



**Here to Eternity**  
Wellness for the Glory of God

## **INTRODUCTION SESSION: Reflection on Our Overall Wellness**

God's chief purpose for my life is that I will G \_ \_ \_ \_ \_ H \_ \_ .

This is often accomplished by my L \_ \_ \_ for Him and for O \_ \_ \_ \_ \_ .

What is the unifying purpose of your life?

---

---

---

---

Pretend you are a teacher and give yourself a grade for how well you are doing in each of the areas below. Mark it A, B, C, D or E. Then jot down any changes you already know you need to make.

<b>Area</b>	<b>Grade</b>	<b>Changes I need to make</b>
Physical		
Mental		
Social		
Financial		
Spiritual		
Emotional		



**Here to Eternity**  
Wellness for the Glory of God

## PHYSICAL WELLNESS SESSION

QUESTION	RESPONSE
What is your current weight?	
What would you say is your ideal weight?	
How many hours a week are you engaged in brisk walking or other physical activity?	
What would your goal be?	
Do you do any muscle training with weights?	
Are you stretching?	
What do you do to improve your balance?	

How would you grade your diet? Mark each topic it A, B, C, D or E. Then jot down any changes you already know you need to make.

Area	Grade	Changes I need to make
Vegetables		
Fruits		
Low-fat dairy products		
How much of your meat intake is		
High fat red meats?		Low-fat red meats?
		Chicken or turkey?
Fish?		Vegetable protein (e.g. e.g. seeds, nuts, peanut butter; tofu)
How many hours of sleep do you average each night?		
Too little?		Too Much?
		Just right?



**Here to Eternity**  
Wellness for the Glory of God

## MENTAL WELLNESS SESSION

QUESTION	RESPONSE	
What are you doing to develop your mental capacities?		
What could you be doing to develop your mental capacities?		
If you feel you are showing signs of mental deterioration that go beyond normal forgetfulness, what steps should you be taking?		
On what basis would you say there is value to a person with dementia?		
If you suffered from dementia, would you want the following treatments?	<b>Yes</b>	<b>No</b>
Open-heart surgery		
Antibiotics for pneumonia		
Pain killers		
Feeding tube		
Have you discussed these with your family?		



**Here to Eternity**  
Wellness for the Glory of God

## **SOCIAL WELLNESS SESSION**

<b>QUESTION</b>	<b>RESPONSE</b>
Who would you say are your closest friends?	
What can you do now to help others?	
What are you looking for in a church?	
Who would you like to see in a close accountability group?	
How are you strengthening your marriage and family ties?	
Where do you think you should live in your older years?	



**Here to Eternity**  
Wellness for the Glory of God

## FINANCIAL WELLNESS SESSION

	<b>Yes</b>	<b>No</b>			
Do you spend much time worrying about finances?					
Name one passage of Scripture that you rely on to assure you of God's loving provision your future needs:					
	<b>Yes</b>	<b>No</b>			
Do you have a will and a trust?					
Do you need to work with a financial planner?					
Tick the ministries you currently support:					
Your local Church		Local evangelism		Distant evangelism	
Local care for the poor		Distant care for the poor		Organisations that promote Christian values	
	<b>Yes</b>	<b>No</b>			
Does your will allow for ongoing support of these ministries?					



**Here to Eternity**  
Wellness for the Glory of God

## **SPIRITUAL WELLNESS SESSION**

<b>QUESTION</b>	<b>RESPONSE</b>
What spiritual disciplines do you presently practice?	
What spiritual disciplines do you want to devote more time to in the future?	
Which of the fruits of the Spirit are you aware that God is presently developing in you?	
What are your spiritual gifts at this stage of life?	
In what ways are you more tempted to sin in your older years?	
How is God calling you to serve others today?	
What things are you most grateful for?	



**Here to Eternity**  
Wellness for the Glory of God

## EMOTIONAL WELLNESS SESSION

1. Rate how you are doing on the following challenges to emotional wellness												
TOPIC	Major problem	1	2	3	4	5	6	7	8	9	10	No problem
Self-pity												
Worry, anxiety and fear												
What do you worry about?												
Anger												
Boredom												
Doubt												
Discontentment												
Depression												
2. Now rate how you are faring in the positive ways to emotional wellness												
Joy	Very low											Very High
Love												
Gratitude												
Excitement												
Dealing with losses												
Resilience												
Contentment												
3. What can you do to improve any areas that you ranked less than 5?												