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

 ***The was designed to help people learn how to live healthier lives, by understanding what causes***

***APW* personal *health and illness.*** The test and research are directed by **W**ellness **E**ducation for **L**iving and **L**oving (WELL Inc.), a 501c3 nonprofit pursuing this simple mission: **to find**

**out what makes us sick, and how to get well*.*** Learn more about WELL and wellness at [***to-the-well.org***](http://www.to-the-well.org/).

***The personal details, anonymity, and privacy of APW users are well protected.*** The test uses no cookies, and we do not even know or record the IP address of the phone/tablet/laptop our test-takers used. Our test is ***free and anonymous***. Test scores and feedback are returned to an email address given by the person who takes the test. Those wanting maximum anonymity can use someone else’s email for this, maybe a friend, relative, or neighbor. Therefore, we at WELL Inc. never know whose data we are looking at. These ***email addresses will never be shared*** with anyone. They are not even kept with our database. No bulletins, newsletters, or offers will be sent out to these emails.

**The test does ask for personal information** such as age, gender, occupation, marital status, and residential region, because we are researching how these factors affect personal wellness. But these answers are given in *broad categories,* so that **nothing is precise enough to identify a person.**

 ***APW scores are*** ***given in percentiles*** – numbers from 0 to 100 which describe the number of people out of 100 who might be expected to have lower scores, to have less of this trait than the person being tested. ***Test validity indicators*** show whether a test accurately measures what it says it does. This has just begun to be demonstrated for the APW. Full validation requires the test to be taken by hundreds of subjects from a balanced variety of backgrounds, which you are now helping to establish. A frequently updated description of the normative criterion group is given at to-the-well.org. The broader and more representative our database becomes, the more accurate and meaningful these percentile scores will be. Validity is also being established by comparing APW scores to lifestyle indicators of wellbeing, and to other proven instruments measuring similar traits. Tests of ***internal consistency*** being conducted include test-retest reliability, scale intercorrelations, and the alpha coefficient. These indicators were excellent in the previous version of this test.

***What the APW Measures,***

***Plus Why and How that is Done***

Our test measures ***personal well-being***: not the wellness of your body, bank account, or your family, but the health of the person who takes care of all these things, *YOU*. We are helping you see and understand your *quality of life*. Science keeps proving that the physical world is winding down -- that all matter is decaying, and all measurable energies are burning out. Yet some matter and energy are temporarily growing *larger and stronger*, becoming more *free, cooperative, and creative*, even reproducing and bearing new life*.* When these things are happening with a person, family, or other group in ways that don’t hurt others, we often describe them as *healthy* or *thriving*. So we expect to prove that the APW correlates highly with measures of thriving and physical wellness.

The following six concepts will help you understand what makes you sick and how to get well.

**AGE-OLD** Our *philosophy of life* draws from agreements between *five sources of truth:* science,

 **BLEND** religion, history, philosophy, and common sense. One could picture this blending as the

distilled spirits of five old wisdom streams flowing into an old barrel of bourbon. All the

major ideas behind it are *3000 years old*, so they have passed *history’s* test of time. They were first written down by the scribes of King Solomon in Jerusalem. Solomon entertained wise men and women from all over the known world in his temple, using it as the first known international conference center. Solomon’s scribes and prophets shared ideas with Persian poets and wisemen alongside Egyptian mystics, scholars, and political leaders.

Centuries later, this same overall view of how to love long and fulfilling lives appeared in the sacred writings of all three Western *religions* (Judaism, Islam, and Christianity). It was articulated further in Greek *philosophies* describing the greater common good that are still popular today. The age-old blend of wellness wisdom even includes fifty years of *scientific* theory and research that confirms the dynamic model this test is based upon. Perhaps most validating of all, the names given to the basic traits measured by the APW still pop up in everyday conversations throughout the western world, so it’s now just *common sense*. More detailed and documented discussion of all these validations can be found at [mynewlife.com/professional-literature-review](https://www,mynewlife.com/professional-literature-review/).

**DEFINING** Each test question in the APW was worded to line up with one practical, measurable,

**HEALTHY** definition of what’s healthy: *whatever does the most good and the least harm for the most people in the long run*. Young children naturally focus on what they *feel* they need for *themselves*, right *now*. It’s easy to stay selfish and impatient that way as adults, but that makes us prone to sickness, and those around us too.

For the past 100 years or so, *symptom relief* has become increasingly the focus of the *healthcare and psychotherapy industries*. Making people feel better soon without effort is much easier to sell than working harder to do what’s best for everybody in the long run.Working for the common good is one of the *five core values of WELL, Inc.* Characterizing healthy this way sees people not only as individuals, but as members of families, “tribes”, and societies. It teaches that *we reap what we sow.*  Treating others as you need to be treated takes care of individuals and society, by protecting others and ourselves. Well-being Avenue is a two-way street. Like “pretty” in the old adage, “Healthy is as healthy does.” So *how do we know what’s best, what people really need to be healthy?*

 **NINE** 3000 years of teaching about what makes people sick and how to get well have mostly

**ISSUES** focused on nine issues. They can also be thought of as *experiences we long for*. We need these mostly invisible resources *for thriving, self-confidence, and self-esteem*. Healthy lives

as defined above grow by giving and receiving strength, freedom, and cooperation. By contrast, unhealthy lives are giving out and taking in more weakness, bondage, and division. The nine experiences we all need are to resolve the ***nine issues***. They are divided by this test into three groups, and are noted in ***ALL CAPS*** below:

 ***3 Identity Issues*** resolved mostly *at home*, dealing with Confusion vs. Character: ***TRUTH*** (learning how to know what’s real), ***PEACE*** (to feel safe and secure), and ***RESPECT***  (to feel self-worth).

 ***3 Relationship Issues*** resolved *with* *family and friends*, about Comparing vs. Connecting: ***LOVE*** (learning how to care and share), ***MERCY*** (to forgive),and ***SEXUALITY*** (to use genital contact for loyal pair bonding).

 ***3 Contribution Issues*** resolved *in work/society*, dealing with Consuming vs. Creating: ***WEALTH*** (how to earn, save, give), ***PURPOSE*** (find meaning, hope), and ***HEALTH*** (exercise, diet, medicine).

**PADs** We work through our issues with the **People, Associations, and Dreams** (**PADs**) we pursue. We move out into the world by making *little homes for ourselves* some of us call our *pads.* Likewise we move into the world by building our relationships with these PADs. We can

think of them as *sources* of life, but it’s healthier to see them as *resources*, channels and carriers of life.

We grow by extending ourselves into them, taking (assimilating) them into ourselves, and by giving

(accommodating) ourselves into them. Our well-being depends upon learning to discern how healthy our

PADs are before we start spending too much time in them.

**WELLSPRINGS** Lively, fulfilling ways of resolving the nine issues involve **cooperating to & WHIRLPOOLS**  **create** these nine experiences in ourselves and others. Well-being comes through *mindsets of overflowing fullness*, and through *lifestyles* *of pouring out freely* from **WELLSPRINGS** of health. *Wellsprings* are PADs for healthy power that *strengthen and fulfill you* and others. Living like this leaves all people involved with more of the ***four main signs of health:***  strength, freedom, cooperation, and growth. They are experiences where the more we give of ourselves, the more we are able to give. We can find these wellsprings both by looking for mindsets and lifestyles of overflowing fullness, both within ourselves and in 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***, 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.

**PAYING** *Whatever we pay attention to will grow, and so will whatever we call others’*

**ATTENTION** *attention to*. 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 our **PADs**:

**Level 1 = Attention** ~ deliberately focusing ourselves to notice a PAD

**Level 2 = Acceptance** ~ deciding it’s relatively harmless, and worth exploring further

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

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

**Level 5 = Adoration** (may be seen as **Addiction**) ~ seeing a PAD as not so much a *resource* as

 a *source of life*, and believing that the PAD is virtually *always healthy,* hardlyever toxic.

Note that a given PAD can be healthy for one person and sickening for another, depending on what kind of attention that person pays to it. Like beauty, health is in the eye of the beholder. The last two levels of attention can be given in reverse (in active opposition, and destructive hatred), but it’s still unhealthy attachment. *To get disconnected* from the whirlpool of a toxic PAD, we need to reverse our 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 PADs.

***Lively Traits--* Healthy 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. Mindsets and lifestyles may include 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. Beliefs and habits may reflect 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. Mindsets and lifestyles may include acceptance, listening, civility, sense of humor, and friendliness to all.

**\_\_\_ COMPASSION Helping, encouraging, and empathizing with people in trouble,** showing thoughtful behavior toward the down and out. Beliefs and habits may 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. Mindsets and lifestyles may include 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. Beliefs and habits may reflect enjoying sex along with love, respect, romance, desire, and fidelity to one’s partner.

**\_\_\_ STEWARDSHIP Living simply, gratefully, generously, and saving for the future.** Things are used, people are loved, not the other way around. Mindsets and lifestyles may 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. Beliefs and habits may reflect 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. Mindsets and lifestyles may include sobriety or careful moderation with drugs, alcohol, and medication, plus disease prevention through effective diet, exercise, and medication.

**\_\_\_ TOTAL HEALTHY TRAITS (from adding all your 9 healthy scores)**

***Toxic Traits --* Unhealthy Mindsets and Lifestyles**

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

**\_\_\_ DENIAL Not looking much at your faults, and not admitting them,** therefore describing yourself on this test as healthier than you really are. 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. 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, and hiding personal vulnerability. Mindsets and lifestyles may include arrogance, narcissism, prejudice, rebellion, and self-centeredness.

**\_\_\_ ENVY Delighting in others’ misfortunes, and disliking their success,** reacting to it with sadness,

resentment, jealousy, self-pity. Comparing yourself to how others look. Beliefs and habits 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. 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. Lifestyles may reflect pornography, extramarital sex, sexual abuse, and 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. Beliefs and habits may include materialism, workaholism, gambling, compulsive spending, and abusing the environment.

**\_\_\_ LAZINESS Neglecting important relationships and responsibilities to relax** and take it easy. Needing entertainment to avoid boredom. Mindsets and lifestyles may include depression, hoarding, procrastination, and addictions to entertainment and online electronic devices.

**\_\_\_ GLUTTONY Over-indulging in pain-killing habits** with food, alcohol, tobacco, drugs, screens, electronics, 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 TOXIC TRAITS (percentile from adding all your 9 toxic scores)**

***The Nine Issues***

**Experiences you Crave, Resources you Need**

***Identity Issues***

 resolved mostly *at home*, dealing with Confusion vs. Character

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

(learning how to know what’s real)

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

(learning to feel safe and secure)

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

(learning to feel self-worth)

***Relationship Issues***

resolved *with* *family and friends*, about Comparing vs. Connecting

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

(learning how to care and share)

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

(learning to forgive self and others)

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

(learning to use genital contact for loyal pair bonding)

***Contribution Issues***

resolved *in work/society*, dealing with Consuming vs. Creating

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

(learning how to earn, save, give)

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

(learning to find meaning, hope)

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

(learning to manage exercise, diet, medicine, drugs, alcohol, nicotine, etc.)

**\_\_\_ TOTAL WELLNESS INDEX (subtracting toxic from healthy scores)**

***How this Feedback can Help***

***You Become a Healthier Person***

1. **Get educated**.

***The Flowchart is KEY***

***Examining and downloading the*** [***Personal Well-being Flowchart***](http://www.to-the-well/flowchart) ***will be the most helpful and memorable part of your experience with the APW***. This diagrammed worldview shows graphically how both states of well-being and sickness invisibly pass through our immune system and infect us at the deepest levels. It shows both healthy and sickening forces that invisibly work on you from both inside and out. You are strongly encouraged to hold a copy of this chart beside this section of feedback as you study it.

The **fleshy-colored section in the middle** is YOU, the individual person. It shows the nine issues that challenge us to get our deepest needs met in healthy ways. ***Healthy mindsets and lifestyles*** are listed above in green – they will lift you and others up. ***Toxic mindsets and lifestyles***  are listed below in red – they will bring you and others down. *“Red means stop, green means go.”* Red shows infection, and green shows growth. **Healthy** traits suggest both growth and encouragement that proceed toward life, health, freedom, and wellness. **Unhealthy** traits lead to decay, disease, bondage, and death.

The model is called a flowchart because these healthy and unhealthy traits have *four invisible powers* which are quite dynamic. • ***The red and green attitudes are alive, and therefore, either growing or dying.*** They feed themselves on what they feed others, so they are always feeding themselves. The more you give or receive any trait, the more of it you want to give and receive, and the more you are able to do so. • They are ***mutually opposed***: they fight actively against each other. All the reds fight against all the greens, and the greens battle against the reds. • They are ***two-way streets:*** whoever you are getting them from, you are giving them to. Anyone who is absorbing them from you is giving them back to you. • And finally, these traits are ***contagious:*** each red trait fertilizes the growth of other reds, and the green traits grow other greens.

**Note: it is possible to have high scores for an issue in both the healthy and unhealthy traits.** For example, your background, upbringing, role models, disposition, and current lifestyle may have caused *strong gluttony* in you. On the other hand, you may have been working hard for some time to build up your health, through *physical fitness* education and activities. So you may have strong internal and external pushes toward gluttony, and yet you may be very good at resisting those pushes. The same is true for all nine issues: both healthy and unhealthy traits can have high percentile numbers. When this happens, the scores offset each other, so that the overall score for that issue would be moderate.

Likewise, it is **possible to score low in both** the healthy and unhealthy traits for the same issue. Low scores indicate low push from within, and low pull from without. Just as when both scores are high, this is **good news and bad news**. The good news is there isn’t much temptation to unhealthy behavior, but the bad news is there’s not much healthy ability to resist temptation, should the situation arise. So again, the overall score for that issue would be in the moderate zone.

An extra column can be imagined at the right. Here you can think about any ***other issues*** that you might want to experience in healthier ways. For example, in the middle row, you could consider issues you have with your **emotions, habits, and relationships.** You can also think about your challenging issues finding healthy ways to experience **nature, technology,** or your **gender, family, career, politics, or religion.** For each issue, you can apply the same principles and use the same solutions that help with the other nine assets the APW measures. It will help you to *name* the healthy and unhealthy mindsets and habits you could experience for any of these other issues (what you might want to call their green and red traits).

***2. Set goals.***

***You might decide to work on one or more of these issues.*** Once you’ve looked at your scores, consider the situations and relationships currently in your life. Perhaps this is a time when you realize that you need to understand more about what could be making you and others sick, and what changes you NEED TO make to live a healthier life. The information below will help you figure out what adjustments you could make in the near future, and what changes would most benefit you and other people.

Think about which people and groups you are allowing to give you their ***TRUTH***. Then do the same for your ***PEACE****,* ***RESPECT*,** ***LOVE, MERCY, SEXUALITY, WEALTH, PURPOSE,*** and bodily ***HEALTH.*** As you absorb these resources from those around you, you are picking up their values, beliefs, and lifestyles in the process. Fruits are coming into and out of you in three arenas of your life, each portrayed by three of the issues shown on your flow chart.

Moving left to right, the first three assets are experienced mostly in **Private.**  **Truth, Safety,** and **Respect** are **Identity Issues**, and they deal with ***Confusion*** vs. ***Conscience***.They are experienced in your mental *self-talk*, and in your *prayers and meditations.* You absorb them from the world through *reading* and *watching your screens*, from the shows, movies, videos, photos, blogs, podcasts, memes, and other digital content you take in.

Moving out from the private core, the next arena is the **Home**. This includes *both family and close friends* that you confide in. **Love, Sexuality,** and **Mercy** are **Relationship Issues,** and they involve ***Comparing*** vs. ***Connecting***. These energies are exchanged in intimate conversations and power moves with those who need and hurt you the most. They are also usually the ones *you* need and hurt the most.

The final arena is **Public**, dealing with issues of ***Consuming*** vs. ***Creating***. This is where the **Contribution Fruits** of Money, Work, and Health come in. (Of course, you may talk about your health more in the **Home**, but you often exhaust and infect yourself in **Public**, where your appearance and energy are powerful tools for getting things done.) You pick up mindsets and lifestyles with your careers, volunteering, politics, purchases, and online interactions. Healthy exchanges are *inclusive* of those who aren’t in your circles. You feed them a little too, when you feed yourself and your tribes. Toxic exchanges are *exclusive*, consuming the resources of outsiders to make them your own, and giving very little back.

***Are you dealing with more red or green issues in each of these three arenas of your life?*** Look at where you go to replenish each of the nine experiences pictured in the middle row of the chart. Consider if any of the people, associations, and dreams you love may be deceiving you. So in private, home, and public, find and follow the flow of *strength, freedom, cooperation, growth, and life*. Let go of anything or anybody that brings you or others *weakness, bondage, division, decay, and death*.

 Having looked at what’s coming *into* you, now **consider what’s coming *out of you,*** the kind of power you are putting out. ***What are you putting into others?*** You have taken in the habits and beliefs of the parents, teachers, companions, and role models you align with. Over time, their words and deeds have become yours. Then your words and deeds have influenced your mindsets and lifestyles. To reduce your harmful words and actions, consider the damage these habits do. ***Redirect yourself*** into more healthy behaviors, the better choices listed in green above. Pray/meditate about the benefit to yourself and others that developing these healthier habits could make.

*DISCERNMENT EXERCISES*

*Good ways to tell if you’re walking in a healthy mindset of*

*overflowing fullness, or an unhealthy mindset of draining emptiness:*

*Are you Looking to Get, or to Give?*

 Are you seeking more to get than you are to give, giving only to those who’ll give back to you?

 Rather than wanting to *get what’s sickening*, it’s way better to get fulfilled, by *giving what’s healthy*.

*Are you trying to Figure somebody out, to Fix them?*

 Better figure *yourself* out, know your heath from your sickness, and let a higher power fix *you*.

*Are you Restlessly Comparing (Image Management), or Gratefully Content?*

 Are you trying to make yourself look different to attract others?

Or are you trying to become comfortable in your own skin, just by being yourself?

*Who’s Helping Who here?*

 Are you thinking what others could do to help *you* with what *you’re* doing?

 Or are you thinking how you can help others with the healthy things *they* are doing?

*Are you Seeing Growth, Freedom, and Life in yourself and others, or Decay, Bondage, and Death?*

 Are you seeing yourself and others in the natural, focusing on the ego, the selfish self, the false self

 we’ve all made (up) to avoid pain and get pleasure, to calm and protect ourselves?

Or are you judging the motives or character of other people, or worried they’re judging you?

*Are you running from your pain, or using it to connect with others?*

Instead of using pain as a barrier with your [partner/friend], why not use it as a bond? *“I feel the*

*same way you do about my [behavior]. I’m going to sit with this [anger, fear] until it has*

*taught me better ways of understanding you and handling my own [temper, desire to lie].”*

NINE MORE PLACES TO LOOK

You can give more freely when you trust you’re always getting fresh supplies from wellsprings within and without. Besides the nine issues the APW measures (truth, peace, respect, etc.), here are *nine more experiences* to look at, the nine “A-pills” that give us a lift. Each of *these can be* *healthy or toxic*, depending on where they come from and where they are given out:

Attention Acceptance Approval

Affection Appreciation Acknowledgement

Admiration Attraction Allegiance

 *The big secret*:When you are sharing healthy gifts of these A-pills (giving to bless), the more of these you give away, the more you have to give, from your wellsprings inside and out. And when you seek or share the toxic versions of these resources (giving to get), the more you get, the more you want, and the harder it is to keep on giving.

**3. Use the tools.**

When you realize you are struggling with any of these nine *personal* health assets, you can benefit from the **THREE LEARNING TOOLS** described here for each issue. All nine sets of these three teaching aids for healing and growth are available free to be downloaded or printed, at **mynewlife.com/APW/tools**,and each one is described here.

***Life Lessons***

These pages bring wisdom **from psychology, philosophy, and common sense.** They give insights and guidance for personal change and growth. They identify draining habits and beliefs to avoid, and fulfilling habits and beliefs to put in their place. These ***Life Lessons*** describe what’s good and bad for you, and for your friends and family. And they explain why things work out the way they do.

***Devotional Studies***

 ***Each article explains over 20 scriptures*** to guide and encourage you. They give further descriptions and examples of the nine pairs of toxic and healthy traits shown in the flowchart. They tell about the ***benefits/blessings*** that come from making healthy choices. These are ***contrasted with the costs/curses*** that naturally follow unhealthy decisions. These study guides will be ***particularly helpful if you are trapped in legalism*** and black-and-white, either/or beliefs. ***Devotional studies*** allow you to see how the Bible can reveal shades of gray in yourself and others. This will help you to discern both the direction and the pace of needed personal growth, in both yourself and others.

***Parenting Tips***

 These articles help parents to ***understand what makes children learn bad habits, and how to teach them better ways to live.*** You can also use these articles to re-examine your own childhood, to see how you were groomed and taught to think and act in healthy or unhealthy ways. Some of these articles give ***online resources*** to help parents create healthier homes. Most of these articles give insights and directions specific to three ***different stages in your children’s lives***: preschool years, elementary school, and the adolescent years of middle and high school.

**4. Get connected.**

You can talk about all this with your **family and friends.** You can *become accountable to each other* for growth. All the *healthy* people you discuss this with can bring growth and healing into you. They can share with you their life stories and personal examples, their criticism and praise, their prayers and people, their companionship and protection, their new insights and solutions. That’s how anybody can get healthy and find a better life.

 In 2024 WELL Inc. opened and will soon be officially launching its website, ***to-the-well.org.*** It is designedto help people, groups, and organizations grow healthier. This domain is the secure portal for the APW. It will soon give free links to healthy counselors, universities, workplaces, articles, videos, podcasts, programs, products, research, music, movies, novels, short stories, self-help books, etc. These will all be curated by WELL, to insure they are either based on our model, using it, or compatible with it.

 Some of your ***close loved ones might want to take this test too***, maybe members of a small group you are in. To teach and encourage one another, you can share your results and goals with each other. Below is a link for downloading an invitation you can send to someone to take the APW and share with you.

 If you have had a good experience taking the APW and making adjustments from what you have learned, you might want to show your appreciation by creating this experience for others. WELL’s fixed costs per test is about four dollars, so a gift of $20 pays it forward for five other people. ***We thank you so much!! [PayPal portal]***

 Finally, after learning from these resources, you will have a clearer picture of the life you can live in the future. Of course you may lack confidence that you can ever find that life, or be truly happy fitting into it. Looking at research and people’s life stories reveals that ***you cannot fulfill your dreams alone.*** So get connected. Consider asking the help of a ***friend, relative, accountability partner, mentor, class, support group, pastor, or professional counselor.*** You will greatly improve your odds of finding the good life, one that is better than you deserve, one that turns out to be the life you’ve always wanted. ***ENJOY!!***

***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.

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