***How to Use this Feedback to Become Healthier***

**Get educated**.

Studying the pages above, and doing the exercises below will show you how health and illness are *flowing into and back out* of you to others. You will see how beliefs and habits are passed back and forth between people. You’ll see how *they grow life or death* in yourself and others by grasping **three central concepts** for that are vital to your personal well-being.

• **PAYING ATTENTION:** *Whatever we pay attention to will grow, and so will whatever we call others’ attention to*. It all becomes part of us, of our souls, just as the food/fruit we eat becomes part of our bodies. When we share our*selves* with others, we affect their souls like food affects their bodies. Just as life is brought to *our bodies* by pods that carry peas and beans, life is brought to *us* by **People, Organizations,** andthe **Dreams** within them **(PODs)**. Both giving and receiving attention can either make both parties stronger and healthier, or weaker and sicker. Here are ***five levels of attention*** that we can give to **PODs**:

**1 star = Attention** ~ deliberately focusing ourselves to notice a POD

**2 stars = Acceptance** ~ deciding it’s harmless and worth exploring further

**3 stars = Affection** ~ becoming charmed by paying attention mostly to the positive

**4 stars = Allegiance** ~ joining, subscribing, committing to be together regularly

**5 stars = Adoration** (may be seen as **Addiction**) ~ deciding a POD isn’t only a resource

but also a *source, of life*; believing that life is most *always healthy,* never toxic.

Note that a given POD can be healthy for one person and sickening for another, depending on what kind of attention is paid to it. Like beauty, health is in the eye of the beholder. The last three levels of attention can be given in reverse: in dislike, opposition, and distrust (anorexia). To get disconnected from a POD, we need to reverse the five stars/steps, by taking back each type of attention, starting with the highest level of we have given. Then we can find health and fulfillment by giving our attentions elsewhere, to healthier pods.

• **SOUL FRUITS**: understand that you are a ***soul*** taking care of your body, heart, and mind. This was explained in the first paragraph of this report. As a living organism, you need healthy foods for the soul so you can grow, reproduce, and defend yourself from death and decay. From the beginning of time, to describe what their lives need, humans have used the example of ***fruits***. As a living organism, you especially need nine powerful experiences that have been measured by this test. They’re called soul fruits:

***3 Identity Fruits*** learned mostly at home, dealing with Confusion vs. Character: ***truth*** (how to know what’s real), ***peace*** (to feel safe and secure), and ***respect*** (to feel self-worth).

***3 Relationship Fruits*** learned from family and friends, about Comparing vs. Connecting: ***love*** (how to care and share), ***mercy*** (to forgive),and ***sexuality*** (bond with loyal genital touch).

***3 Contribution Fruits*** learned in work/society, dealing with Consuming vs. Creating: ***money*** (how to earn, save, give), ***purpose*** (find meaning, hope), ***bodily health*** (exercise, diet).

• **WELLSPRINGS AND WHIRLPOOLS:** ***Wellsprings*** are PODs for healthy power that strengthen and fulfill you and others. ***Whirlpools*** are PODs for unhealthy power that weaken and drain you and others. Wellsprings and whirlpools grow invisibly *within you*, and the ones *around you* become more visible as you pay more attention to them.

To see how wellsprings grow the nine powers that bring us fulfillment in “the good life”, **pick one of the nine issues where you believe your life is the *strongest*,** where you believe you are healthy, probably where your scores were good. *Look inside yourself* there, for creative, cooperative *internal* wellsprings. They are the beliefs and habits which allow you to give away this and other life powers without getting drained, without needing to receive that same life back in return. That’s how virtue becomes its own reward. Now *look around you*, at the PODs that inspire you this way. At least for this issue, these are *external* wellsprings, at least for you.

Lively, fulfilling uses of these nine resources involve **cooperating to create** these same nine experiencesin ourselves and others. Living like this leaves all people involved with more of the ***four main signs of health:***  strength, freedom, cooperation, and growth. Well-being comes through *mindsets of overflowing fullness*, and through *lifestyles* *of pouring out freely* from **wellsprings** of health. Wellsprings are experiences where the more we give of ourselves, the more we are able to give. We can find these sometimes supernatural wellsprings, both within ourselves, and coming from those around us.

By contrast, deadly, draining uses of these same nine powers involve **competing** **to consume** these resources, often at the expense of others who end up with less. Sickness of the soul comes from *mindsets of* *lacking and longing. Lifestyles of emptiness* acting all this out work like **whirlpools**. Whirlpools are natural experiences that drain inner strength from self and others. They hinder people’s healing, leaving them with more of the ***four main signs of illness:***  weakness, bondage, division, and decay.

***WHERE DO ALL THESE IDEAS COME FROM?***

The view of personal well-being presented here is a ***traditional blended approach,*** drawing from several different wisdom streams. For 1500 years, it has been widely taught by *guidance counselors and physicians,* by *philosophers,* and also by all *three Western religions* (the faiths which descended from Abraham: Judaism, Islam, and Christianity). “Taking inventory” of these very same nine issues is required in *12-step recovery*. This nine-fold pathway to well-being has also been validated as healthy by *four decades of scientific research*. Studies have now clearly proven that these same nine pairs of beliefs and habits clearly have many practical effects on health, and not just in our bodies, but also in our hearts, minds, finances, and relationships.

**2. Set goals**.

Of the **nine issues/powers** this test measures, now *consider one* you’re having the most problems with. It’s usually one where your scores indicate too many toxic mindsets and lifestyles, not enough healthy ones. It’s usually a power you crave more than the others, and often one that others most crave from you. Then,

\_\_\_\_\_\_\_\_\_ ***Consider which of the healthy (green) beliefs and habits in that column you’re not getting or giving enough***, in private, at home, and in public. Which PODs could strengthen these in you? Which POD’s could *you* strengthen in others, by sharing your beliefs and habits?

\_\_\_\_\_\_\_\_\_ ***Consider which of the toxic (red) mindsets and lifestyles you’re getting or giving too much.*** Which PODs are weakening you by infection with their toxic beliefs and habits?

\_\_\_\_\_\_\_\_\_ ***Consider any PODs*** that you have allowed to turn you against others, to give you more red fruits than green, and to give the same to others. Is it time to stop giving these PODs your adoration, allegiance, and affection? What other PODs are more worthy of your devotion?

\_\_\_\_\_\_\_\_\_ ***Meditate/pray about the benefit to yourself and others that healthier*** ***choices can make,*** by changing your role models, work settings, friends, social groups, news, entertainment.

\_\_\_\_\_\_\_\_\_ ***Study and download the*** [***flow chart***](https://mynewlife.com/wp-content/uploads/2023/10/APW_flowchart_2.3.pdf)as the final two more pages of this email. It shows on one page all 30 traits we measure, and how they interact.The [***online experience***](https://mynewlife.com/flowchart/) of the dynamic flowchart will open up more information about each of the 30 concepts pictured.

\_\_\_\_\_\_\_\_\_ ***Choose some healthier beliefs and habits to develop livelier ways to give and take life in your relationships.*** Set other goals with another one of the nine issues/powers you are struggling with. You might even use the chart as a model to see better ways you could deal with *other neutral powers* that souls need:**politics, nature, technology, gender, religion, etc.**

**3. Use the tools**.

Three ***free* *learning tools*** have been made available online for each of the nine issues:

\_\_\_\_\_\_\_\_\_ [***Life Lessons***](https://mynewlife.com/learning-tools/) from psychology about what works and why;

\_\_\_\_\_\_\_\_\_ [***Devotional Studies***](https://mynewlife.com/learning-tools/) explain bible passages that describe the nine pairs of traits; and

\_\_\_\_\_\_\_\_\_ [***Parenting Guides***](https://mynewlife.com/learning-tools/) show how to raise healthy children (and rethink your childhood).

\_\_\_\_\_\_\_\_\_ Download here[***all three tools***](https://mynewlife.com/learning-tools/) for any of the nine issues.

**Go to our website *to-the-well.org.*** It gives instructional videos, testimonials, articles, podcasts, links, and other helpful resources, all free of charge. You can use this website also to make new connections with people and groups that can become wellsprings for your personal growth and healing.

**4. Get connected**.

Change comes easier with the help of *healthy* **family and friends.**

\_\_\_\_\_\_\_\_\_ ***Join******a support group. Get an accountability partner, a friend, sponsor, pastor, or professional counselor*** tohelp you make changes. *Seek healthy* people who will share their time, wisdom, encouragement, solutions, prayers, connections, and life stories.

\_\_\_\_\_\_\_\_\_ ***Start your own Well-come group.*** Invite folks to share which of the nine issues have challenged them, which have made them stronger, and *how so*. Discuss where you are finding *wellsprings* and *whirlpools*, inside yourselves and out. Tell what changes you are making in what you’re *paying attention* *to*, what you’re *calling attention to*, and what you’re learning. Or create your own format and agenda. Our website can publicize your free group.

\_\_\_\_\_\_\_\_\_ ***Get “Brain Food for the Good Life”***: the[***blog***](https://mynewlife.com/home/articles/) and[***podcast***](https://mynewlife.com/podcast/)at ***mynewlife.com.*** This will soon expand into [***to-the-well.org***](http://www.to-the-well.org/)***,*** to include free wellness resources from all over the world. [***To retrain your brain***](https://mynewlife.com/retraining-your-brain-through-prayer-and-meditation/), take nourishment like this into your mind with regular prayer and meditation, personalizing and absorbing the highlights you take from articles, books, movies, documentaries, podcasts, blogs, and other sources of information.

\_\_\_\_\_\_\_\_\_ ***Share your experiences using this test with trusted friends and family****, and* ***encourage others to take this test*** themselves. You can discuss with each other what you’re learning, goals you’re setting, and tools you’re using. Pursuing a healthier life is a team sport.

\_\_\_\_\_\_\_\_\_ ***Give us your email*** to get a brief, inspiring [Word from the WELL](http://www.to-the-well.org/Word-from-the%20WELL/) each week.

\_\_\_\_\_\_\_\_\_ ***Pass along this test and its teachings*** to some people you’ll never meet, using a little tax-deductible [donation button](http://www.to-the-well.org/donation/) here. Your contribution will fund improvements in the test and the website that will let these tools help more people. *$25 will enable 10 more people to take this test:* our growing community of well-being creators says **thank you very much!** Rounded to the nearest dollar, for each APW we give away in 2024, it costs WELL about one dollar to do each of these things during the year:

* lease the software platform Qualtrics for securing, scoring, and storing the test data,
* pay our programmers to evaluate and improve the test experience and the website, and
* pay our research scientists to show us what beliefs and habits are making us sick or well.

***Thank you for your time and interest in taking the* Assessment of Personal Well-being*.***

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