

The Wholeness Wheel

The Wholeness Wheel is used by people in the ELCA as an important learning tool. It shows that wellness is multi-dimensional — made up of spiritual, vocational, intellectual, emotional, physical, social and financial dimensions of well-being.

In Baptism — A New Creation in Christ

At the center of the wheel, we are a new creation through the waters of baptism. Christ lives in us and through us, and calls us out to love and serve one another. What does it mean to be a new creation? We have received the gift of grace through Christ, who came that we might have abundant life. Abundant life is living as a new creation, being grounded and centered in Christ and loving our neighbor as ourselves. It is when we are living well in Christ that we are best equipped to pass on our faith.

Social/Interpersonal Well-Being

We are created by God to be social beings, living in community and instructed to help and love each other. We maintain social well-being through interaction, play and forgiveness. We develop our social well-being when we take time to nurture our relationships with family, friends, neighbors, congregation and co-workers.

Emotional Well-Being

Emotional wellness is the ability to understand ourselves and cope with the challenges life can bring. It means feeling the full range of human emotions and expressing them appropriately. The ability to acknowledge and share feelings in a productive way contributes to our emotional wellness.

Physical Well-Being

We can live well by tending and nurturing our bodies as a gift from God, even though we are not all born healthy or able to live lives without injury or illness. The ability to recognize that our behaviors have a significant impact on our wellness, and adopting healthful habits all contribute to our physical wellness.

Financial Well-Being

As we are blessed through income from our labors, we consider our behaviors and values related to our finances: Being good stewards in the way we save, spend within our means, and share with others in need.

Vocational Well-Being

We all have a calling - a vocation - to follow Christ's example by living a life of meaning, purpose and service to our neighbor. Our vocations make up our life's work and passions - they are the everyday roles through which God calls us to help make this world a better place. Those who are well vocationally are faithful stewards of their talents and abilities, and find opportunities to build and use them.

Intellectual Well-Being Using our minds keeps us alert and active. Stay curious, ask questions, and seek answers. Explore new responsibilities, experience new things and keep an open mind. And remember, knowing when and how to let your mind rest is as important as keeping active.

Spiritual Well-Being

Living a centered life focused on God affects each aspect of our well-being. Turn to God for strength as you seek to live well in Christ. Nurture your relationship with God through prayer, devotions, worship, nature, art, and music. Explore who you are and know whose you are. Spiritual well-being is intertwined with and influences our well-being in all other dimensions.

The Wholeness Wheel illustrates what it means to live as a whole person of God.