



Our 'Total' W-E-L-L-N-E-S-S

More than ever, our WELL-BEING is THREATENED! => [Click HERE!](#)

People usually consider **WELLNESS** to mean "**physical** health", and they refer to someone as -- *feeling well* -- or *not feeling well*. Certainly, maintaining our good **physical** health contributes greatly to our level of well-being - perhaps it is "the" most **crucial** factor [especially during a **PANDEMIC!**] - but it's still only **one part** of our T-O-T-A-L wellness ... as there are also "other" [INTEGRATED] Factors.

As a Business & Financial Consultant [Academy & Arcom Groups], a Natural Wellness Advocate, and an Online Business Entrepreneur, I see - **W-E-L-L-N-E-S-S** - as an integrated, vital, holistic model - with many different dimensions to it. Let's dig in:

In Harmony

Every single person on this planet is a "multi-dimensional" human being. In my above **Wellness Wheel**, I illustrate only five (5) essential, inter-connected dimensions that I believe are critical for a well-rounded lifestyle.

NObody will ever achieve "total" balance within this wheel - but we need to "strive" to improve – **or, we'll face serious consequences (see "link" above)!**

Bottom Line - It doesn't matter whether we're entrepreneur, employees, executives, professionals, or whatever - when the above five (5) WELLNESS Factors are in a "reasonable harmony" with each other - we will begin to see greater success, prosperity, peace, freedom and happiness in our lives, too.

Note: There are truckloads of books, videos, courses, seminars & trainings available on each of these (5) WELLNESS Factors - but below, I am simply highlighting a few of the important "elements" of each WELLNESS Factor.

Website - My [Website / Blog](#) too. is all about the 'Virtual Wealth & Wellness Formula' [and the resulting LIFESTYLE] that we can all have - from different strategies - for creating a "better" life, of >>>>>>> **T-O-T-A-L Wellness.**

WE have aligned ourselves with a Business Model / Company - that "fully" embraces ALL of these Integrated **WELLNESS** Factors (**"not" MLM**). Ask Us.

Let's Begin:



FINANCIAL Wellness

FINANCIAL - Having a Healthy Relationship with Money -- Reducing Personal Debt -- Using Credit Wisely -- Controlling Your Spending -- Pursuing Financial Education -- Owning a Small Business -- Budgeting Effectively -- Avoiding Financial Risk -- Getting Asset Protection -- Becoming Your Own Banker -- Becoming Cyber-Proofed -- Balancing Your Checkbook -- Connecting Your Financial Goals to Your Values -- Seeking Financial Privacy -- Paying Yourself First -- Insuring Yourself Adequately -- Focusing on Prosperity -- Increasing Your Cash Flow -- **Creating Multiple Streams of [RESIDUAL] Income, via a ["proper"] Home eBiz** -- Diversifying Your Savings & Investments -- Pursuing Financial Empowerment -- Growing Your Net Worth -- Planning Your Retirement -- Leveraging Your Finances -- Building Your Real Wealth, Safely -- Planning Your Estate ...

- PLUS -

PERSONAL Wellness

PERSONAL - Gaining a Support Network (family, social, friends, co-workers, community, associates, colleagues) -- Knowing & Understanding Your Spiritual Values, Your Beliefs, Your Ethics, Your Purpose -- *Having a Strong Faith* -- Pursuing Your Passion, Your Vision & Your Mission -- Liking Yourself -- Respecting & Caring for Yourself & Others -- Being Grateful -- Being Kind -- Planning Family Time -- Being Sensitive & a Good Listener -- Volunteering to Enhance Your Community -- Being Committed to Continuing Education ...

- PLUS -

MENTAL Wellness

MENTAL - Being a Critical Thinker -- *Having a Success Mindset* -- Coping with Stress -- Having Realistic Expectations -- Being Willing to Ask for Help -- Understanding the Mind-Body Connection -- Having a Sense of Peace & Well-Being -- Having a Positive Attitude -- Being Open Minded -- Accepting Yourself for Who You Are -- Managing Your Feelings -- Watching for Signs of Depression -- Having a Sense of Humor -- Using Optimal Medication Management -- Developing an Enthusiasm for Life -- Practicing Hugging ...

- PLUS -

OCCUPATIONAL Wellness

OCCUPATIONAL - Consider Benefits of Entrepreneurship -- Looking for Fulfillment -- Handling Roadblocks as Challenges -- Looking for Opportunities to Over-Deliver -- *Giving Insane Value to Others* (employer, staff, customers, clients, patients) -- Being a Team Player -- Being a Good Decision Maker -- Having Vision -- Developing Leadership Skills -- Operating with Integrity -- Bringing New Ideas & Suggestions -- Setting Career Goals -- Being Optimistic -- Looking for Control, Satisfaction & Enrichment -- Pursuing Continuing Education ...

- PLUS -

PERSONAL Wellness

PHYSICAL - *Doing Daily Exercise - Getting Good Nutrition* (ideally, clean, green, plant-based, non-gmo, organic, Starch-Based, WHOLE FOOD nutrition - for a "strong" IMMUNE SYSTEM [[especially during a PANDEMIC!]] -- Managing Stress -- Cardiovascular Activity -- Strength & Endurance Training -- R&R -- Dietary Supplements -- Avoiding Tobacco, Drugs & Excessive Alcohol -- Seeking Holistic Practitioners -- Maintaining a Balanced Diet -- Getting Regular Physical Checkups -- Cutting Back on White Sugar, Flour & Salt -- Eating Breakfast -- Staying Away from Artificial Sweeteners -- Practicing Healthy Hygiene -- Eating High Fiber Foods -- Getting Enough Sleep -- Doing Yoga -- Staying Hydrated ...



Our "Total" Wellness

In the beginning, it may not be easy (or possible) to have real "balance" in all areas - but it ought to be a [family] GOAL, over time. I believe we can only achieve >>>> **"Total" WELLNESS** ... when our physical, emotional, spiritual, occupational, financial [and even environmental!] well-being are 'in sync' with each other ... enabling us to achieve our life's vision - and purpose - our W-E-L-L-N-E-S-S - in mind, body, spirit, work, and finances.

Financial Abundance + Vibrant Health + Time Freedom + Family Wellness = PEACE of MIND - IN BALANCE - TOGETHER, for >>> a much [BETTER FUTURE!](#)



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