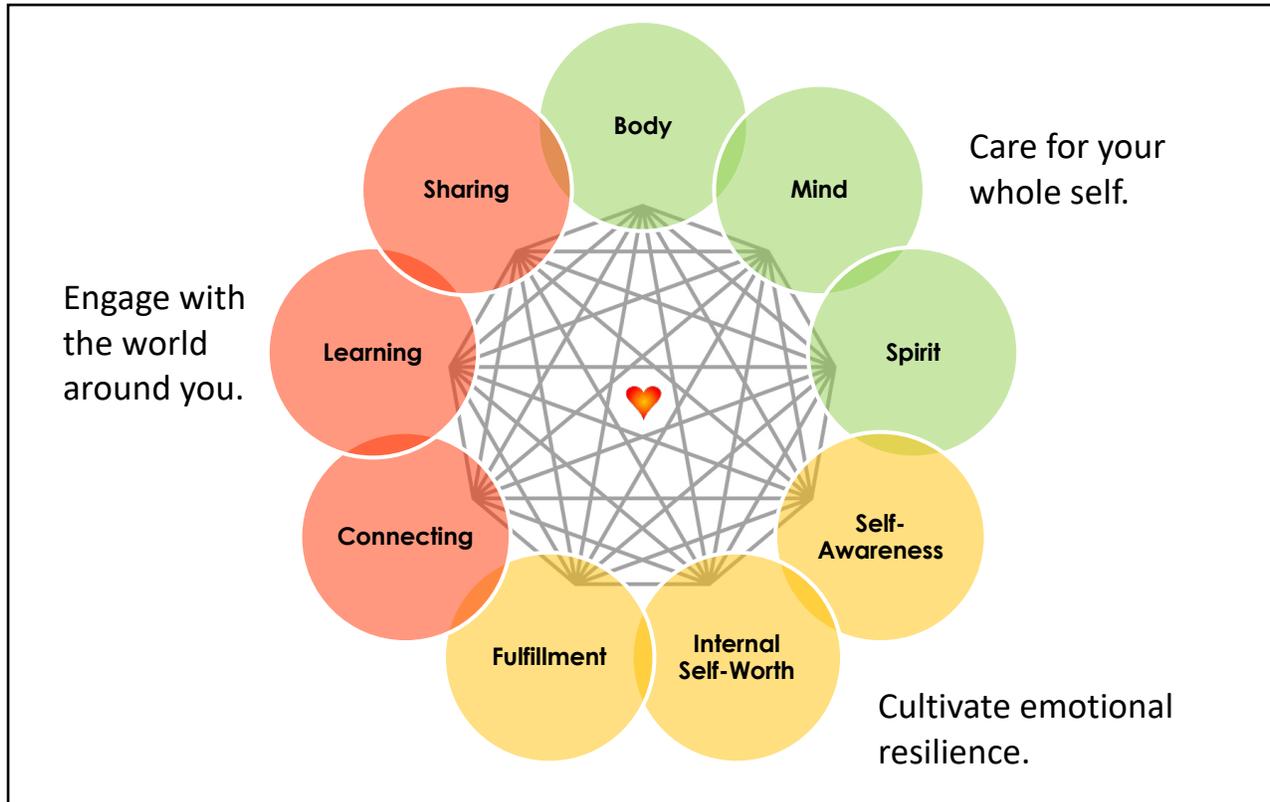


The Wholeness Framework™

How to live a whole life in an uncertain world



Framework Overview

In the dictionary, wholeness is defined as an “unbroken completeness with nothing lacking.” Experiencing this feeling in your daily life involves addressing all the physical, mental, spiritual, emotional and social aspects of being human, but it’s important to remember that a whole life includes sadness, as well as happiness. Sickness, as well as health. Loss, as well as connection. This framework integrates all your experiences together in a way that helps you make sense of them, so you can feel authentically whole regardless of your circumstances.

The Wholeness Framework™ helps you authentically care for yourself and engage with the world around you by cultivating the emotional resilience to navigate uncertainty.

This doesn’t mean that you now need to put effort into “fixing” every single aspect of your life. Since all the different areas are interconnected, you can strategically focus on just one and still make a noticeable impact on all the others. Also, keep in mind that putting time and energy into the area that seems most in need of attention won’t always produce the results you want. It might sound counterintuitive, but the path of least resistance is often the best course of action.

Please read on for more information about the three different aspects of the framework...

Care for Your Whole Self

- Care for your Body by meeting your basic needs for nutritious food, adequate sleep, enjoyable exercise, and quality healthcare.
- Care for your Mind by developing a healthy relationship with stress, learning how to effectively manage anxiety, practicing mindfulness, and accessing mental health resources whenever necessary.
- Care for your Spirit by experiencing self-transcendence and developing a deeper understanding of where you put your faith.

Cultivate Emotional Resilience

- Cultivate Self-Awareness by becoming conscious of your thoughts, feelings, beliefs, motivations, intentions, core values, and natural traits and strengths.
- Cultivate Internal Self-Worth by fostering the belief that your respectability and value as a human being is independent of your appearance, circumstances, or accomplishments.
- Cultivate Fulfillment, regardless of your circumstances, by expressing your deepest core values in your daily life.

Engage with the World around You

- Engage with the world by Connecting with other people, while at the same time learning how to establish and maintain healthy boundaries.
- Engage with the world by Learning how to see new perspectives, find wisdom, and navigate adversity.
- Engage with the world by Sharing what you've learned with those you are here to serve.

Reflection questions...

1. Which aspect of the Wholeness Framework is the easiest for you to focus on and influence?
2. Which aspect is the most challenging for you?
3. Which aspect do you tend to completely overlook or ignore?
4. Which aspect is most in need of attention right now?
5. How can you strategically influence the aspect that comes easiest to you to make a positive difference in the area that needs the most attention right now?