

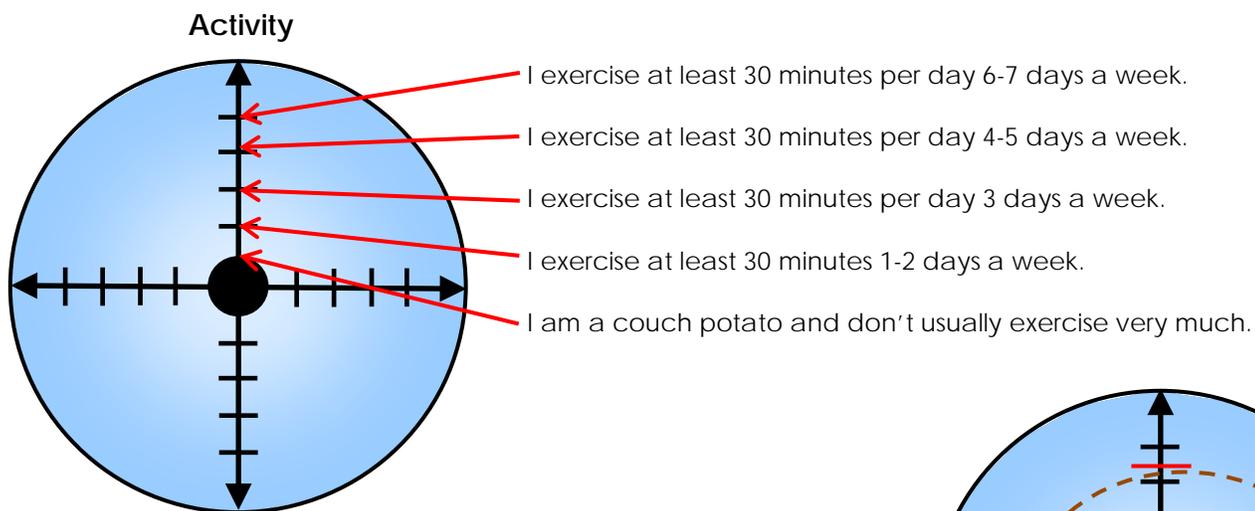
Four Wheels of Health – Instructions

The Bible's holistic view of health is most easily seen in Luke 2:52, "So Jesus grew in wisdom and stature and in favor with God and all the people." Jesus grew in stature (physical health), wisdom (emotional/mental health), and in favor with God (spiritual health) and others (relational health). We call these elements the Four Wheels of Health. If any one of our four Wheels is wobbly or flat, our health will suffer. Life won't run as smoothly, or as far, as it was intended.

This assessment is an easy way for you to evaluate these four major aspects of your health. Please note that this exercise is not meant to show you where you come up short. Rather, this tool is designed to show where you might think about improving in your quest to improve your overall health. The more accurately you assess yourself, the more helpful this tool will be.

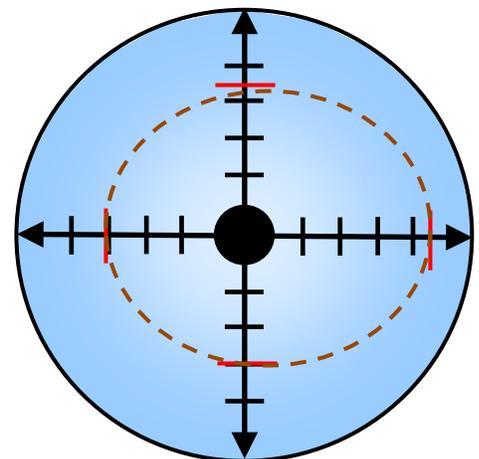
Notice that as you measure each of the four aspects of your health, it will form a Wheel. Each Wheel has a hub and four spokes. What you'll be doing is assessing the length of each spoke of each Wheel. Then, you'll draw the Wheels, which will show you how smooth or rough a "health ride" you presently experience or will experience in the future.

For example, let's look at the Activity spoke of the Physical Wheel. Using the explanations to the right of the Wheel below, think about your average physical activity over the last two or three months and determine where you fall. Then simply make the appropriate mark on that spoke.



Now, mark where you fall on each of the other three spokes of the Physical Wheel. Then do the same for the Emotional, Relational and Spiritual Wheels.

Now that you've estimated where you fall in each area, go ahead and draw your Wheels by connecting them like the example to the right.



How do the four Wheels look? Are they round, or do they have flat sections? Are all four the same size or is one much smaller? Are they all fairly round and about the same size but with short spokes? If so, they'll turn far faster than they should, and you'll be at much greater risk to burn out. More likely, one or more of your Wheels are different sizes and not at all round. Can you imagine how a vehicle would run if it had four Wheels like this? Probably not very well and certainly not nearly as long as it should, the ride would be pretty bumpy!

This exercise is designed to give a visual representation of your overall health, so that you can begin the process of improving your well-being. You may not encounter big surprises; rather, you may simply recognize and label much of what you suspected was true about yourself. Whatever the case, it's time for you to go to work on your health.