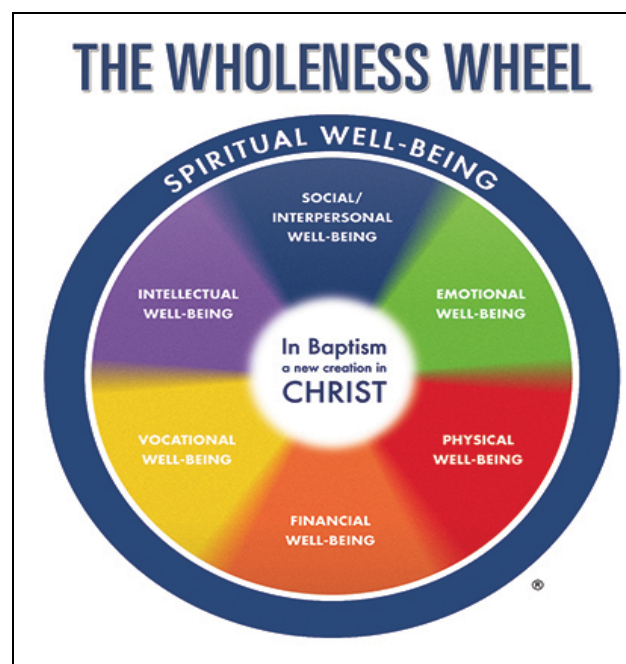


Grow Into Wholeness

Start small, go big. Consistent small changes in the most challenging areas reap the biggest rewards. Use this truth to motivate you to start in an area of the Wholeness Wheel where you have been stuck. Start small, review regularly, keep going!

Ask yourself today:

1. In *which part* of the Wholeness Wheel would positive change make the *most difference* in your life right now?
2. What is one **SMALL** step you can take in that area during this assembly to move in the direction that is healthiest for you? (A phone call? Five minutes of initial online research? Scheduling something?)
3. What is one **SMALL** step you can take back at home to continue in this direction?
4. What **SMALL** obstacle to further progress can you remove next?



The Healthy Leaders team is committed to enriching and supporting wholeness in the lives of our synod leaders, both rostered and lay. We are strongest when we have balanced health in all areas of life. Achieving and maintaining health in all the areas of the Wholeness Wheel is a life-long process and commitment. Please visit our web page at www.rmselca.org/healthy-leaders.



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Start small,
GO BIG!

Note: Portico Benefit Services' wholeness wheel emblems are trademarks of Portico Benefit Services (U.S. Patent and Trademark). Certificate of registration numbers: 4,637,260; 4,637,258; 4,637,259; 4,636,828; 4,677,811; 4,769,984.