

What makes you whole?

Welcome to this edition of your Weekly Winning Resource all about the word whole. What is wholeness? The World Health Organization defines whole health as a state of complete physical, mental, and social well being, and not merely the absence of disease or infirmity. In the world of mental health, we are really good at defining what is wrong with us, but what does it look like to be right, healthy, and whole? Wholeness is somewhat complicated because it includes all of what makes us human – mind, body, soul, emotions, and relationships. As the world health organization describes wholeness as being complete in all areas, this could easily set us up for failure in ever feeling whole. Is it realistic to ever be complete in every area of our life? Not really! To live in a wholeness mindset requires you to overcome the sickness of perfectionism. Being whole is about accepting all the pieces of yourself, taking the good with the bad, and everything in between. It's knowing that you can always work towards being better and while you can be of constant improvement, it's understanding that you will never fully arrive. There is always more to learn, ways to grow, and more goals to achieve, but in a wholeness mindset, being content with where you are is a big part of it. As a personal development company, it is our mission at I've Decided to always help you become a better version of yourself. In doing so, we want to make sure you take time to enjoy life's moments and live in wholeness every step along the way to success.

Your Weekly Winning Word:

Whole:

Totality; Lacking no part, member, or element.

Your Weekly Winning Article:

Every one of us can live a whole life and feel complete, but it does require some intentional choices and the right mindset. If you are going to be successful in living a life of wholeness, there are 3 things you must always remember. Check out our Weekly Winning Article here: [Click Here to Read](#)

Your Weekly Winning Challenge:

Take time this week to ponder and answer honestly this question: What makes you whole? Write your answer down in your Success Workbook and journal. If you are working with a Success Partner share your answers with them during the weekly group coaching.

Your Weekly Winning Quote:

Wholeness is our capacity to experience health as transcending all limitations all while accepting them. It's overcoming the virus of perfectionism which keeps us locked into an imaginary world, rather than the real world. ~Lawrence Freeman

A coach can help you overcome some thinking patterns that could be holding you back from living a life of wholeness. Consider our Launch My Success Membership. Included in this membership, is weekly group coaching with one of our awesome Success Partners. You can learn more about them here: [Learn More – Success Partners](#) Having a coach is an investment that you can expect to get a return on, it is not an expense. The

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