

# The Wholeness Wheel



**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.

*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.*

The Wholeness Wheel was copyrighted by the InterLutheran Coordinating Committee on Ministerial Health and Wellness of the Evangelical Lutheran Church in America and the Lutheran Church-Missouri Synod in 1997. Financial well-being was added to the wheel in 2008.

**Reflect on these questions as you read through the descriptions of each aspect of well-being:**

- In which dimension(s) of the Wholeness Wheel do I feel *most* well?
  - In which dimension(s) of the Wholeness Wheel do I feel *least* well?
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**If you identify a dimension of your Wholeness Wheel that needs work, set a SMART goal:**

(SMART = Specific Measurable Achievable Realistic Time-specific)

Date:

My SMART goal:

When I want to achieve it:

How I'm going to do it:

How I'm going to measure it:

Who will help me be accountable: