



## **CERW 6270**

### **Total Wellness and the Minister**

New Orleans Baptist Theological Seminary

Christian Education Division

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*The mission of New Orleans Baptist Theological Seminary is to equip leaders to fulfill the Great Commission and the Great Commandments through the local church and its ministries.*

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#### **Purpose of the Course**

The purpose of this course is to equip students to pursue a lifestyle of personal excellence related to six dimensions of wellness: physical, emotional, social, intellectual, vocational, and spiritual.

#### **Core Value Focus**

*Doctrinal Integrity* – Knowing that the Bible is the Word of God, we believe it, teach it, proclaim it, and submit to it. The doctrinal statements used in our evaluations are our Articles of Religious Belief and the Baptist Faith and Message Statement.

*Spiritual Vitality* – We are a worshipping community, with both personal spirituality and gathering together as a Seminary for the praise and adoration of God and instruction in His Word.

*Mission Focus* – We are not here merely to get an education or to give one. We are here to change the world by fulfilling the Great Commission and the Great Commandments through the local church and its ministries.

*Characteristic Excellence* – What we do, we do to the utmost of our abilities and resources as a testimony to the glory of our Lord and Savior Jesus Christ.

*Servant Leadership* – We follow the model of Jesus and exert leadership and influence through the nurture and encouragement of those around us.

Annually, the President will designate a core value that will become the focus of pedagogy for the year. For the 2015-2016 academic year, this Core Value is *Mission Focus*.

#### **Curriculum Competencies Addressed**

This course will address the following curriculum competencies:

*Interpersonal Relationship Skills:* The course contains a strong emphasis on interpersonal skills as a vital aspect of pursuing total wellness.

*Disciple Making:* In this course, students are encouraged to understand that the ultimate purpose of total wellness is to be able to serve God longer and better.

*Spiritual and character formation:* As a result of participation in this course, each student should be better equipped to pursue ministry with the understanding of what it means to “honor God with your bodies” (I Corinthians 6:20b).

### **Course Description**

The student will learn how to accomplish personal wellness. He is led to consider how physical well-being exerts a positive influence upon the mental, emotional, social, and spiritual aspects of his life. The cardiovascular-respiratory system is monitored to determine physical fitness. Individual ‘conferences’ with the professor and on-line group discussions are conducted in order to provide continuous evaluative information from the class members.

### **Student Learning Outcomes**

At the conclusion of this course, you should be able to:

- 1) Organize and live out an on-going exercise program and a nutritionally-balanced food plan. (*Cognitive*)
- 2) Appreciate the benefits and grasp the importance of pursuing wellness as a necessary component of ministry excellence. (*Affective*)
- 3) Apply knowledge of the relationship between food intake, exercise program and physical well-being to a life of wellness in ministry. (*Psychomotor*)

### **Required Readings**

The following texts and resources are required reading for class discussions and are to be read in their entirety unless otherwise specified.

Couey, Dick and Tommy Yessick. *Fit to Serve Him Longer... and Better*. Nashville, TN: Convention Press, 1998. (Not in print; available from instructor on Blackboard)

Yessick, Tommy. *Building Blocks for Longer Life and Ministry*. Nashville, TN: Convention Press, 1997. (Not in print; available from instructor on Blackboard)

### **Course Teaching Methodology**

#### **Units of Study**

*Day One: (1 p.m.-4 p.m.; 6 p.m.-9 p.m.)*

Introductory matters  
Biblical basis for wellness  
Goal-setting  
Fitness Assessment (Cardio)

*Day Two: (8:30 a.m.-11:30 a.m.; 1 p.m.-4 p.m.)*

Cardiac risk factors  
Guidelines for Establishing an Exercise Program  
Fitness Assessment (Strength/Endurance/Flexibility)  
Health-related components of physical fitness

*Day Three: (8:30 a.m.-11:30 a.m.; 1 p.m.-4 p.m.)*  
Cholesterol / Metabolic Syndrome  
Nutrition  
Aerobic Lifestyle Circuit  
Emotional well-being  
Stress management

*Day Four: (8:30 a.m.-11:30 a.m.; 1 p.m.-4 p.m.)*  
Social well-being  
Intellectual well-being  
Vocational well-being  
Spiritual well-being  
Final Matters

*Day Five: (On-Line)*  
Final Exam

**Teaching Methods.** This course will be delivered in a workshop format, incorporating power point, assigned readings, personal reflection, small group discussion, video, and other pertinent methodology.

### **Assignments and Evaluation Criteria**

Scripture Memory (see attached sheet)	10%
Individual Project (Based on assessment of personal goals)	10%
Class Participation (including cholesterol report)	15%
Exercise Log (due February 22)	15%
Textbook Summaries/Quizzes/Worksheet	30%
Final Exam (on Blackboard)	20%

***Before you come to the workshop,*** you will need to get your cholesterol tested by having a fasting blood draw done. Please bring with you to the class a copy of the lipid profile that includes the following numbers: your total cholesterol, your LDLs, your HDLs, your triglycerides, and your glucose level. You also need to have a medical person take your blood pressure so that you can complete the attached clinic form. Plan to turn these health reports in during the first class meeting and no later than Tuesday afternoon. **NOTE:** If you plan to do this testing at the NOBTS campus clinic, be sure to call ahead and set up an appointment as early as possible to make sure the clinic staff will be available and that they have the needed supplies.

***Class Participation:*** In addition to classroom discussion and learning activities during the week, you will be expected to join your classmates in several exercise opportunities. Wear appropriate clothing and shoes. The first exercise session will be on Monday evening and will include stretching and a one-mile walk. The strength [sit-ups and push-ups] and flexibility [sit-and-reach tests]) assessments will be on Tuesday morning. Then, on Thursday, we will participate together in an aerobic exercise circuit at the Campus Rec Center.

***Individual Project:*** You've heard it said that if you aim at nothing, you'll hit it every time. Goal-setting is a proven and effective component of a successful personal wellness plan. Before

coming to the first class session, please read the enclosed pages from the Fit 4 Fitness module. After reading this and completing the attached example, I need you to determine THREE specific and measurable short-term goals that you will work toward between January 11 and February 19 (one physical wellness goal, one spiritual wellness goal, and one social wellness goal). Included with each goal must be an action plan with your strategy to reach the goal. Exercise frequency is not an acceptable goal because this is part of your grade already (see Exercise Log). Please type out these goals, along with a plan for how you intend to work toward each goal, and submit them by Tuesday morning of the workshop. (We will address goal-setting during the Monday sessions). No later than February 22, you will submit an evaluation of how you progressed toward your goals. More about this later.

**Exercise Log:** Attached please find a copy of the exercise log you are to use for completion of the requirements for this course. Put your name on the line provided at the top of page. The following explains how you will chart your regular workout information: **Date** refers to the day you are exercising. **RHR** refers to your resting heart rate, or the pace at which your heart is beating before you begin your exercise session. **EHR** refers to your exercise heart rate, or the pace at which your heart is beating immediately following your 20- to 30-minute exercise session. **RR** refers to your recovery rate, or the pace at which your heart is beating 10 minutes following your exercise session. **Time** refers to how long you exercised for this particular session, and you are to write what type of exercise you did in the **Description** column. You will be expected to exercise at least four times a week for no less than *two weeks* before the workshop, during the workshop, and for *five weeks* following the workshop. We will check your progress in class. The exercise log is due on February 22.

**Scripture Memory:** Attached is a list of scripture verses you will be expected to memorize for this course. To hold you accountable for this requirement, we will have a scripture memory quiz at the beginning of each class session (one verse per session) as well as related questions on the final exam. For the quizzes, you will be expected to write out the verses and references in the translation given on the study sheet.

**Textbook Summaries:** When you come to class on Monday, January 11, please bring with you a typed summary of the first 3 chapters in *Fit to Serve Him Longer . . . and Better* (available on the course blackboard site as soon as it is set up by ITC). For each chapter, report as follows: one-half page on what the chapter says (content summary) AND one-half page on what the chapter says to you (personal application/reflection) for a total of three pages. A *fill-in-the-blank reading guide* featuring the nutrition chapters will be distributed in class on Monday to be completed in by mid-week. You are responsible for reading the entire book for class participation and the final exam.

The other required text, *Building Blocks for Longer Life and Ministry*, will be used for quizzes and class discussion. This book is no longer in print but will be made available on Blackboard as soon as the course is set up by ITC. Please read it before the week of the workshop because you can expect a 'pre-test' on the first day of class as well as quizzes during the class times when we discuss the different dimensions of wellness.

***Extra Credit Opportunities:***

Participation in an area road race (walk or run) as approved by instructor with one-page review;  
OR

A 5-page review of a health-related book approved by the instructor (typed, doublespaced, with cover page)

OR

Participation in a mission trip/experience with one-page review reflecting contribution to your total well-being

***If you have any questions*** about these assignments or the class in general, please feel free to email me at judiajackson@gmail.com before the first day of class. If you are unable to fulfill the physical requirements of this course for medical reasons, please contact me immediately. I look forward to seeing you on January 11 at 1 p.m. It's going to be a great week.

**Course Policies**

**Absence Policy:** The absence policy of the Seminary will be strictly enforced. No absences are allowed for workshop classes, unless discussed and approved prior to the class meeting.

**Academic Honesty Policy:** All graduate and undergraduate NOBTS students, whether on-campus, internet, or extension center students, are expected to adhere to the highest Christian standard of honesty and integrity when completing academic assignments for all courses in every delivery system format. The Bible provides our standard for academic integrity and honesty. This standard applies whether a student is taking tests, quizzes, exams, writing papers, completing Discussion Boards, or any other course requirement.

**Assignment Formatting:** Unless otherwise noted, all assignments are to be created in Turabian format. All written assignments must be Word documents, written in third person unless otherwise instructed, and created in 12 pt. Times New Roman font. PDFs will not be accepted.

**Assignment Submission:** All assignments are to be submitted to Blackboard by 11:59 p.m. of the due date unless otherwise indicated. Do not send files as attachments via email to the professor. For technical reasons, this mode of file transmission is extremely inefficient.

**Grading Scale:** Your final grade will be based on your total accumulation of points as indicated under the *Assignments and Evaluation Criteria* section of this syllabus according to the grading scale in the NOBTS 2015-2016 catalog.

A 93-100 B 85-92 C 77-84 D 70-76 F 69 and below

**Late Assignments:** Only under extreme circumstances, and with prior approval, will a late assignment be accepted. Late assignments will be assessed an initial 10 percent penalty and 1 percent for each day after the due date (i.e. 10/1 points for a 100 point assignment, 3/.3 points for a 30 point assignment). No assignments will be accepted more than two weeks after the original due date. Missed presentations may not be made up.

**Netiquette: Appropriate Online Behavior:** Each student is expected to demonstrate appropriate Christian behavior when working online. The student is expected to interact with other students in a fashion that will promote learning and respect for the opinions of others in the course. A spirit of Christian charity is expected at all times in the online environment.

**Plagiarism:** A high standard of personal integrity is expected of all students. Copying another person's work, submitting downloaded material without proper references, submitting material without properly citing the source, submitting the same material for credit in more than one course, and other such forms of dishonesty are strictly forbidden. *Although anything cited in three sources is considered public domain, we require that all sources be cited.* Any infraction will result in failing the course. Any infraction will be reported to the Dean of Students for further action.

**Revision of the Syllabus:** The course syllabus is not a legal contract. Any syllabus revision will be preceded by a reasonable notice to students. The standards and requirements set forth in this syllabus may be modified at any time by the professor. Notice of such changes will be by announcement in class or by email notice.

**Withdrawal from the Course:** The administration has set deadlines for withdrawal. These dates and times are published in the academic calendar. Administration procedures must be followed. You are responsible to handle withdrawal requirements. A professor can't issue a withdrawal. You must do the proper paperwork to ensure that you will not receive a final grade of "F" in the course if you choose not to attend once you are enrolled.

### **Additional Information**

**Blackboard and SelfServe:** You are responsible for maintaining current information regarding contact information on Blackboard and SelfServe. The professor will utilize both to communicate with the class. Blackboard and SelfServe do not share information so you must update each. Assignment grades will be posted to Blackboard. You will be need to enroll in the course on Blackboard.

**Correspondence with the Professor:** Every effort is made to respond to emails within 24-48 hours, excluding weekends. Please feel free to contact the professor with any question you may have regarding this course.

**NOBTS Emergency Text Messaging Service:** Once you have established a SelfServe account you may sign up for the NOBTS emergency text messaging service by going to <http://nobts.edu/NOBTSEmergencyTextMessage.html> .

**Special Needs:** If you need an accommodation for any type of disability, please set up a time to meet with the professor(s) to discuss any modifications you may need that are able to be provided.

**Technical Support:** Need technical assistance? Contact the ITC today:  
Selfserve@nobts.edu - Email for technical questions/support requests with the  
Selfserve.nobts.edu site (Access to online registration, financial account, online transcript, etc.)

BlackboardHelpDesk@nobts.edu - Email for technical questions/support requests with the NOBTS Blackboard Learning Management System NOBTS.Blackboard.com.

ITCSupport@nobts.edu - Email for general technical questions/support requests.

504.816.8180 - Call for any technical questions/support requests.

www.NOBTS.edu/itc/ - General NOBTS technical help information is provided on this website. If you experience any problems with your Blackboard account you may email [BlackboardHelpDesk@nobts.edu](mailto:BlackboardHelpDesk@nobts.edu) or call the ITC at 504-282-4455, ext. 8180.

### **Selected Bibliography**

American College of Sports Medicine. *ACSM Fitness Book*. Champaign, IL: Human Kinetics, 1998.

Arterburn, Stephen, and Linda Mintle. *Lose It for Life*. Nashville, TN: Integrity Publishers, 2004.

Baumgartner, Ted A., and Andrew S. Jackson, *Measurement for Evaluation in Physical Education and Exercise Science*, 5th ed. Madison, WI: Brown.

Bishop, J. G., and S. G. Aldana. *Step Up to Wellness: A Stage-Based Approach*. Needham Heights, MA: Allyn & Bacon, 1999.

Blair, Steven. *Living with Exercise*. Dallas, TX: American Health Publishing Company, 1991.

Colbert, Don. *The Seven Pillars of Health*. Lake Mary, FL: Siloam (A Strang Company), 2006.

Cooper, Kenneth H. *Regaining the Power of Youth at Any Age*. Nashville, TN: Thomas Nelson Publishers, 1998.

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Corderio, Wayne. *Leading on Empty: Refilling Your Tank and Renewing Your Passion*. Minneapolis, MN: Bethany House, 2009.

Cordes, Kathleen A., and Hilmi M. Ibrahim. *Applications in Recreation & Leisure for Today and the Future* 2d ed. Boston: WCB/McGraw-Hill, 1999.

Couey, Dick, and Tommy Yessick. *Fit to Serve Him Longer . . . and Better*. Nashville, TN: LifeWay Press, 1998.

Dunn, Halbert L. *High-Level Wellness*. Arlington, VA: R. W. Beatty, Ltd., 1961.

- Fahey, Thomas D., Paul M. Insel, and Walton T. Roth. *Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness* 2d ed. Mountain View, CA: Mayfield Pub. Co., 1997.
- Jeep, Robin, and Richard Couey. *The Super Antioxidant Diet and Nutrition Guide*. Charlottesville, VA: Hampton Roads Publishing Co., 2008.
- Lerner, Ben, and Greg Loman. *One Minute Wellness: The Natural Health & Happiness System that Never Fails*. Fort Worth, TX: Worthy Publishing, 2005.
- Lewis, Carole. *Stop It! The Simple Solution to Weight Loss*. Ventura, CA: Regal Books, 2005.
- Meinz, David. *Eating by the Book*. Virginia Beach, VA.: Gilbert Press, 1999.
- Moffatt, Marilyn, and Carole B. Lewis. *Age-Defying Fitness: Making the Most of Your Body for the Rest of Your Life*. Atlanta, GA: Peachtree Publishers, 2009.
- Peterson, Eugene H. *Under the Unpredictable Plant: An Exploration in Vocational Holiness*. Grand Rapids, MI: Wm. B. Eerdmans Publishing CO., 1992.
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- Rubin, Jordan. *The Great Physician's RX for Health & Wellness*. Nashville, TN: Thomas Nelson Books, 2005.
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- Smith, Pamela M. *Food for Life*. Lake Mary, FL: Creation House, 1994.
- \_\_\_\_\_. *Eat Well, Live Well*. Waco, TX: Word Books, 1992.
- TerKeurst, Lysa. *Made to Crave*. Grand Rapids, MI: Zondervan, 2010.
- Terry, Patricia Hart. *Made for Paradise: God's Original Plan for Healthy Eating, Physical Activity, and Rest*. Birmingham, AL: New Hope Publishers, 2007.
- Walters, Peter, and John Byl, eds. *Christian Paths to Health and Wellness*. Champaign, IL: Human Kinetics, 2008.
- Willis, Laurette. *The Busy Women's Guide to Total Fitness*. Eugene, OR: Harvest House Publishers, 2007.
- Yessick, Tommy. *Building Blocks for Longer Life and Ministry*. Nashville, TN: Convention Press, 1997.

## Total Wellness and the Minister

### *Scripture Memory Verses*

<p><b>Luke 2:40, 52</b>                      <i>1<sup>st</sup> Class Mtg.</i></p> <p>“And the Child continued to grow and become strong, increasing in wisdom; and the grace of God was upon Him.</p> <p>“And Jesus kept increasing in wisdom and stature, and in favor with God and men.” (NASB)</p>	<p><b>I Peter 5:8</b>                                      <i>Wednesday a.m.</i></p> <p>“Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.” (NIV)</p>
<p><b>Matthew 6:33</b>                                      <i>2<sup>nd</sup> Class Mtg.</i></p> <p>“But seek first His kingdom and His righteousness, and all these things will be given to you as well.” (NIV)</p>	<p><b>Hebrews 12:1</b>                                      <i>Wednesday p.m.</i></p> <p>“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.” (NIV)</p>
<p><b>I Corinthians 6:19-20</b>                      <i>Tuesday a.m.</i></p> <p>“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; You were bought at a price. Therefore, honor God with your body.” (NIV)</p>	<p><b>I Timothy 4:7-8</b>                                      <i>Thursday a.m.</i></p> <p>“Have nothing to do with godless myths and old wives’ tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” (NIV)</p>
<p><b>Galatians 5:22-23</b>                                      <i>Tuesday p.m.</i></p> <p>“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law.” (NIV)</p>	<p><b>I Thessalonians 5:23</b>                                      <i>Thursday p.m.</i></p> <p>“Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ.” (NASB)</p>



**Total Wellness and The Minister (CERW6270)**  
**Dr. Judi Jackson, Instructor**

*Please submit the filled-out form to Dr. Jackson  
along with your cholesterol report  
(unless you utilize the Campus Clinic because it provides its own form)*

**NAME** \_\_\_\_\_ **AGE** \_\_\_\_\_ **DATE** \_\_\_\_\_

**HEIGHT** \_\_\_\_\_ **WEIGHT** \_\_\_\_\_ **BLOOD PRESSURE** \_\_\_\_\_

**NURSE'S SIGNATURE** \_\_\_\_\_

**On the following pages are readings designed to aid you in your understanding and development of your personal goals for this course *Total Wellness and the Minister*. They are taken from the Nutrition module of LifeWay's *Fit 4* wellness program (pages 31- 33). To get maximum benefit from these helps, consider reading one page a day, taking note of the inreach, outreach, and upreach emphases.**

## Day 1: Read Nehemiah 1

### Goals: Road Map for Wellness

Picture goals as targets to aim for throughout life. Clearly defined goals give direction and focus. Goals allow you to celebrate accomplishments. Goals also indicate your priorities. They tell others what you value.

Two friends, Mike and Nathan, were told by their doctors to lower their cholesterol levels or risk heart attacks. In friendly competition, they set a goal to lower their cholesterol levels to below 200 mg/dl by the end of the summer. Mike began looking for information on good and bad cholesterol. He kept a food journal so he could watch for patterns of eating high cholesterol food. He settled on an exercise plan that fit his schedule.

Nathan figured he had plenty of time to lower his cholesterol, so he put off doing anything about it. Two weeks before the end of summer, Nathan began to consider his options. Unfortunately, the annual family picnic, two weddings, and a church ice-cream social occurred during those two weeks. Needless to say, Mike was the only victor in this contest. He also felt better than ever before.

Nathan had good intentions, but no plan. When he finally had a plan, he had no time to implement it. Fortunately, Nathan will have other opportunities to lower his cholesterol, but habits built over a lifetime are not easily broken. Change requires commitment and good planning.

A godly man by the name of Nehemiah serves as a good reminder for how to set and reach goals. Recall from the first chapter of Nehemiah that he was a Jewish servant in the palace of the king. When he discovered that his hometown of Jerusalem was in ruins, God placed a desire for restoration on his heart. Read verse 9 to discover his goal or vision.

Like Nehemiah, we must dare to dream. What God-sized dream has God given you? Tomorrow we will learn the process of bringing these dream to reality.

**Upreach:** Pray for guidance that the goals you set will honor God and follow the path He has for your life.

## Day 2: Read Nehemiah 2:1-20

# Lifetime and Long-term Goals

Where do you begin the goal setting process? The best place to start is the finish line. That may sound strange, but you need to know where you would like to end to know the steps to get there. *Lifetime goals* are what you want to accomplish over the course of your life. These goals are more general and less time specific. Lifetime goals should reflect God's desires for you as revealed through His Word and prayer.

A lifetime wellness goal might be to remain healthy enough to play with grandchildren or serve God actively and faithfully all of one's life. A good way to set lifetime goals is to ask, What character qualities, actions, attitudes, and accomplishments do I want to be remembered for when I die? Lifetime goals are the umbrella for long-term goals.

*Long-term goals* differ from lifetime goals in that they are time-based, generally accomplished in a five- to ten-year period. More concrete than fluid and more within your control, long-term goals establish the direction your short-term goals will take. Perhaps you want to compete in a marathon or operate a food bank for needy persons. As time goes by, these long-term goals may change based on other experiences or circumstances. You may discover God has plan bigger than you could dream. But setting long-term goals leads to lifetime accomplishments.

When planning your goals for any time frame, make sure they are S.M.A.R.T. goals.

S.M.A.R.T. goals are

- **Specific:** What exactly do I want to achieve?
- **Measurable:** How will I measure my success? When will I know I have reached my goal?
- **Attainable:** Can I really reach this goal?
- **Realistic:** Is this a wish or a real goal that I am willing to work for?
- **Tangible:** Does achieving this goal have value to me?

Nehemiah had both lifetime and long-term goals. You read yesterday that Nehemiah wanted to see his people, Israel, restored as God had promised. He also wanted to honor the name of the Lord through this restoration, His desire and motivation were from God. To achieve this lifetime goal, Nehemiah set a S.M.A.R.T. long-term goal of rebuilding the city of Jerusalem.

In chapter 2, Nehemiah began this process by going to see the king: however, he continued to stay focused on God's plan through prayer. Like Nehemiah, *prayer is our key strategy for setting and reaching goals.*

*Inreach:* Begin thinking about a lifetime goal related to wellness. Jot your ideas in the space below.

## Day 3: Read Nehemiah 3:1-32

### Short-term Goals

Short-term goals mark the milestones on the path toward reaching long-term goals. *Short-term goals* are smaller steps that allow you to evaluate your progress. For example, the steps toward a long and healthy life may include losing weight and maintaining a healthy weight range. Becoming a marathon runner may start with entering a local 5-K run. Operating a food bank may require enlisting sponsors.

Short-term goals may be divided into weekly and even daily goals to help you structure your choices. However, keep your eyes on the long-term goal to prevent getting stuck in the details. For example, limiting high-fat desserts may seem impossible unless it is part of an overall long-term health strategy.

Use this model to begin setting your goals for this class:

1. Start with the big picture of a lifetime objective.
2. Move to a S.M.A.R.T. long-term goal (5 to 10 years).
3. Break that goal into smaller short-term goals (1 to 2 years).
4. Divide these into your goals for this class (8 weeks).
5. Decide what smaller tasks you will need to accomplish each week.
6. Determine what steps you will take each day.

Mike, whom you met in Day 1, set a short-term goal of lowering his cholesterol as part of a long-term goal of heart health. To accomplish his short-term goal, he set a weekly goal to walk two miles, five days each week. He made daily commitments to follow healthy eating guidelines and to record what he ate in a food journal. His daily and weekly goals led to the accomplishment of his short-term goal. Once that goal was reached, Mike set another short-term goal to build muscle through weight training.

Nehemiah's long-term goal of restoring the wall in Jerusalem included the short-term goals of completing sections of the wall one-by-one. He enlisted workers for each section who worked daily on their assigned tasks. Can you imagine the sense of accomplishment each helper felt as he reported to Nehemiah, "Job done!" Ultimately lifetime, long-term, and short-term goals are all achieved section-by-section – one day at a time.

*Outreach:* Do your goals require others' cooperation and support? If so, enlist their help in goal-setting. Ask for their prayer support in this process.

# **T.W.A.T.M. SAMPLE**

## **Personal Goals for Total Wellness**

*(Think in terms of what can be accomplished during the duration of this course)*

### **Physical Goal**

*Decrease the amount of caffeine intake; increase the amount of water intake*

Action Plan:

- A. Design a chart to track my beverage intake, paying particular attention to caffeine and water intake. Determine how much I typically drink now.
- B. Slowly decrease the number of cokes per day (and other caffeinated drinks), keeping a record of the changes. Goal: One or less per day
- C. Drink 64 oz. of water daily; limit caffeine to less than 500 mg./day (see <http://www.caffeinated.jp/> for caffeine content of drinks)

### **Social/Emotional Goal**

*Find an accountability partner and touch base with her weekly.*

Action Plan:

- A. Ask another woman to be my accountability partner by the end of this month.
- B. Make plans to meet once a week face-to-face, if possible. If not, we will talk on the telephone. Email is also an option (though not preferred).
- C. Keep a record (calendar or journal) of our contacts to determine quality and quantity of this experience.

### **Spiritual Goal**

*Improve the consistency of my spiritual walk and growth.*

Action Plan:

- A. Complete a Bible study for *personal* growth. (Resource: *Living Your Life as a Beautiful Offering* by Angela Thomas)
  - i. This is a six-week Bible Study with homework 5 days/week.
- B. Participate in weekly Bible Study (keep track of attendance).
- C. Meet weekly with an accountability partner.

*Do these goals fit the S.M.A.R.T. guidelines? How could they be adjusted?*