

The Living Well Compass focuses on eight areas of wellness:

HEART

- *Relationships.* The ability to create and maintain healthy, life-giving connections with others.
- *Handling Emotions.* The ability to process, express, and receive emotions in a healthy way.

SOUL

- *Spirituality.* The ability to connect with a higher purpose in life and to have a clear set of beliefs, morals, and values that guides our actions.
- *Rest & Play.* The ability to balance work and play and to renew oneself.

STRENGTH

- *Resilience.* The ability to deal positively with the adversities of life.
- *Care of the Body.* The ability to build healthy habits and practices regarding our physical well-being.

MIND

- *Vocation.* The ability to align our life's purpose with the gifts and talents we've been given. This includes work, volunteer service, and any educational/enrichment pursuits.
- *Organization.* The ability to keep track of and make good use of possessions, money, and time.

Visit www.livingcompass.org to take an online assessment of 80 questions (approximately 1 hour) and to explore resources for reflection and growth.



Encouragements to Love Whole-Heartedly in Christian Community

...love one another...

occurs at least 16 times! (cf. Jn 15:12, 17; Rom 12:10, 13:8; Gal 5:13; Eph 4:2; 1 Thess 4:9; Heb 13:1; 1 Peter 3:8, 4:8; 1 John 3:11, 23, 4:7, 11, 12)

...do not judge, grumble, lie, compete, envy, or speak evil...

Rom 14:13; Gal 5:26; Col. 3:9; James 4:11;

...encourage one another...

1 Thess. 4:18, 5:11; Heb. 3:13, 10:24-25

...be kind to, do good to, and serve one another...

Eph 4:32; 1 Thess 5:15; 1 Peter 4:10

...live in peace and unity with one another...

Rom 12:16; 2 Cor. 13:11; 1 Thess 5:13

...welcome, be hospitable to one another...

Rom 15:7; 1 Peter 4:9

...be humble towards, and submit to, one another...

Eph 5:21; Peter 5:5

...teach one another...

Rom 15:14; Col. 3:16

...praise God with one another...

Eph 5:19

...bear one another's burdens, help one another...

Rom 14:19; Gal 6:2

...confess to one another; pray for one another...

James 5:16

...forgive one another...

Col. 3:13

