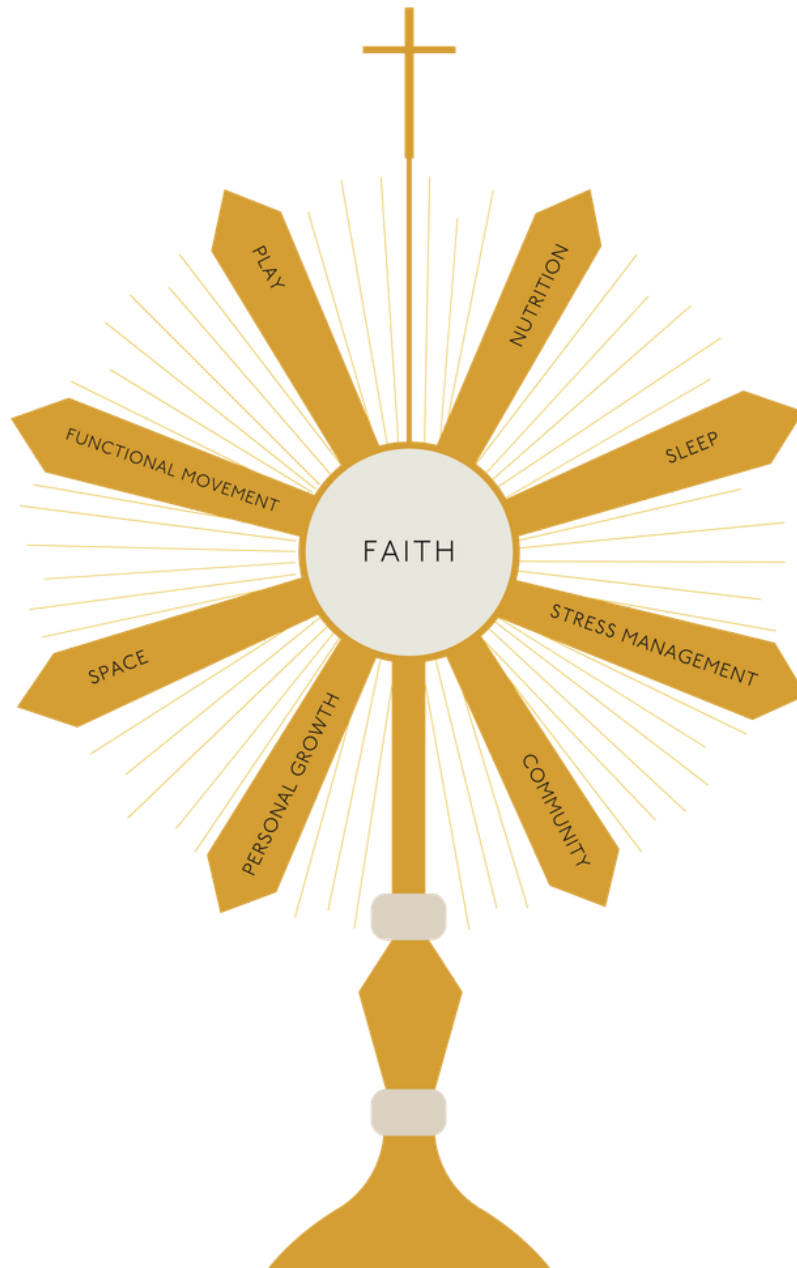


Wellness Pillars



REFORM

Health Bank Account

STATE OF YOUR BODY: _____
I-10

+ DEPOSITS	VALUE I-10

- WITHDRAWALS	COST I-10

STATE OF YOUR SOUL: _____
I-10

+ DEPOSITS	VALUE I-10

- WITHDRAWALS	COST I-10

REFORM



Wellness Pillar Best Practices

FAITH

Pray or meditate with gratitude for 30 minutes daily
Entrust your prayers and day to God, glorifying Him in every thought and action

SLEEP

Create a morning and evening routine so you can disconnect the first and last hour of your day
Sleep in a cool, dark room and get early exposure to sunlight

STRESS MANAGEMENT

Honor a weekly and daily Sabbath Focus on one task at a time
(90/30 workblocks), one day at a time

FUNCTIONAL MOVEMENT

Strengthen your whole person, move in a way that's sustainable and enjoyable
Recover harder than you train with adequate sleep and recovery

REFORM

NUTRITION

Eat real, unprocessed, whole foods when you're truly hungry
Sit down for your meals; chew your food thoroughly

PERSONAL GROWTH

Identify and share your God-given gifts and talents on the road less traveled
Allow Christ to build His masterpiece: YOU

PLAY

Playfully surrender yourself—your plans, your day, your life—to Jesus
Envision or recreate childhood fun

COMMUNITY

Be the Pipe: those who see you also see the Father in you
Serve and ask for help when needed

SPACE

Focus on eternal freedom rather than pleasures that temporarily fill space
Implement fasting and simplicity with intention for healing of body and soul

REFORM