Test ID# **##/## (mo/yr)** Your test is **anonymous**: no one can identify you from your test answers.

***FOR MORE:*** **Everything in this email is *explained in greater detail***  at ***mynewlife.com/APW***

***About the Assessment of Personal Well-being (APW)***

The APW measures mindsets and lifestyles of *personal well-being*: not the wellness of your body, bank account, or your relationships, but the health of the person who takes care of all these things, ***YOU***. The focus here is on your true self, the executive ego, your heart of hearts, the mortal soul. It’s simply the part of you that chooses what to pay attention to. The soul is a living organism, and its choices make it grow either stronger or weaker.

**The APW defines healthy** as *whatever does the most good (and the least harm) for the most people over the long run.* Young children naturally focus on what they *feel* they need for *themselves*, right *now*. It’s easy to stay that way as adults, but that makes us sick, and those around us too. Healthy adults think through what they *believe* is best for themselves *and others*, both now *and in the long run.* So how do we know what’s best?

For most of the last 15 centuries, healing professionals have believed that what makes us sick or well is choosing *toxic* *or healthy ways to use* ***9 powers that we all need***:

• truth • love • wealth

• peace • mercy • purpose and

• respect • sexuality • bodily health.

Some ways to experience and express these powers are lively and fulfilling. Others are deadly and draining. This test teaches you how to distinguish between the two.

***About Your APW Scores Below***

Your scores below are ***percentile scores***, showing how many out of100 people probably have less of this trait than you do. These scores are computed from the averages for each scale, based on the test scores of everyone who has taken this test before you. To know who you’re being compared to, this normative sample is described at ***mynewlife.com/APW.*** The feedback pages which come after your scores will teach you how to know and grow what is healthy for you, and how to see and flee what is making you sick.

***Your healthiest wellspring issues below were \_\_\_\_\_\_, \_\_\_\_\_\_, and \_\_\_\_\_\_.***

***Your most toxic whirlpool issues were \_\_\_\_\_\_, \_\_\_\_\_\_, and \_\_\_\_\_\_.***

***The Nine Issues:* Experiences you Crave**

***(these combined scores reflect both healthy and unhealthy traits for the same issues)***

***[high percentile scores here would be healthy]***

**# ## TRUTH ~ Honesty vs. Denial** Issues of Reality, Authority, Validity, Integrity

**## PEACE ~ Trust vs. Fear** Issues of Strength, Shelter, Security, Stress

**# ## RESPECT ~ Humility vs. Selfish Pride** Issues of Honor, Esteem, Value

**# ## LOVE ~ Compassion vs. Envy** Issues of Concern, Caring, Comfort

**# ## MERCY ~ Peacemaking vs. Resentment** Issues of Anger, Guilt, Hurt, Grace

**## SEXUALITY ~ Sexual Integrity vs. Lust** Issues of Desire, Beauty, Modesty, Fidelity

**## WEALTH ~ Stewardship vs. Greed** Issues of Money, Treasure, Possessions

**# ## PURPOSE ~ Enthusiasm vs. Laziness** Issues of Time, Energy, Effort, Focus, Work

**# ## HEALTH ~ Physical Fitness vs. Gluttony** Issues of Diet, Exercise, Drugs, Alcohol

***Your healthiest wellspring traits were \_\_\_\_\_\_, \_\_\_\_\_\_, and \_\_\_\_\_\_.***

***Your most toxic wellspring issues were \_\_\_\_\_\_, \_\_\_\_\_\_, and \_\_\_\_\_\_.***

***Healthy Traits:* Lively Mindsets and Lifestyles**

***[high percentile scores here would be fulfilling]***

**# ##\_ HONESTY Seeking and telling the truth; fact-checking; showing consistent behavior** in

all settings of life; keeping your promises, with transparency. These mindsets and lifestyles reflect

sincerity, integrity, wisdom, curiosity, discernment, and open-mindedness.

**##\_ TRUST**  **Relying on a benevolent source of protection** that empowers you to think and act courageously, even in a crisis. These beliefs and habits inspire calm, hope, confidence, peace, courage, and ability to focus your mind when you are threatened.

**# ##\_ HUMILITY Living as if everyone has value and potential** for both good and evil, and

treating all people with respect. Self-esteem is modest, moderate. These mindsets and lifestyles express

acceptance, listening, civility, sense of humor, and friendliness to all.

**# ##\_ COMPASSION Helping, encouraging, and empathizing with people in trouble,** showing

thoughtful behavior toward others in need. These beliefs and habits reflect love, kindness, giving,

helping, sharing, and empathy with action.

**##\_ PEACEMAKING**  **Trying to make peace when you’re hurt** by showing forgiveness, and patience, calling for help, and gently expressing your hurt in words. These mindsets and lifestyles show forgiveness, grace, fighting for justice, and hating the misbehavior while loving the misbehaver.

**##\_ SEXUAL INTEGRITY Saving some forms of sexual enjoyment for consummating intimacy** in marriage, and in marriage, enjoying this faithfully. These beliefs and habits lead to enjoying sex brought with love, respect, romance, desire, and marital fidelity.

**# ##\_ STEWARDSHIP Living simply, gratefully, generously, and saving for the future.** Things are

used, people are loved, not the other way around. These mindsets and lifestyles include generosity,

simplicity, saving for the future, and enjoying a balance of work, rest, and play.

**# ##\_ ENTHUSIASM Working long and hard without getting burned out.** Inspired dedication to

stay focused and put your heart into all you do. These beliefs and habits inspire purpose, drive, energy,

optimism, spontaneity, joy, mental focus, and a zest for life.

**# ##\_ PHYSICAL FITNESS Keeping your body fit with diet and exercise** to enhance your energy,

attractiveness, longevity, and productivity. These mindsets and lifestyles show moderation or sobriety with alcohol and medication, and disease prevention through effective diet, exercise, and medication.

***Your healthiest whirlpool traits were \_\_\_\_\_\_, \_\_\_\_\_\_, and \_\_\_\_\_\_.***

***Your most toxic whirlpool issues were \_\_\_\_\_\_, \_\_\_\_\_\_, and \_\_\_\_\_\_.***

***Toxic Traits:* Unhealthy Mindsets and Lifestyles**

***[high percentile scores here would be draining]***

**# ##\_ DENIAL Not looking much at your faults, and not admitting them,** therefore presenting

yourself on this test as healthier than you really are. These mindsets and lifestyles may include illusions,

delusions, hypocrisy, lying, and ignoring truth.

**##\_ FEAR Being preoccupied and troubled from worry and anxiety** about physical, financial, and emotional security in the present and future. These beliefs and habits may reflect insecurity, panic, doubt, distraction, insomnia, and other stress-related physical problems.

**# ##\_ SELFISH PRIDE Seeing yourself as better than others,** thinking your worth, wisdom,charm,

looks, etc. are superior. This leads to being manipulative, vain, seeking admiration, hiding personal

vulnerability. Attitudes may include arrogance, narcissism, prejudice, rebellion, and self-centeredness.

**# ##\_ ENVY Delighting in others’ misfortunes, and disliking their success,** causing you sadness,

resentment, jealousy, self-pity. Comparing yourself to how others look. Relationships may reflect idolizing, dependency, infatuation, and image management.

**##\_ RESENTMENT Harboring grudges or anger, wishing or working for revenge,** such as by passive-aggressive avoiding, and finding it hard to forgive people. These mindsets and lifestyles may include revenge, guilt, shame, violence, gossip, slander, cursing, irritability, and divisiveness.

**# ##\_ LUST Betraying and neglecting loved ones selfishly with infidelity or pornography.** Seeing

base instincts in most people, and seeing attractive others primarily as objects and sources for sex. These

beliefs and habits may bring compulsive masturbation, online hookups, sexual abuse, sexual addictions.

**##\_ GREED Valuing money and possessions more than family, friends, and people in need.** Too much identity and worth come from material things and money. These mindsets and lifestyles may include materialism, workaholism, gambling, compulsive spending, and abusing the environment.

**# ##\_ LAZINESS Neglecting important relationships and responsibilities to relax** and take it

easy. These mindsets and lifestyles may include depression, hoarding, procrastination, entertainment to

avoid boredom, and addictions to online electronic devices (video games, social media, etc.).

**# ##\_ GLUTTONY Over-indulging in pain-killing habits** with food, alcohol, tobacco, drugs, and other

activities, experiences, and substances. Bad habits may include eating disorders, drug and alcohol abuse,

smoking, compulsive exercising, and medicating symptoms for pain relief.

**##\_ TOTAL HEALTHY TRAITS (from combining all your nine healthy scores)**

**##\_ TOTAL TOXIC TRAITS (from combining all your nine unhealthy scores)**

**## TOTAL WELLNESS INDEX (subtracting toxic from healthy scores)**

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

**1. Get educated** Check out the in-depth materials at *to-the-well.org* teaching what makes you sick and how to get well.” You’ll *see* the healthiness of people and groups, and of your own inner life. You will get a *feel* for wellsprings and whirlpools, how to keep the proper distance.

**2. Set goals** Reading your feedback materials, and using some of the links and tools belowwill show you what mindsets/beliefs,habits/lifestyles, and levels of attention need adjusting.

**3. Use the tools** Download the ***3 Learning Tools*** for any of the 9 issues that are causing you distress. The Life Lessons, Devotional Guides, and Parenting Tips are all easily downloaded so you can study and share them. And you can download all nine of your favorite type of tool.

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

***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 lets these tools help more people. *$20 will enable 5 more people to take the APW.*

***Thank you!!***

***DOWNLOADABLE RESOURCES***

***Link to lively*** [***Flowchart***](http://mynewlife.com/flowchart/) ***(with info bubbles)***

*[our most useful and informative resource]*

About the APW (12-page version of this) Using your APW Feedback (last 1/3 of this)

18 Lively and Deadly Traits 2p How to Start a WELLcome group

The APW’s Nine Issues/Experiences 1p All/any/any set of the 27 2-page Learning Tools

Six Concepts behind the APW 2p Short invite to APW for friend/family 30 min.

Attitude Discernment Exercises 1p Long invite to APW for friend/family 60 min.

***FOR MORE:* Everything in this email is *explained in greater detail*  at** [***to-the-well.org/APW***](http://www.to-the-well.org/APW)

***Thank you for taking our test ~***

***you’re now an ambassador for PERSONAL WELL-BEING!***

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** Wellness Education for Living and Loving, Inc.** [***www.to-the-well.org***](http://www.to-the-well.org)