

Lesson 0410

Video/CD Title: Living In Wholeness
Disc Start Time: 00:00

Author: Kris Vallotton
Disc End Time: 1:07:03

Discussion 1: Wholeness is being physically, mentally, and spiritually fit

Drill Down 1:

- Share three (3) areas of your physical life you wish to change in order to grow toward wholeness.

1.

2.

3.

- What is your best or biggest reason for changing each of the three (3) areas of your physical life noted above.

1.

2.

3.

- What would you need to do to increase your chances of successfully starting the process of change for each of the three (3) areas noted above.

1.

2.

3.

Drill Down 2:

- Share three (3) areas of your mental life you wish to change in order to grow toward wholeness.

1.

2.

3.

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- What is your best or biggest reason for changing each of the three (3) areas of your physical life noted above.

1.

2.

3.

- What would you need to do to increase your chances of successfully starting the process of change for each of the three (3) areas noted above.

1.

2.

3.

Drill Down 1:

- Share three (3) areas of your Spiritual life you wish to change in order to grow toward wholeness

1.

2.

3.

- What is your best or biggest reason for changing each of the three (3) areas of your physical life noted above.

1.

2.

3.

- What would you need to do to increase your chances of successfully starting the process of change for each of the three (3) areas noted above.

1.

2.

3.
