

# The WHOLENESS CONTINUUM

*It's a choice!*

0

*Wait til its broke,  
then fix it.*

*Overwhelmed by  
life's problems.*

*Often  
feel hopeless.*

1

2

*Life is seen as problems to  
be controlled or managed.*

*Anxiety and stress are a  
constant pressure in your  
life. Wish it would go  
away.*

3

4

5

Status quo:  
Consumer:  
house, cars,  
kids, stuff  
equals success

Health taken  
for granted

Get up, go to  
work, go home,  
get up next day  
to do all over  
again.

Life on  
autopilot

6

7

*Know SELF as a  
physical,  
emotional,  
thinking, sexual  
and spiritual  
being.*

8

9

*Life is an on-going, growing  
journey.*

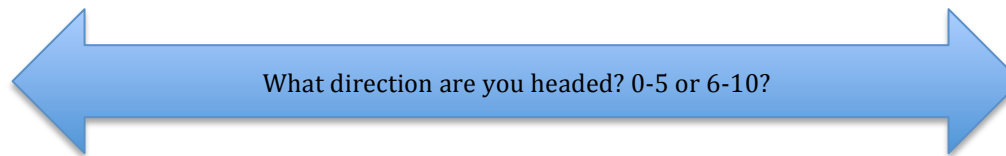
*A daily lifestyle practice to  
prevent illness, live fully.*

*Challenges accepted as  
necessary part of becoming  
whole.*

10

- Lack awareness of WHOLENESS as a framework for living life.
- Reactive—often feel like a victim to life's experiences; feel as if it prevents you from having the life you desire.
- Doing enough to get by—crisis driven.

- Full awareness of WHOLENESS as a framework for living life.
- Proactive: accept every experience of life as part of the whole you are becoming.
- Seek to build in the 16 core areas, 5 edges that create SELF.



❖ **It's not so much where you are on the Wholeness Continuum....it's what direction are you headed?**

*0-5 reflects lack of awareness of Wholeness—not using it as a framework for defining your life efforts.*

*6-10 reflects awareness of Wholeness—using it as a framework for defining your life efforts.*