



LOVEWELL MINISTRIES

LOVE. DISCIPLE. REPEAT.

Personal Development Workbook

1. What are the 5 key concepts of personal wellness?

2. Wellness Toolbox

3. Daily Maintenance

- What I'm like when I'm well
- Things I need to do every day
- Things I might need to do

4. Triggers and Trigger Action Plan

5. Early Warning Signs and Action Plan

Section 1

The 5 Key Concepts of Personal Wellness

HOPE

PERSONAL RESPONSIBILITY

EDUCATION

SELF-ADVOCACY

SUPPORT

Hope: a feeling of expectation and desire for a certain thing to happen

A life of personal wellness is possible for everyone. Focusing on your personal sense of hope will help you to reframe challenges as opportunities for personal and spiritual growth.

What does God have to say about hope?

“For God so loved the world that he gave his one and only Son, that whoever believes in Him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through Him.” John 3:16,17

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.” Jeremiah 29:11-13

Blessed be the God and Father of our Lord Jesus Christ! According to His great mercy, He has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead. 1 Peter 1:3

Through Him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God’s love has been poured into our hearts through the Holy Spirit who has been given to us. Romans 5:2-5

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope. Romans 15:13

For the grace of God has appeared that offers salvation to all people. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in this present age, while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, who gave Himself for us to redeem us from all wickedness and to purify for Himself a people that are His very own, eager to do what is good. Titus 2:11-14

In the space below, draw your picture of hope... Be creative!

Personal Responsibility: the idea that human beings choose, instigate, or otherwise cause their own actions and that because we cause our actions, we should be held accountable

Foundational to your wellness is that it is a personal choice. You must choose to live well.

What does God have to say about personal responsibility?

Tell the righteous it will be well with them, for they will enjoy the fruit of their deeds.

Isaiah 3:10

For even when we were with you, we gave you this rule: “The one who is unwilling to work shall not eat. 2 Thessalonians 3:10

Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain. 1 Corinthians 15:58

Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. Ephesians 4:14

Look, I am coming soon! My reward is with me, and I will give to each person according to what they have done. Revelation 22:12

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. Colossians 3:23,24

For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. Ephesians 2:10

Education: the process of obtaining information about or training in a particular field or subject

You are going to have to educate yourself on personal wellness. Then, based on what you have learned, decide what action you are going to take on your own behalf.

What does God have to say about education?

And Jesus grew in wisdom and stature, and in favor with God and man. Luke 2:52

“Then you will know the truth, and the truth will set you free.” John 8:32

Desire without knowledge is not good— how much more will hasty feet miss the way!
Proverbs 19:2

Know also that wisdom is like honey for you: If you find it, there is a future hope for you, and your hope will not be cut off. Proverbs 24:14

The simple believe anything, but the prudent give thought to their steps. Proverbs 14:15

His God instructs him and teaches him the right way. Isaiah 28:26

It used to be assumed that people who were having challenges in their lives could not help themselves. Now, we know that is just not true. Everyone can learn and benefit from that learning. We need to make good decisions based on good information.

In the space below, list some tools and/or resources you can use to educate yourself on different personal wellness topics.

Self-Advocacy: the action of representing oneself or one's values

Rather than depending on others to advocate for you, step up to the plate and advocate for yourself. The ability to “advocate for you” is necessary for personal wellness.

Thirteen Steps to Being an Effective Self-Advocate:

1. Believe in yourself.
2. Know your rights.
3. Seek the Lord’s wisdom.
4. Decide what you want.
5. Get the facts.
6. Seek the Lord’s wisdom!
7. Plan your strategy.
8. Seek the Lord’s wisdom!!
9. Gather support.
10. Target your efforts appropriately.
11. Seek the Lord’s wisdom!!!
12. Express yourself clearly.
13. Assert yourself calmly.

What does God have to say about self-advocacy?

I can do all this through him who gives me strength. Philippians 4:13

For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline. 2 Timothy 1:7

So we say with confidence, “The Lord is my helper; I will not be afraid. What can mere mortals do to me?” Hebrews 13:6

“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.” Joshua 1:9

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isaiah 41:10

Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. Ephesians 4:15

Self-Esteem Tree Draw a tree with words and pictures that represents your growing sense of self. The tree should amount to the parts of yourself and your life that you value.

Instructions: Use words that express and describe the following for the tree parts...

Roots = Describe your strengths, positive qualities, things you do well, what you like about you

Trunk = Name the relationships and roles you enjoy in your life

Branches = Identify the dreams and goals you have or are working to achieve

Leaves = Describe how achieving these goals and dreams feels or how you would like to feel when achieved

What do you value?

From the list below, circle the three LoveWell Ministries values which are the most important to you. Then, in the spaces provided, write the value and why it is important to you personally.

LOVE

TRUST

HUMILITY

OBEDIENCE

STEWARDSHIP

What other things do you value? For example: family, integrity, honesty, etc...

SELF-ADVOCACY requires you to have a realistic view of yourself and your surroundings. If you fail to evaluate yourself and your surroundings, you may find yourself trapped in a situation that is not conducive to your overall personal wellness. Having a clear picture of your current living space and lifestyle can help you to determine if any changes need to be made, and if so, how to speak up for yourself when making these changes.

Your Living Space & Lifestyle

Do you look forward to going home?	YES	NO
Is your home safe and secure?	YES	NO
Is your home uncluttered, attractive, and comfortable to you?	YES	NO
Do you have private space in your home that is respected by others?	YES	NO
Do those you live with help you stay well rather than make it harder?	YES	NO
Is your home easily accessible to services you need?	YES	NO
Is your home easy to maintain?	YES	NO
Do most of your triggers occur when you are at home?	YES	NO
Do you need to make a change to your living space?	YES	NO
Is your life hectic or chaotic?	YES	NO
Are you always taking care of others and not yourself?	YES	NO
Do you try to do too much every day?	YES	NO
Do you take on more than you should?	YES	NO
Do you have more things than you need?	YES	NO
Is your lifestyle difficult to manage?	YES	NO
Are there people in your life that make it hectic or chaotic?	YES	NO
Do you need to make a lifestyle change?	YES	NO

Write out your answers to the questions below in the space provided...

Do you need to make changes?

If so, how might you make them? How might you advocate for yourself in making them?

SUPPORT: assistance; enable to function or act well; help and encouragement from trusted sources

While working toward your personal wellness is up to you, receiving support from and giving support to others will help you feel better and enhance the quality of your life.

What does God have to say about support?

Therefore encourage one another and build each other up, just as in fact you are doing.

1 Thessalonians 5:11

Above all, love each other deeply, because love covers over a multitude of sins. Offer hospitality to one another without grumbling. Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. 1 Peter 4:8-10

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another - and all the more as you see the Day approaching. Hebrews 10:24,25

Carry each other's burdens, and in this way you will fulfill the law of Christ. Galatians 6:2

As iron sharpens iron, so one person sharpens another. Proverbs 27:17

Each of us should please our neighbors for their good, to build them up. Romans 15:2

For lack of guidance a nation falls, but victory is won through many advisers. Proverbs 11:14

Support is provided through services and community-based programs, family members, friends and social networks, the faith community, and people with experience in personal wellness.

Who supports you? Who do you support?

Use the space below to brainstorm groups, networks, providers, resources, and communities that could or do provide you with support in your wellness and recovery.

For example: LoveWell Ministries, an exercise class, Toastmasters, The VFW

Who are your closest supporters? These are the people that will have your back no matter what; the inner circle. Jesus had three supporters like this. (Peter, James, & John)

Who are some supporters/friends that you enjoy and that enjoy you? These people should be those you can depend on to help you when you are in need and that can depend on you when they are in need. We know of 16 supporters/friends that Jesus had like this. (The 12 Apostles, 2 Marys, Martha & Lazarus)

Finally, who are some friends/people you like or enjoy but cannot depend on? Note: Jesus tells us that it is “more blessed to give than to receive,” so these might just be the people you ought to focus more on serving and supporting rather than receiving support from.

Section 2

Wellness Toolbox

The next step in developing your own personal wellness is to create a Wellness Toolbox. Your Wellness Toolbox is a list of things you have done in the past, or could do in the future, to help yourself stay well. Include things that you can do to help yourself feel better when you are not doing well. Your list of tools can also include a list of things you want to avoid, like drugs & alcohol, sugar & caffeine, going to certain places, or certain people.

When creating your personal Wellness Toolbox, list the tools, strategies, and skills you use on a daily basis to keep yourself well, along with those you use occasionally to help yourself feel better. Include the healthy things you have done in the past, things that you have heard of and thought you might like to try, and things that have been recommended to you by others. You can always add to your Wellness Toolbox as you educate yourself on personal wellness. It is always a good attitude to get ideas from those you look up to. You can get other ideas from resources like The Bible, self-help books, and personal wellness websites.

Commonly Used Wellness Tools:

- talk to a friend
- talk to a health care provider
- prayer
- studying The Bible
- focusing exercises
- mindfulness, relaxation, or stress reduction exercises
- creative activities (art, music, etc.)
- affirmations
- journaling
- attend a small group/support group
- create a gratitude list
- listen to music
- exercise
- eating healthy
- drinking plenty of water
- take a day to yourself
- write a thank you letter to God
- take an afternoon nap

Section 3

Daily Maintenance Plan

This may very well be the most important section of your personal wellness! You may have discovered that there are certain things you need to do every day to maintain your physical, mental, emotional, and spiritual wellness. Writing these things down, making them tangible, and reminding yourself daily to do these things is an important step toward overall wellness.

Part 1, what I'm like when I'm well:

Describe yourself when you are feeling well. Be as thorough as possible. Be as honest with yourself as possible. Some possible descriptive words are: talkative, quiet, athletic, outgoing, optimistic, responsible, energetic, active, humorous, curious, approachable, reasonable.

Part 2, things I need to do every day:

Make a list of things you know you need to do for yourself every day to keep yourself feeling happy and healthy. This list needs to be easily doable in a day. These are the healthy and constructive things you will plan your day around. Some possible examples include: spend at least half an hour alone with God each morning, eat three healthy meals, drink at least six-8 ounce glasses of water, write in my journal for at least 20 minutes, go to work if it's a work day, check in with a friend/spouse for at least 10 minutes.

Part 3, things I might need to do:

Make a reminder list of the things you might need to do in addition to the things you know you must do. These things are like an added bonus. This is a "Do I need to?" or "Would it be good to?" list. Reading through this list often will help keep you on track. Some possible examples include: go to church, go to a small group or support group, take a hot bubble bath, buy groceries, do laundry, call or visit your family.

"God gave us the gift of life; it is up to us to give ourselves the gift of living well." ~ Voltaire

-Personal Wellness- My Daily Maintenance Plan

How I feel when well...

Things I need to do every day to maintain my wellness...

"What you do today can improve all your tomorrows."

~ Ralph Marston

Section 4

Triggers and Trigger Action Plan

Triggers are external events or circumstances that, if they happen, may produce signs that are uncomfortable. Triggers are things that happen outside of you. Triggers are things that cause you distress. While they are normal reactions to events in your life, if you don't respond to them and deal with them, they may cause a worsening in the way you feel.

The awareness of these sensitivities and the development of plans to deal with them as they happen will increase your ability to cope and avoid more serious problems.

Though this is not an exhaustive list, it may be helpful to think of triggers related to these categories. After each category, write down any triggers that come to mind:

- locations:
- dates:
- anniversaries:
- holidays:
- people:
- other people's behavior:
- social situations:
- sights:
- sounds:
- smells:
- work:
- life events:

Section 5

Early Warning Signs and Action Plan

Early Warning Signs are internal and may be unrelated to reactions to stressful situations. Regularly using tools from your Wellness Toolbox can usually constrain Early Warning Signs from manifesting. However, in spite of your best efforts at staying well, you may begin to experience Early Warning Signs. These are subtle signs of change that indicate we need to take further action. Reviewing and revising your Early Warning Signs regularly will help you to be more aware of them, allowing you to take action before they worsen.

It is a good idea to ask your supporters to share Early Warning Signs they have noticed. It is a very good idea to ask God, through prayer, to reveal the things that should be included in your list of Early Warning Signs.

Common Early Warning Signs:

- feeling “far” from God
- avoiding doing things on daily maintenance list
- anxiety
- inability to experience pleasure
- lack of motivation
- increased irritability
- increased negativity
- avoiding others/isolating
- being obsessed with something that doesn’t really matter
- increase in smoking
- forgetfulness
- increased spending
- aches and pains
- feelings of discouragement
- increased thoughts of substance use
- not answering the phone
- overeating/undereating
- feeling worthless or inadequate
- secretiveness

“Know Thyself”

50 Positive Things to do for Your Personal Wellness

1. say a prayer
2. tell a joke
3. play in the rain
4. take a nap
5. help a stranger
6. call family/friends that live far away
7. make silly faces
8. take pictures of beautiful things
9. make funny noises just because
10. practice random acts of kindness
11. read The Bible
12. jump up and down for joy
13. fly a kite
14. try something new
15. eat lots of veggies
16. say hello to someone you don't know
17. walk instead of drive
18. dance in your room
19. enjoy the sunshine
20. enjoy a meal with a friend
21. paint or color
22. go to a museum
23. smile at strangers
24. drink lots of water
25. play a board game
26. jump in a pile of leaves
27. watch your favorite movie
28. take the stairs instead
29. read a book
30. smell some flowers
31. find images in the clouds
32. draw a picture
33. go for a bike ride
34. eat breakfast for dinner
35. make a snowman
36. treat yourself to dessert
37. laugh until you cry
38. talk to your pets
39. take a bubble bath
40. volunteer your time
41. take a "you" day
42. sing a song out loud
43. write a thank you letter
44. do yardwork
45. take a deep breath, then exhale slowly
46. go for a jog/run
47. eat a steak
48. keep a personal/prayer journal
49. do a puzzle
50. be thankful

"I have come that they may have life, and have it to the full." ~ Jesus Christ