

What if your path to wellness is crooked **NOT** straight?

8 ways to start your wellness journey

Alexis was motivated to lose weight and keep it off because she wanted to make the weight requirement to **skydive for her 30th birthday**, *NOT* because she was worried about her risk for diabetes or heart disease.

Fred found the discipline to finally stop smoking after his granddaughter had an **asthma attack in his home**, *NOT* because he was worried about his risk for cancer.

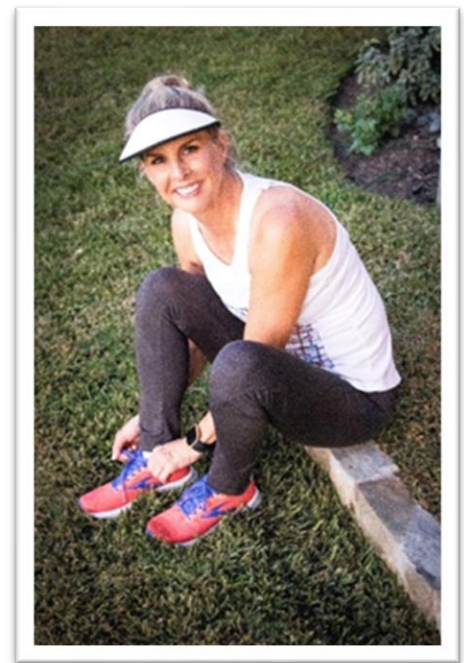
Shae finally found her occupational confidence because she **competed in ComiCons** and found out she was a highly skilled costume maker, *NOT* because she found the right company to put her master degree in engineering to work.

While some *CAN* achieve success by walking a direct line between doctor's orders to weight loss, budgeting to wealth, or education to the C-Suite, for most of us it can be a crooked path.

There are eight dimensions of wellness and for many of us our success in one dimension can cause a domino effect to success in another, then another, then another until we have total life wellness – no the joy and empowerment we experience when things fall into place.

The key is to find out where your “start” is. In the example of Alexis, her start was in her Social Wellness where she wanted to skydive and that led to the fall of the next domino, Physical Wellness, through weight loss.

The book **Well with God** takes you on **your unique journey** to discover your starting place. Explore the 8 dimensions of wellness, through real stories and valuable help from a 30 year wellness professional.



THE 8 DIMENSIONS OF WELLNESS

- PHYSICAL
 - FINANCIAL
 - MENTAL
 - ENVIRONMENTAL
 - OCCUPATIONAL
 - INTELLECTUAL
 - SOCIAL
 - SPIRITUAL
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