

## A Nasty, Four-Letter Word

I've read that there are seven dimensions of wellness and that healthy living goals must intentionally address them in equal measure. Over-prioritizing or under-prioritizing one or more of these seven dimensions is said to be the reason for our lives being out of sync and out of balance. I wish this lesson had come a little sooner in my life's journey! But if it is true that the teacher appears when the student is ready, then this information is here because you are now in position to apply some awesome principles to your process.

### Your Seven Dimensions of Wellness:

- Physical wellness
- Psychological, mental, and emotional wellness
- Career health and wellness
- Social networks wellness
- Financial health and wellness
- Spiritual health and wellness
- Personal relationships/family wellness

The trick, then, is to manage each and every one of your seven dimensions of wellness in harmony with one another for optimal health and wellness balance. Your body cannot do anything other than what your mind tells it to do, and the Spirit fights for your attention to give the mind soundness and rightness. There is a nasty little four-letter word that holds us captive and is a constant adversary. It's not the devil—that's five letters. It's **time**.

The only thing that stops the process of tapping into your "core self" with a view to developing your health and spiritual wellness is time. Creating an atmosphere for yourself that is conducive to health and spiritual wellness expansion will build a foundation that teaches you how to set aside some quality time to reflect, plan, listen, organize, meditate, and excel in solitude.



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This can be very difficult to achieve given the hectic pace, demands, and noisiness of our modern lifestyles. Yet, find time you must! Fortunately, I think a law of averages kicks in so that all of the seven dimensions don't usually fall apart at the same time. My experience has been that three or four of them generally are going well—they don't need any more or less attention because I've found the key to stabilize them. But the remaining points will be wheeling out of control with no touchdown in sight. TIME is the only way to stop a host of things (manifested in illnesses, accidents, life-altering events, and experiences of emotional pain) from making life an even greater challenge than it should be.



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Let me add here that challenges are not always bad. Handling good fortune can also present unforeseen challenges. Some of them will motivate and move us when all else fails. The challenge is in place to make us start thinking differently about who we are and where we're going. And...the rest will be history.

In my case, wellness goals led to the "me" that was hidden inside all the time, waiting to break loose. What about you?

Exsert form: **Wellness Tools for Creating Change**  
*A Women's Three-Point Harmony of Body, Mind, and Spirit*  
[www.Amazon.com](http://www.Amazon.com) (<https://tinyurl.com/ybbdhyq4>)