



the
Wheel *of*
Wellness

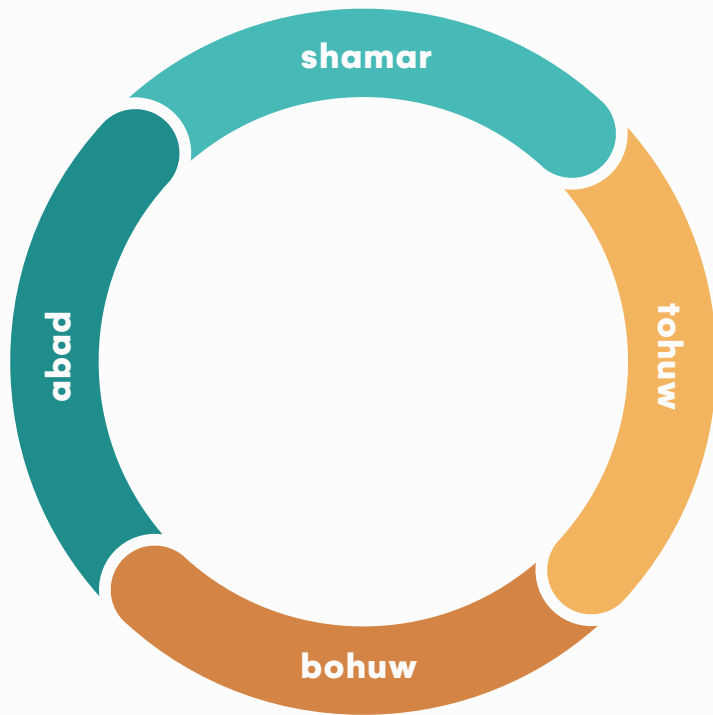
BY PASTOR JOHN CARTER





What is the wheel of wellness?

The wheel of wellness was designed to help you move anything in your life, that is out of order (in Tohuw), or in chaos (in Bohuw); to a place of peace (Shamar).

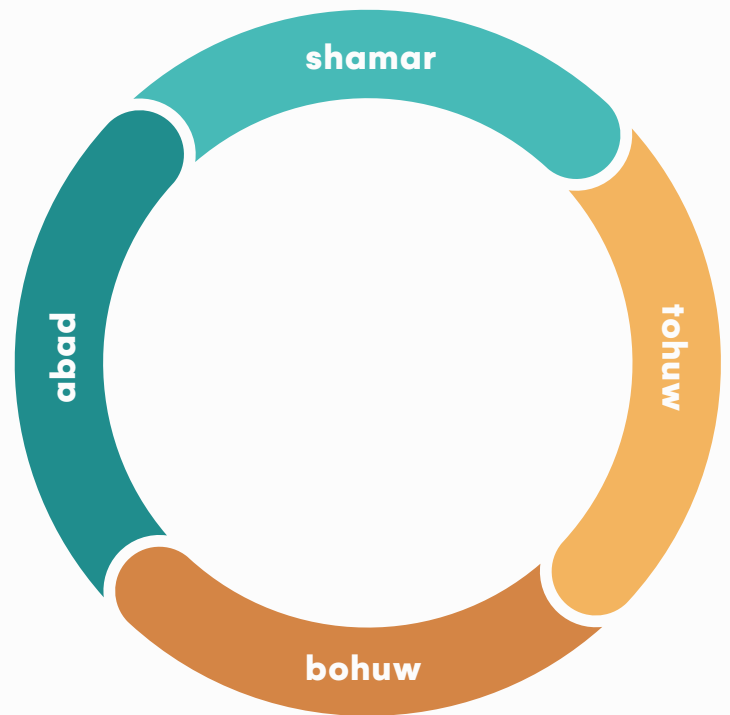


How does the Wheel of Wellness Work?

Everything that you have in life is somewhere on the wheel of wellness. Use this tool to help you build momentum for change in any area of your life.

The Wheel of Wellness is centered around the four biblical principles of Shamar, Tohuw, Bohuw, and Abad.

What are the principles on Wheel of Wellness?



Shamar

The biblical law of stewardship shows us that the peace is a product of order. One of your goals is to create structure and habits to maintain and/or create peace in your life.

Tohuw

This is when a loss of structure has occurred. For example, the habits, routines, or structure that you put in place to achieve your goal(s) is no longer present.

A loss of structure typically occurs because the actions that were associated with achieving, are different than those of maintaining. Just because you have something doesn't mean you're guaranteed to keep it.

Bohuw

Often a product of Tohuw, Bohuw is when the lack of structure results in chaos. This can cause internal feelings of panic, shame, and being overwhelmed.

Usually people want to skip right over this step and move straight to Abad (creating an action plan). But what you actually need to do at this step is hover.

You need to hover over the chaos in your life, and take ownership of it. If you can't own the chaos, then you won't be able to own the plan to fix it. This is an opportunity for you to take ownership over your life.

Abad

This is the place where you identify, and plan a course of action to resolve the chaos in your life. This is the moment where you reclaim ownership over your life. Abad is the place where you'll create action steps to move forward in bringing the chaos and loss of structure in your life back to Shamar, peace.

Sustainable Change Exercise

Use the questions below to help you move anything in your life, that is out of order (Tohuw), or in chaos (Bohuw); to a place of peace (Shamar).

1. Identify Reality

In the middle of the circle write an area of your life that is in Tohuw (losing order) or Bohuw (overwhelming/chaos) and is causing you panic and a feeling of powerlessness. (Ex: my spending habits, my financial state, my marriage, my credit score, my health, etc.)

2. Consider the Result (Ways)

Write the current consequences that this lack of order is causing in your life and relationships. (List at least 5 things.)

3. Price of Inaction

Ask yourself, "How will I feel in 5 years when I am _____ if nothing changes?" **Be specific.**

4. Dream the Dream

What do I want this area of my life to look like in 5 years? **Be clear** about what result you want.

5. Identify Wisdom

What must I do to experience this? Identify the behaviors that you can do to reach this. **Be specific!** (Ex: 1 hr/day = (9) 40 hours weeks)

6. New Results

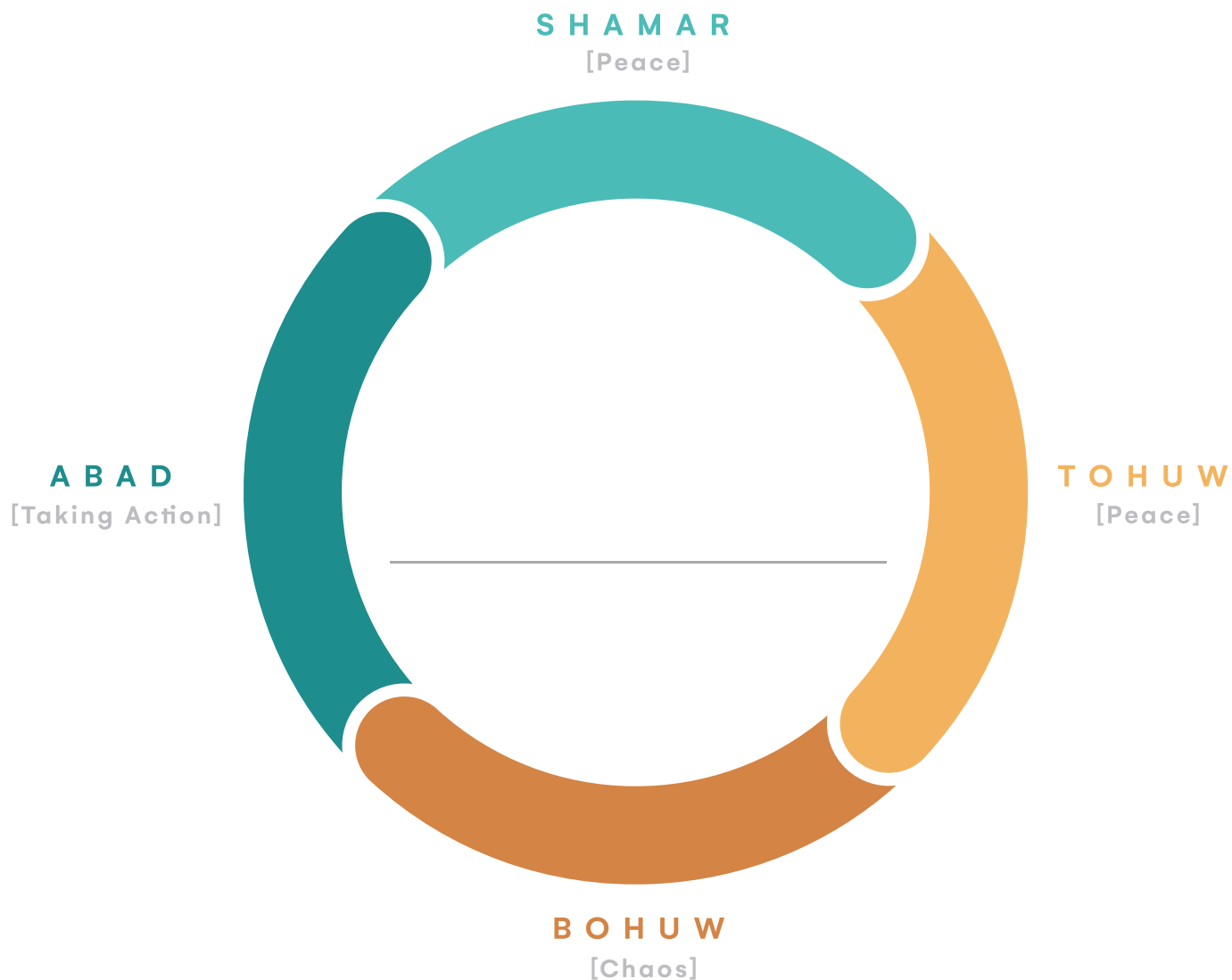
Imagine yourself with the results of this positive change. How will I feel if I make this change in 1 year? In 5 years?

7. Action Steps

Write 2-3 immediate steps you can take this week. Write a start date and **begin.**

Momentum for Change Exercise

Use the wheel of wellness to help you move anything in your life, that is out of order (in Tohuw), or in chaos (in Bohuw); to a place of peace (Shamar).



ACTION STEPS

How are you going to take action on the chaos in your life?

