

Creating a Holistic Program

By Liz Braithwaite

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Introduction

I've made goals since I was a little girl. I would sit down with my dad nearly every Sunday and write a few goals down in a journal with him. That small start continued as I grew up. I've always had some sort of plan to help make my life better, using various programs that included traditional goals, resolutions, and mission statements.

After a certain period of time, I wanted a better program to set goals, form resolutions, and guide my life. I felt, to a certain extent, that goals weren't getting me anywhere. I set them, I followed through, but I didn't necessarily feel like my life was improving. Goals didn't keep up with unforeseen life changes and my own changing interests.

I studied many programs¹ and drew inspiration from them to create this holistic program. It includes goals, resolutions, and personal mission statements: but it's more than that. It's a program to guide my life and make sure my goals and routines in my daily life are leading me to the lifestyle I want. With my holistic program, I have purpose and direction that is resilient against life changes.

Holistic is a term that is not always understood correctly. Holistic means, "Relating to or concerned with complete systems rather than with individual parts."² The first part of holistic thinking involves identifying the systems, or wholes: and I start with myself. I am, as an individual, a whole: a person composed of various aspects and parts. I am also part of many different wholes such as a family, a church, a home, and a business.

After identifying wholes, I look at individual parts in relation to each other and the overall whole. I am composed of my body, a spirit, a mind, and my emotions. My family is composed of my spouse, children, and myself. A business is composed of the owner, employees, product, and customers. But the individual elements when taken apart do not often adequately describe the whole: the whole is unique and more than a collection of parts.

When I start thinking holistically, I stop focusing on individual details or events and instead look at a broader pattern and how it affects the overall whole. Wholes are more than the sum of their parts. I still identify and improve on individual elements but within an overall goal and pattern for the whole. I create systems that interconnect individual elements and have a greater purpose of supporting the entire whole.

Holistic living allows us to take a step back from day to day tasks and look at the overall landscape of our life. The result of this is greater purpose, more efficient living, and a lifestyle that brings us happiness.

Each of our holistic programs will be entirely unique. I'm not going to tell you how to live your life: only give you tools to figure out how you want to live your life. It's a framework, and you can create whatever you want from it, or even change it to suit yourself.

It's a common viewpoint to see careers and home life and personal life as separate entities that often compete with one another. Much of the world is striving to find "balance" between these competing forces. But they are extensions of my own whole, and by thinking holistically, I can work for the good myself and the wholes I am a part of, so that they interlock together. Much of the stress I experience is by focusing on details without realizing how they affect the overall

wholes. Family, career, and self-care are all needed and are not competing with each other, but can all share the same overall goals and direction.

I went through a period of time of emotional distress. My life became lopsided as a mother of young children. I knew my role as a full-time mother was important, but I was unable to maintain the emotional health necessary to do that role. I started to more clearly identify myself, and see that rather than my children being a burden and creating stress in my life, we were part of the same whole, our family, and we were seeking the same goals. My own part in my family was not that of being submissive and unimportant: I was an integral part of the whole of our family, and my desires and interests, and emotional health mattered.

So I started to be myself, in a way that contributed to the whole of our family. My emotional health and children were not competing: but rather begin to grow together and to reinforce each other. I included my children in activities that I enjoyed, as part of the overall whole of our family. We gardened, exercised, created friendships. I allowed myself time to focus on some of my own interests, like writing and design. What was once a competing situation started to become complimentary. My children gave me new ideas and experiences: and I also shared new ideas and experiences with them. My emotional health improved as we started working together for the same things: happiness, creativity, and love.

I am learning to stop segmenting my life into little tasks and instead create a greater purpose. The greater purpose will help me combine all the segments of my life together into a united whole.

Self

In this section, I am diving deeper into different components that make up parts of wholes, starting with myself. By considering different components, I can often clarify and focus my overall holistic program.

The First Whole

The first whole that I look at is “Me”. I focus on who I am as an individual. As with any whole, I am comprised of different components. By defining my components, I can gain a greater understanding of the overall whole. If I neglect one component, my whole life can go out of balance, and problems start to turn up in other areas. In turn, if I work to keep each part healthy, they help strengthen all the other areas and the whole.

The Bible says, “And Jesus increased in wisdom and stature, and in favor with God and man.” (Luke 2:52). And also, “Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.” (Mark 12:30).³

From these scriptures, and from other literature, life can be divided into different areas. My self has four components: the spirit, heart, mind, and body.



Spirit is purpose and belief.
Heart is desires and feelings.
Mind is thoughts and intelligence.
Body is actions and strength.

Spirit

A healthy spirit will include a firm belief system, purpose, and a code of personal conduct.

My spirituality is my purpose and beliefs. I often think of it as my religion: but my personal expression of spirit can be very different than a singular set of religious beliefs. The spirit is the higher sense of purpose in life, the beliefs that keep me going each day. It is also the beliefs that create my sense of character and personal conduct.

For most people, spirituality originates from a connection to God, the creator, and the spiritual power of the earth. Belief in God leads me to have a purpose that guides my life. This purpose is often rooted in love: love from God, and love towards him and the people around me. When I have a clear overarching purpose for my life, my spirituality is healthy and well.

My beliefs and purpose form a collection of values, principles, morals, and ethics. I commit to living right, and I identify wrong and try to eliminate it. I develop codes of conduct and principles that are foundational and guide us in my life, creating my character.

Spiritual health is a gateway to joy. This joy isn't dependent on outside circumstances, but simply dependent on the knowledge that I am fulfilling my purpose, and I am living a life that is consistent with a firm sense of character and morals.

I increase my spirituality by gaining knowledge through the study of scripture and uplifting books and pondering on the words I read. I engage in prayer frequently, I meditate, I worship and I write down and live my purposes in life.

Spirit is purpose and belief.

- Includes our values, commitments, principles, morals, and ethics
- Practices of contemplation, worship, and meditation
- Involves seeking guidance, and a connection to higher power
- Form purpose and a code of personal conduct

Heart

A healthy heart will include emotional expression, self-worth, and connection with others.

Feelings, emotions, and desires are often talked of as originating in the heart. My heart gives me the complexity of emotions. Through my emotions, I experience the richness of life. A healthy heart is able to accept and wisely express a wide range of emotions.

My heart enables me to have personal power, self-worth and be able to be comfortable and happy with myself. I personally think that we should all consider ourselves the most awesome person we know. I have to spend every moment of my existence with myself. I think it is wise to consider myself my favorite person to be with.

My emotions enable me to connect with others. As my emotions are stable and happy, I develop a magnetic personality that allows me to associate with others in a positive manner. I can empathize with others and connect with them. I can feel and experience love towards myself and others.

I have a healthy heart by feeling and expressing my emotions wisely, spending time on meditation and reflections, and associating with others in a positive, loving manner.

Heart is desire and feeling.

- Includes our emotions
- Practices of connection and relaxation
- Produces service, empathy, and a magnetic personality
- Creates our personal power, our self-worth, and the ability to be comfortable and happy with ourselves and others
- Involves being accepting and wisely expressive of our emotions

Mind

A healthy mind includes an active, creative intelligence, correct perception and clear thoughts.

My thoughts guide my life. The collection of knowledge and thoughts form my intelligence. My thoughts are entirely in my control, and they form the basis of much of my character. As my intelligence increases and I apply that knowledge, I develop wisdom. I increase the capacity of my mind by reading, learning, visualizing, planning and creating.

Perception guides my mental processes. Perception is how I see things: my judgments and opinions about what I experience and learn. Perception often becomes very ingrained in my thought process: but it can be molded and changed if I allow it to become more conscious.

Creativity is foundational to mental success. My mind wants to be used in innovative ways: and engaging in creative pursuits helps my mind to be active. Creativity is not just limited to art: almost anything I do can be creatively minded.

My mind allows us to think through and solve problems. I am able to visualize, think through things, and perceive what might happen, allowing me to solve very complicated problems quickly.

I develop a healthy mind by learning through reading, studying, and creation and by applying and teaching what I know.

Mind is thought and intelligence.

- Includes our intelligence, wisdom, and perceptions
- Practices of reading, visualizing, planning, and writing
- Enables us to work creatively and solve problems

Body

A healthy body includes abundant energy, health, and physical strength.

Keeping my body healthy is one of the most important tasks I can take. The state of my physical body often affects how I interact with others, how I think about myself. It determines my moods and attitudes, my energy levels. If I am not as healthy as I can be, I cannot live up to my potential.

In order to keep my physical bodies healthy, I need easy access to the necessities of life: a clean home, pure water, clean air, and healthy food. Keeping my body healthy is simple. I exercise, take care of any health problems, and eat nutritious food. By doing so, I have high energy levels and a strong physical capacity.

My body not only includes my internal health but my appearance as well. Although I do not see any need to radically alter my outer appearance, part of keeping a healthy body is having a neat and clean outward appearance.

Through my body, I am able to engage in physical action and presence. It allows me the pleasure of physical experience. With physical health, and appropriate behavior and action, I gain a sense of physical security in life.

I develop a healthy body by consistent exercise, by eating fresh foods, and living an active lifestyle. I enjoy going outside in nature and living in a healthy environment.

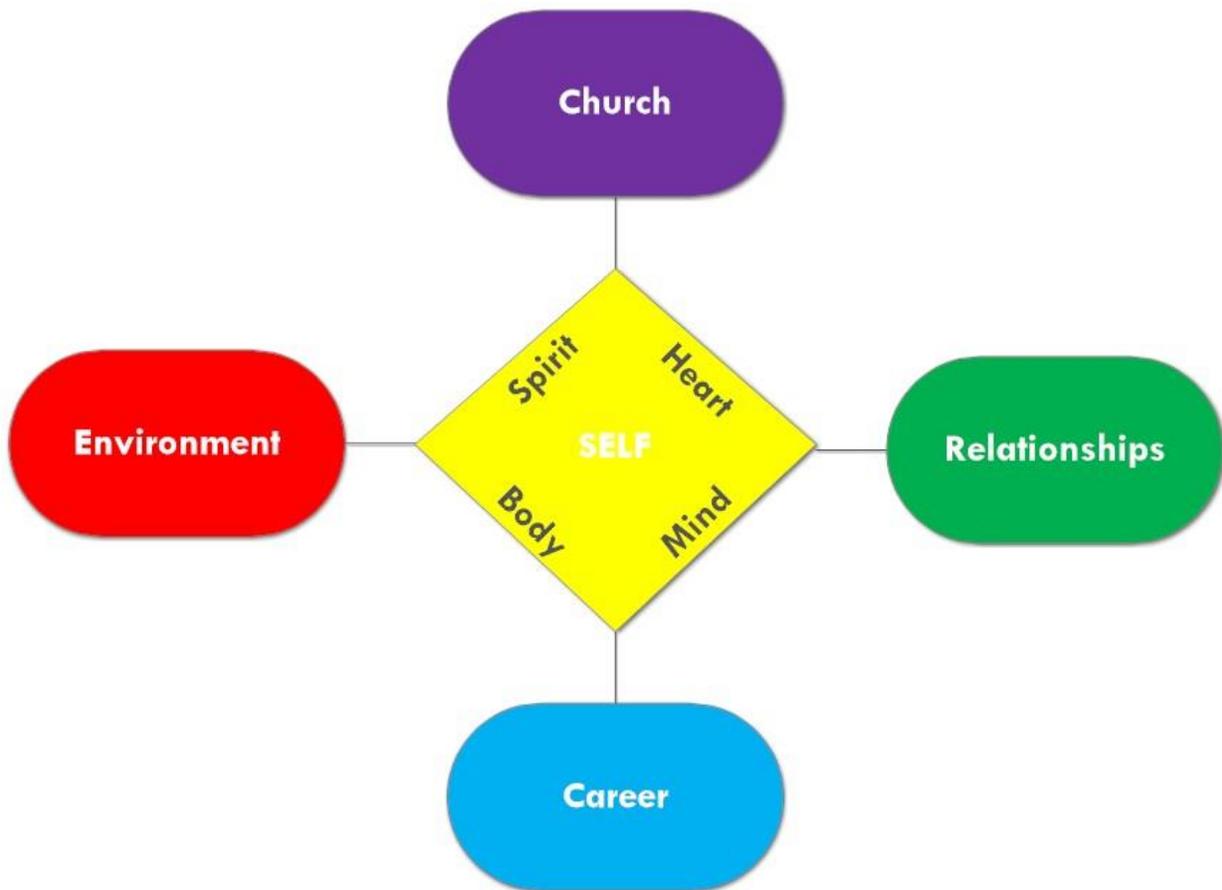
Body is action and physical presence.

- Includes our physical bodies, appearance.
- Practices of exercise, nutrition and health
- Produces energy levels and physical capacity
- Also includes our behaviors and actions
- Leads to sense of security

Wholes

I am part of more than just my own self. I am also parts of different wholes. A whole is a group working together for a common goal. Within these whole, we have different roles and relationships. Four wholes are generally common in everyone: church or connection to God; relationships with other people, especially family; careers; and the environment where I live, such as my home. In the upcoming sections, I'll take a deeper look at each.

Each of these wholes can correlate with an aspect of our individual self: church with spirit, relationships with heart, career with mind and environment with body. Each whole can also include all aspects that also make up the self. I can use the components of myself to further each of the wholes I belong to, and each whole also allows me to improve myself.



We can use our spirit, heart, mind, and body to:

- Improve and define ourselves
- Worship God
- Foster relationships with others
- Work in our career
- Improve and create our environment

I can make holistic programs for any whole I desire. As I make the program, it's helpful to do with the people that are also decision makers in that whole. For example, in my family we make our program with all the members of our family; my husband, me and our children.

Church

I unite with others that have similar beliefs and purpose in worship, in a whole that forms my church or similar group. Through a church, I worship God and form a relationship with Him, and share my worship with others.

The practices of love, worship, prayer, and meditation form a relationship with God. I share this relationship and similar beliefs with a group of people forming a physical congregation.

My spirit improves based on my beliefs about God and personal connection to Him. My heart improves as I strengthen my desires and faith about God. My mind improves with knowledge and correct perception of God. My body improves as I belong to a physical congregation, and participate in outward ordinances. A good church provides us with belief, knowledge, service, and outward ordinances.

Love and worship God, in practices that form a relationship with God such as prayer and meditation, and also membership in a physical congregation.

- Spirit: (primary) Beliefs about God, and personal connection to Him
- Heart: How we feel about God including our desires and faith
- Mind: Our knowledge and perception of God
- Body: The congregation we belong to and ordinances we participate in

Relationships

Relationships bring satisfaction, strength, and security to my life. My relationships start with my family. The priority of relationships is my spouse, children, extended family, friends, and finally my greater community.

My family is the greatest source of love in my life. I was born into a family, and develop a larger family as I grow in my life. Nothing can replace the love of family: so I need strong relationships with my family. The loving relationships I develop bring a sense of belonging and community.

Next, it is important to make friends. Friends can help me and support me. They often have talents that I don't and we can share them together. Friends bring opportunities for service and shared experience.

The heart of relationships is love, and my own heart improves with the good feelings I gain. I improve my mind by learning and teaching with others: sharing and growing in knowledge. My body improves by a healthy functional relationship, and by serving others in physical tasks. My spirit improves by having a united purpose and altruism to each other.

Love and foster relationships with others, starts with a family. Our relationships flow outward in this order: spouse, children, extended family, friends, and community. Loving relationships bring a sense of belonging and community.

- Heart: (primary) Feelings of love
- Mind: Learning and teaching with each other
- Body: Improving how we function and serving others in a physical way
- Spirit: Having a united purpose, and sharing out of love

Career

A career isn't limited to my current job, or where I primarily make money. A career is where I contribute to the community over the course of my lifetime. Usually, we do this by specializing in one field, gaining training and education in that field, and then working in a job in the field. Volunteer work, community education, and hobbies can also be part of what I consider my career.

The career that I pick should be centered on bringing value and increasing the quality of life in my community. This can be a wide range of positions and fields. Many jobs are more physical or mental in nature. If it is more physical, it is helpful to engage in personal goals that are more intellectual in nature. If the job is not physically demanding, and more intellectual (like sitting on a computer all day), my personal goals can focus more on developing my physical self.

I develop my mind in our career through competence and continuing seeking to improve our intelligence. I improved our body through physical work and functioning well. I improve my spirit by purposeful, ethical and principle based behavior. And I improve my heart through passion and connection with others.

Work in our career and community. Generally includes more than just our jobs, can include our hobbies and other opportunities.

- Mind: (primary) Competent and improving intelligence
- Body: Physical work and presence that functions well
- Spirit: Purposeful, ethical and principle-based behavior
- Heart: Passion, connection with others

Environment

The environment in this context refers to where I live: my home and garden. It can also include a workplace or other location where we spend lots of time. My environment has a large impact on my life and the lives of those who live with me.

The first impact of an environment is our physical health. A healthy environment leads directly to healthy eating and nutrition, healthy bodies, opportunities to exercise and work, and proper hygiene and cleanliness.

My environment also impacts my heart in the form of my stress levels, and my capacity to relax and enjoy myself. Pleasant environments naturally bring a sense of calm: where messy ones can bring added stress. A good environment allows me to interact with others in a pleasing and safe way.

My environment allows me a place to cultivate my mind by having a functional space that allows for creative expression and reflection. And it can help my spirituality by creating purpose and fostering environmental ethics.

Improve and create our environment to be beautiful, functional, sustainable and healthy. This starts with our home, and can include our garden, work setting, and community.

- Body: (primary) Physical properties, health capacity
- Heart: Beautiful, welcoming, open to people
- Mind: Functional space
- Spiritual: Reaching a purpose, ethically and sustainability

Pattern for Living

I have certain things I want in my life. But life is complex, and often the simple things I want to happen rarely happen as easily as I would like. Life can be stressful, discouraging and hard to understand.

By patterning my life, I develop a better way of living. Patterns are a repetition of a sequence. My life already naturally follow a pattern: I have a daily routine that I naturally follow: wake up, work, eat meals, sleep, repeat. Patterning helps me live life to the fullest: to set meaningful goals and plans, and better obtain the life I desire to live.

I also use a pattern to create my holistic program. The pattern can be repeated for different life components and wholes. It is a series of seven steps that will help develop meaningful goals and plans. Each of these steps doesn't need to be heavily detailed: a brief overview is more effective. I focus on the overall whole, maintaining a holistic mindset, and not on specific details, events, situations or individual elements.

To help explain the process, I'm going to use the holistic program that we created as a family.

1) Inventory

Creating an inventory is exploring what is already there. Inventory is determining the current state, strength and weakness, inputs and output, and limitations. To inventory my life, I begin by listing the wholes I belong to, and the roles and relationships I have in each whole. For other wholes, I define the whole and the members within it.

The inventory should list the important trends and details in my life. I include a brief description of my personality, challenges that I am continually working on, a list of my talents and skills, etc.

Family version: *We are the Braithwaites: Joe, Liz, Peter, Curtis and Henry. Peter, Curtis are in school, Henry is a toddler. Joe has a successful career as a physical therapist, Liz is a full-time mom. We are active members of our local congregation. Often passionate, sometimes too reactive with each other. Love spending time together and participate in outdoor recreation.*

Exploring what is there: where I am at now: overall trends/pattern

- What is my current state?
- What is my history and experience?
- What are my skills, abilities, talents?
- What are my weaknesses?
- What works well, what doesn't work?
- What are my inputs and outputs?
- What my limitations in circumstance, talent, time and budget?

2) Envision

Having a vision is knowing where I want to end up and want I want. This is the quality of life that I want, my purposes or mission statement. When I make visions, I use images, descriptive word, and try not to get caught up in the specific details, but the general feeling.

Ideally, my life vision will include statements that will be true no matter what life throws at me and more than just a single occurrence or goal. For instance, a good statement would be, "To be healthy and full of energy, and be able to perform hard physical tasks," rather than something that is more objective like, "Run a marathon." (Don't worry there is a place for concrete goals later!)

Family version: *Be happy together, and full of love. Have faith in Christ, be a family forever. Be smart and well educated. Create beauty and solve problems. Show love to each other by serving and helping. Be respectful in all circumstances. Have healthy bodies and a clean, productive home. Be financially responsible.*

Deciding what is desired

- Where am I going?
- How do I want to influence other?
- What are my ideal characteristics?
- Who do I want to be?
- What is my mission or purpose?
- What do I hope to achieve?
- What skills do I wish to have?
- What do quality of life do I desire?

3) Design

A design matches the inventory and vision, by detailing the steps needed to get to the overall vision. This will be what I will need to produce, and in what form to get to my vision. It can include the resources I will need on an ongoing basis to obtain my vision.

I include ongoing habits and where I need to spend my time. A design statement could be, "Spend time on creative pursuits," "Priority to quality family experience," or, "Have financial security and consistent income."

Family version: *Choose the right, be active in the church. Develop testimonies of God and faith to follow him. Read and learn. Obtain needful education. Spend time on creative projects. Teach each other. Spend time with each other. Have fun, be playful and practice mindfulness. Seek wholesome recreations. Eat well, exercise and rest well. Develop the ability to make and take care of money. Maintain a clean home and garden.*

Match up the inventory and vision (Focus on ideals and resolutions)

- What are the habits, characteristics, attitudes, skills, and actions I need to develop to reach my vision from where I'm at?
- What steps are needed to get to the overall vision and figure out the details?
- What do I need to produce, and in what form?
- What resources do I need in the future?

4) Remove

This step is about recognizing the things that often get in the way or don't matter, and then scaling back or eliminating them. I can purposefully remove the things from my life that prevent me from achieving my vision and design.

It can include removing physical clutter, stopping bad habits, limiting my time with social media or TV, and dealing with feelings that prevent me from reaching my goals.

Family version: *Limit media use to less than 1.5 hours a day, with only PG material. Avoid physical violence or yelling, and no form of fighting is permitted in the front living room. Avoid dishonest behavior, and being unkind to others.*

Match up the inventory and vision (Focus on ideals and resolutions)

- What are the habits, characteristics, attitudes, skills and actions I need to develop to reach my vision from where I'm at?
- What steps are needed to get to the overall vision and figure out the details?
- What do I need to produce, and in what form?
- What resources do I need in the future?

5) Create

Creating is working on projects that will further my design. This is adding on to all the planning I've done so far, by creating traditional goals and following a plan to obtain them. Creation is adding something new to my life: it can be any project that has a specific outcome or improvements to my routine.

I use traditional goal setting techniques. For example, I have a goal of completing an online class to further my employable skills. To make my goal more meaningful, I can create a plan of completing it: I decide to work on it nightly for one hour and write down specific deadlines within the class to make sure I am staying on track. Goals can follow the traditional method of SMART: specific, measurable, achievable, realistic, and time-based.

Family version: *Peter read scriptures nightly until he finishes the Book of Mormon, completed before his eighth birthday. Curtis practice reading lessons with Mom daily until the start of kindergarten.*

Potty train Henry before his third birthday. Work on the garden together, grow a plot at the community garden and tend it weekly.

Implement the design, make all improvements

- What project can I work on now that will further my design?
- What goals and routines do I need to develop?

6) Maintain

Maintenance ensures that all the improvements and designs I have in life are well cared for. Maintenance tasks are tasks that are repeated on an ongoing basis, in order to maintain my lifestyle. Maintenance is done by the formation of routines and systems that give time and priority to maintenance tasks, often divided into daily, weekly or seasonal tasks.

Maintaining can include simple tasks like reading, cleaning the house, eating healthy meals, exercising, and prayer. It can also include family vacations, retreats, and reviews.

Family version: Daily: Family prayer and scripture study, family dinners, time for school and homework, special time with children, reading at bedtime, sleep, pick up after ourselves, keep a clean home. Weekly: Church, movie night on Saturday, family activity, weekly chores, time for dates. Seasonal: Birthdays, holidays, vacation

Formation of routines to ensures improvements are well cared for

- What do I need to do on a daily, weekly, or seasonal basis to ensure I am fulfilling my design?
- Does my routine help us maintain my holistic goal?

7) Advance

The last step is learning from all the previous steps and gaining ideas for the future. Advancing can include periodic review, opportunities I see to share with others, and collecting and working on more ideas.

Advancing can include ideas of things to do in my free time, ways to serve or share with others, and projects that I want to do at a future time.

Family version: Ideas of things to do together: Music, games, read, crafts, play, picnics, talk, plan, camping, swim, parks, hike, bikes, walks, exercise, home and garden improvement, cook and bake, sports: basketball, disc golf, table tennis, soccer. Invite friends and family over to share our lives. Look for ways to help others.

Creating new ideas, extending it to others, and learning and evaluating

- What ideas do I have for future projects or opportunities?
- How can I share with or teach others?
- What have I learned and how can I improve?

Workbook

With all the steps and components I have talked about, you can form a holistic program. I start with myself and go through each of the seven steps, using the different components discussed if desired. Then I identify any whole I want to make a holistic program for and also go through the steps. When doing a holistic program for any group that is more than myself, I involve the people in that group.

To clarify how this is done, I have included a variety of worksheets. One is for me, three other ones are for wholes: there is a singular version (I), plural version (we), and generic version (it). Use any version that works for you, and feel free to modify it to suit your needs.

Using the Worksheet

I update my worksheets on an ongoing basis: it's never quite done but evolves with experience and different desires. The creation step is a rotating step that changes as I complete goals. I like to refer to it weekly, to ensure my life is on track with my holistic program.

It is also an excellent tool for decision making. Whenever I make a life decision, I like to refer to my holistic goal and ensure that the decision I make is in line with my holistic program. For instance, as I consider furthering my education, I look through the steps of my holistic program. I notice that it will help me improve my mental capacity, my ability to make an income, and will give me further opportunities to interact with others, ideals that are all listed in my holistic program. But I also notice that it could interfere with the time I want to give to my family, and might not be financially viable in the short term. Accordingly, I look for a part-time program that enables me to still have the flexibility to care for my family, but still give me all the benefits I seek.

You can make any number of combinations of holistic programs. Personally, I have done worksheets for myself, my family, my business, and my home and garden, and one for family finances.

Additional worksheets can be downloaded at Lizdee.org

Holistic Program for

Wholes

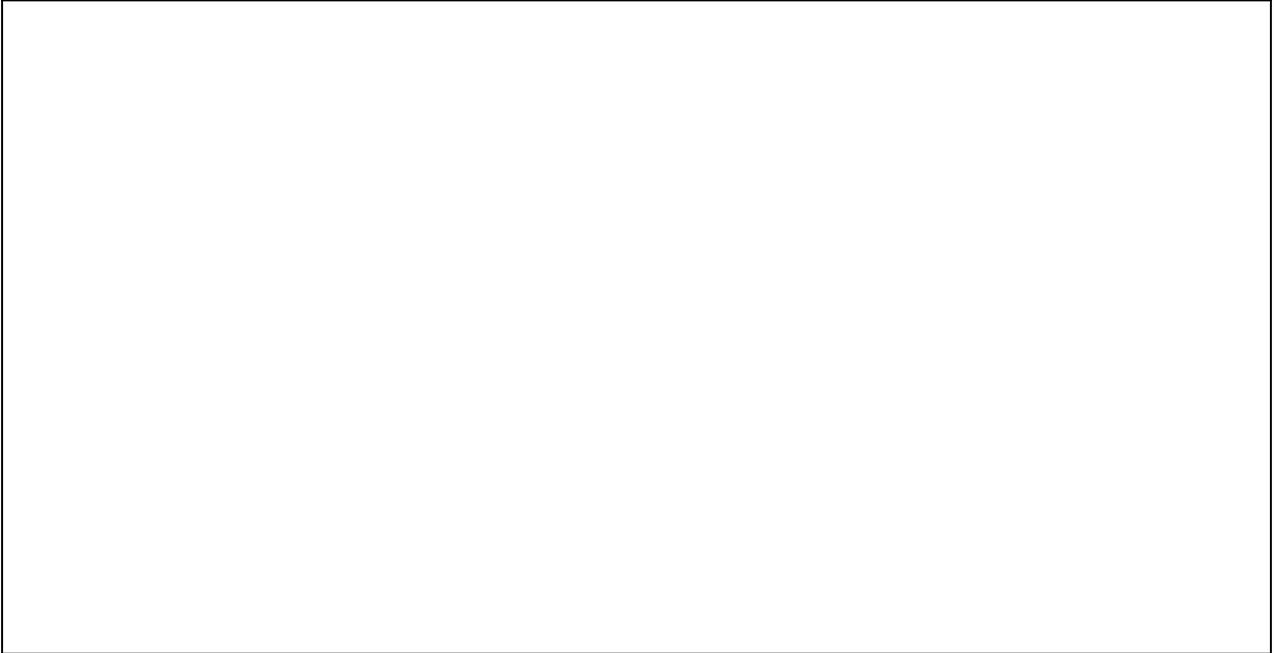
What other wholes am I a part of in this life, and what are my roles and relationships?

Inventory

What is my current state?

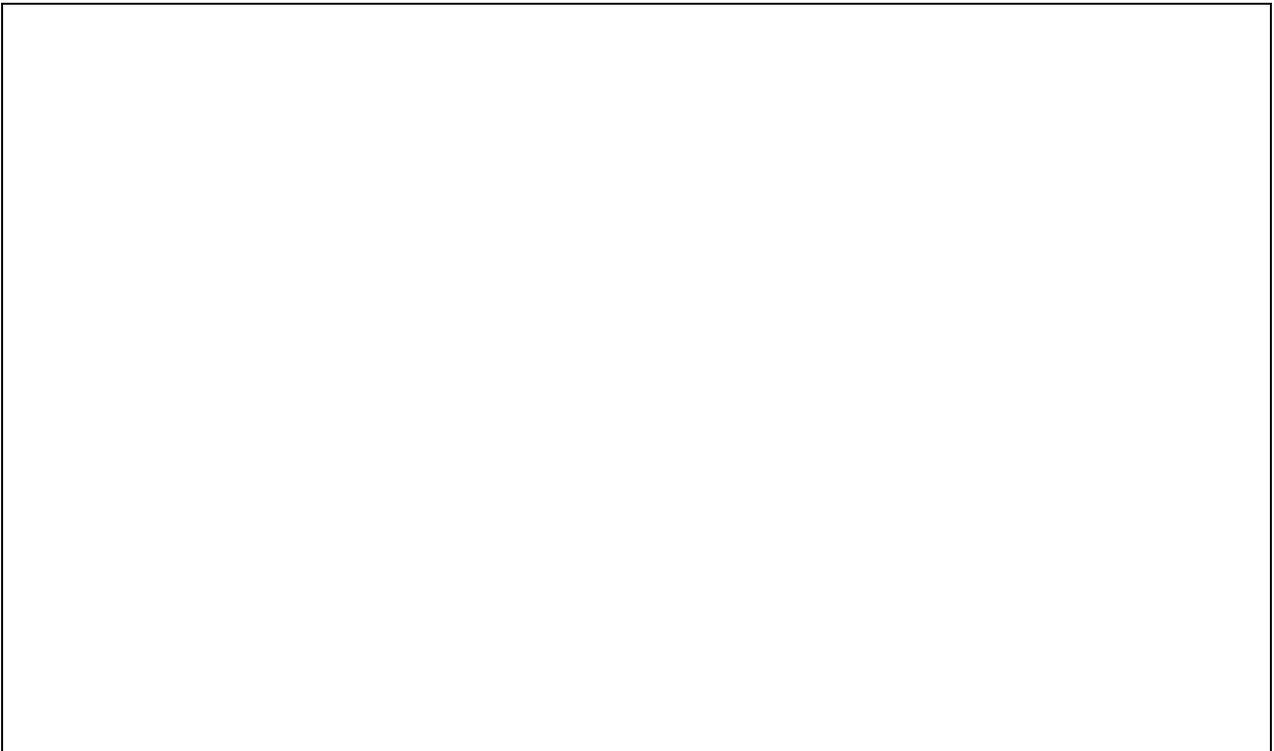
Envision

Who do I want to be?

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Design

What are the actions I need to do to reach my vision?

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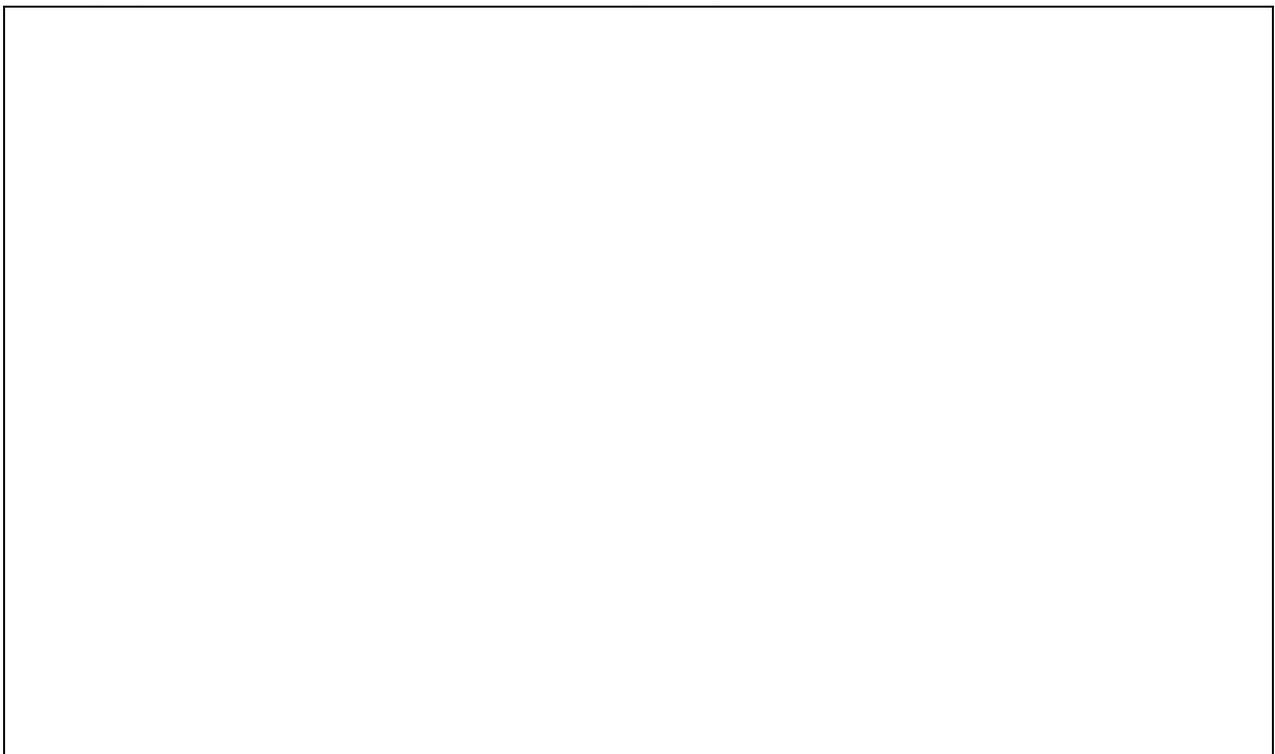
Remove

What prevents me from achieving my design?

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Create

What project can I work on now that will further my design?

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Maintain

What do I need to do on a daily/weekly/seasonal basis to ensure I am fulfilling my design?

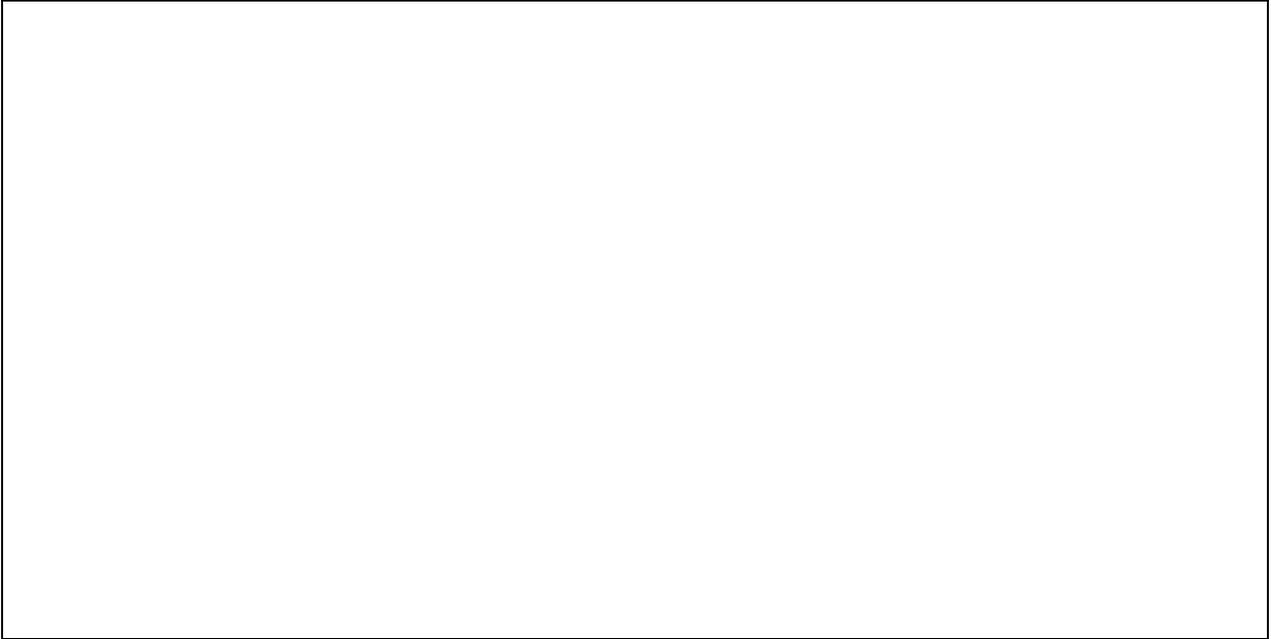
Advance

What ideas do I have for the future?

Holistic Program for

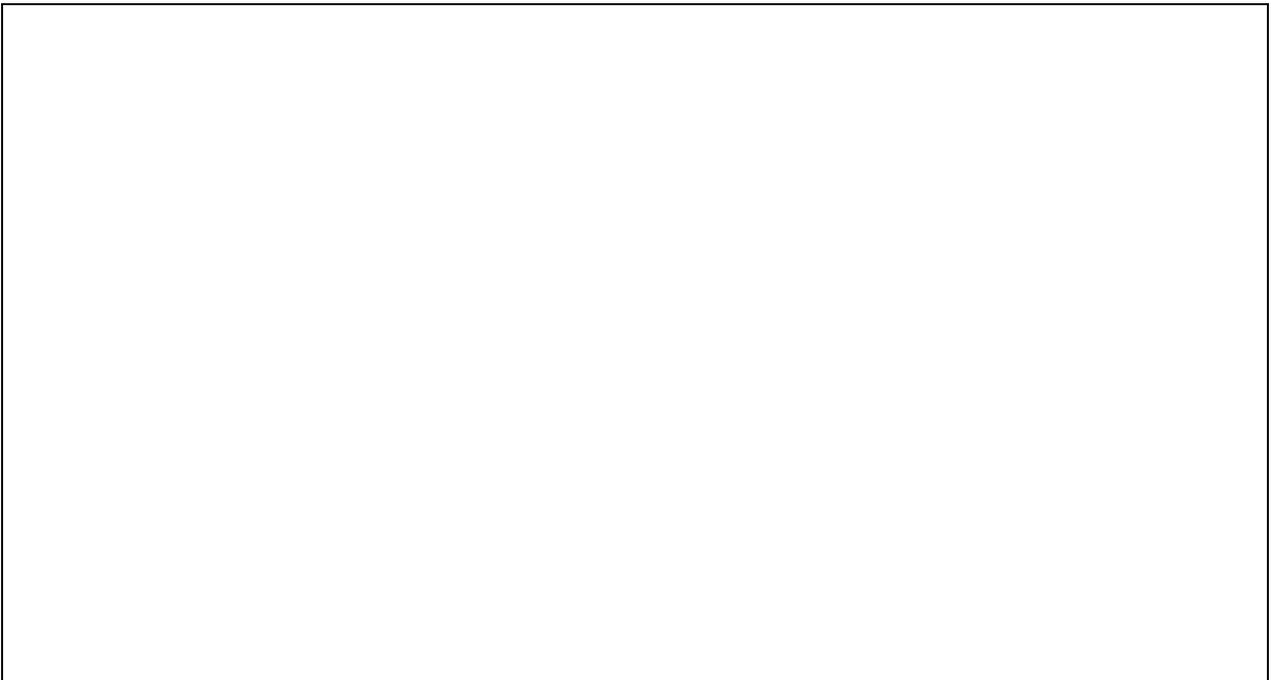
Wholes

Describe the whole



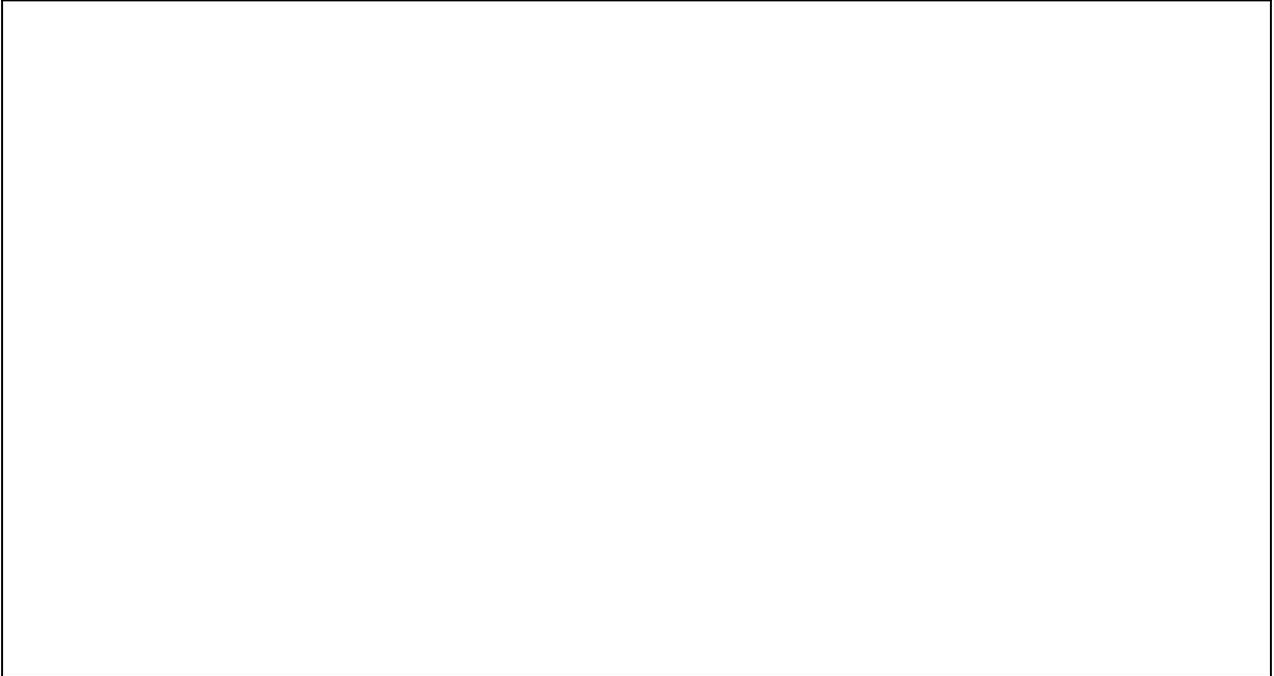
Inventory

What is the current state?



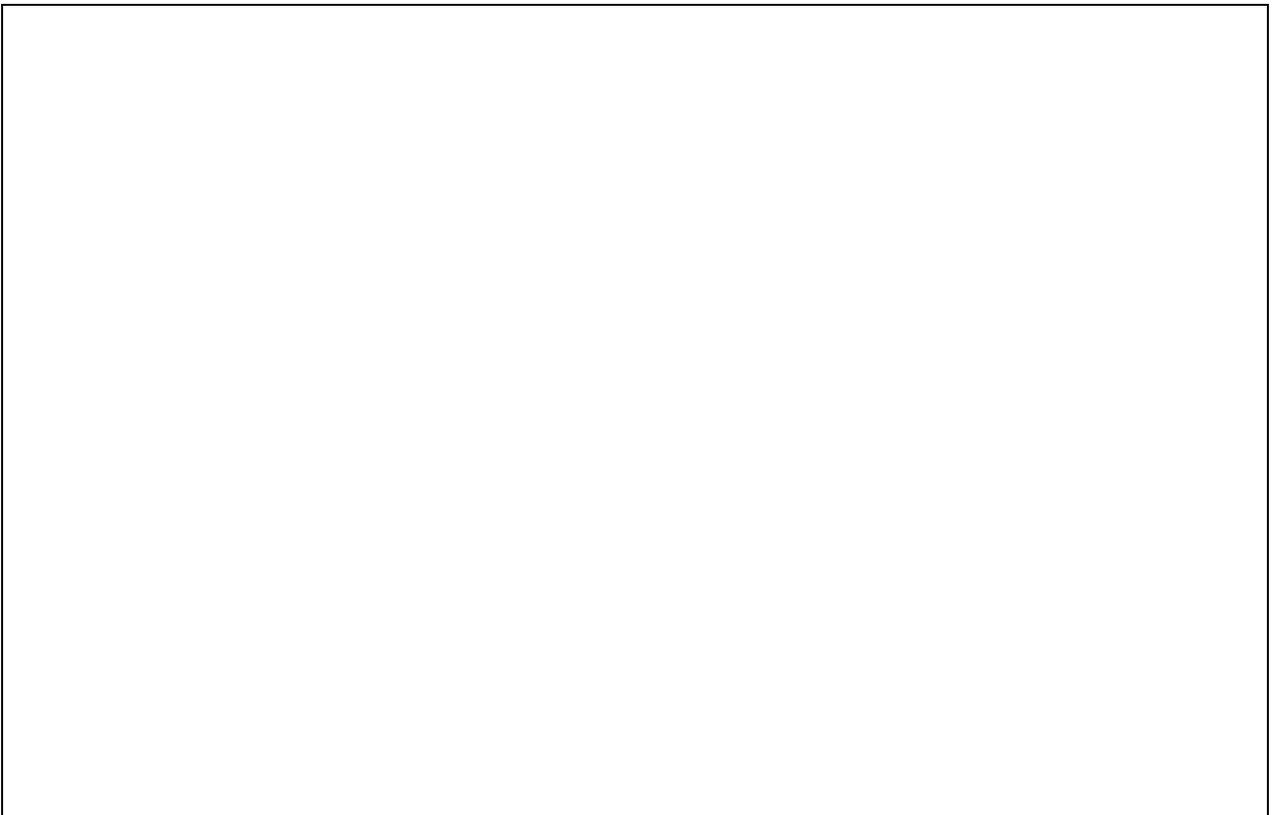
Envision

What can it become?

A large, empty rectangular box with a thin black border, intended for writing or drawing a vision.

Design

What are the actions needed to reach the vision?

A large, empty rectangular box with a thin black border, intended for writing or drawing actions needed to reach the vision.

Remove

What prevents achievement of the design?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

Create

What project can further the design?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

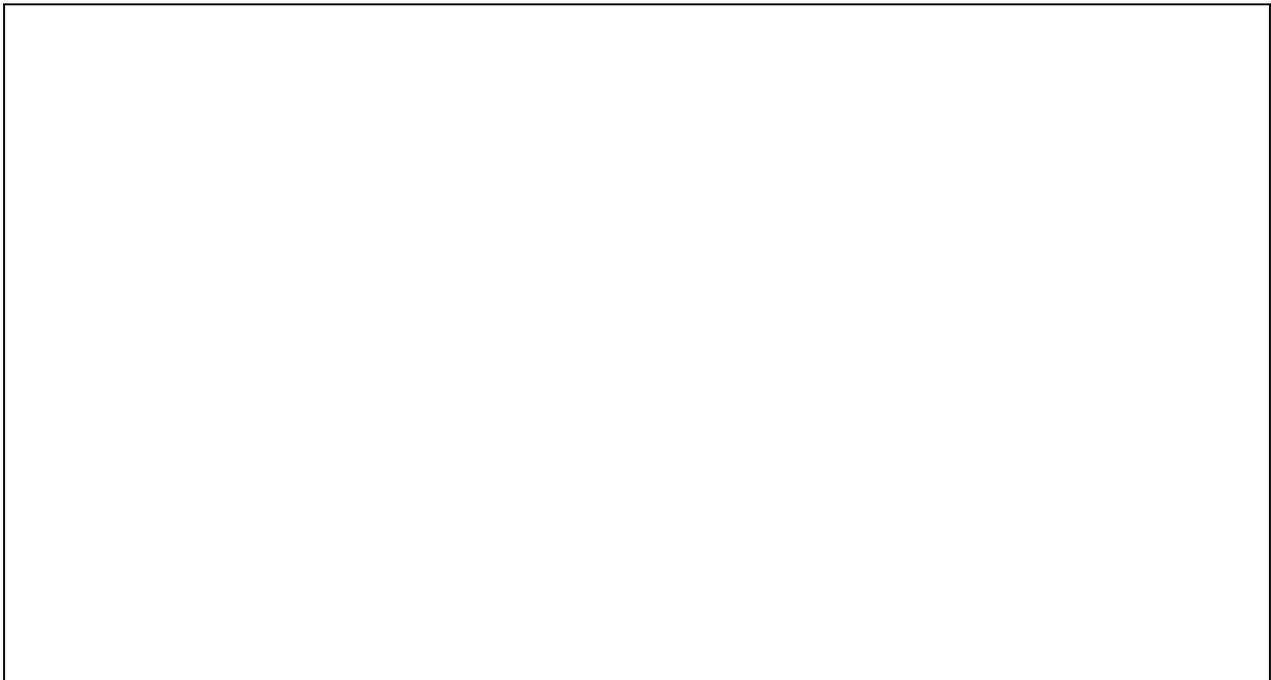
Maintain

What needs to happen on a daily/weekly/seasonal basis to ensure the design is reached?



Advance

What ideas will advance the whole?



Holistic Program for

Wholes

Who is part of this whole, and what are our roles?

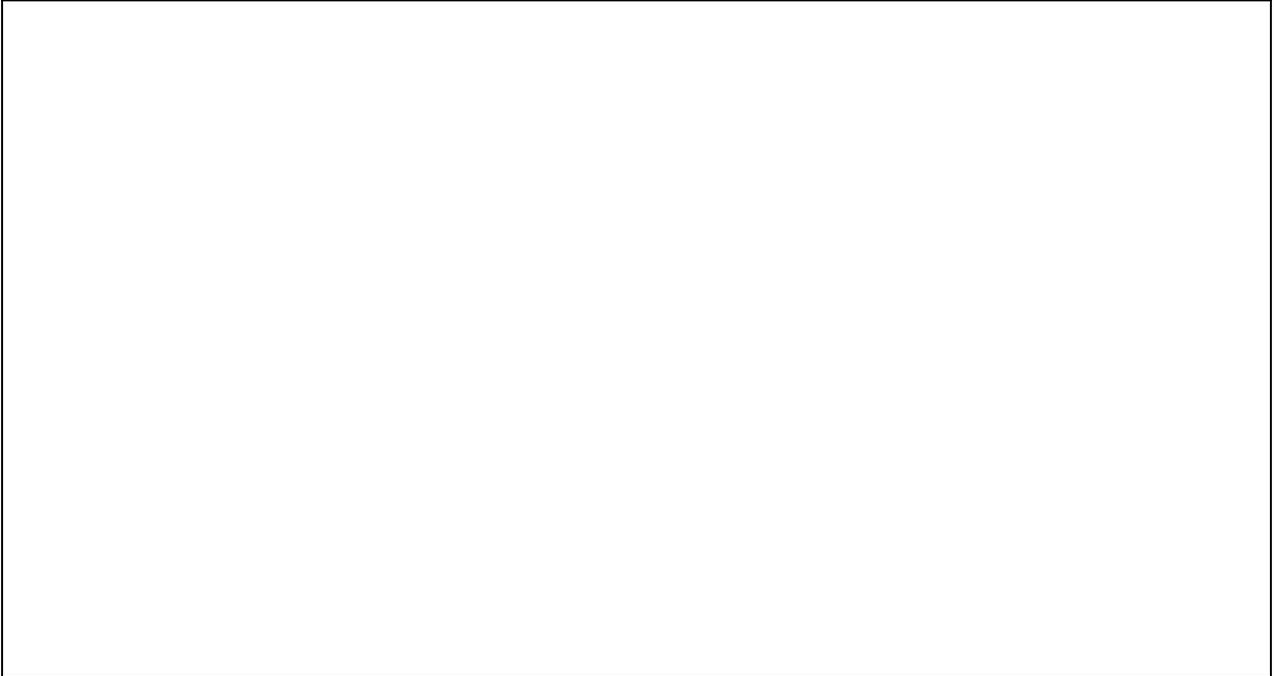
Inventory

What is our current state?

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Envision

Who do we want to be?

A large, empty rectangular box with a thin black border, intended for writing or drawing a vision statement.

Design

What are the actions we need to do to reach our vision?

A large, empty rectangular box with a thin black border, intended for writing or drawing a design plan.

Remove

What prevents us from achieving our design?



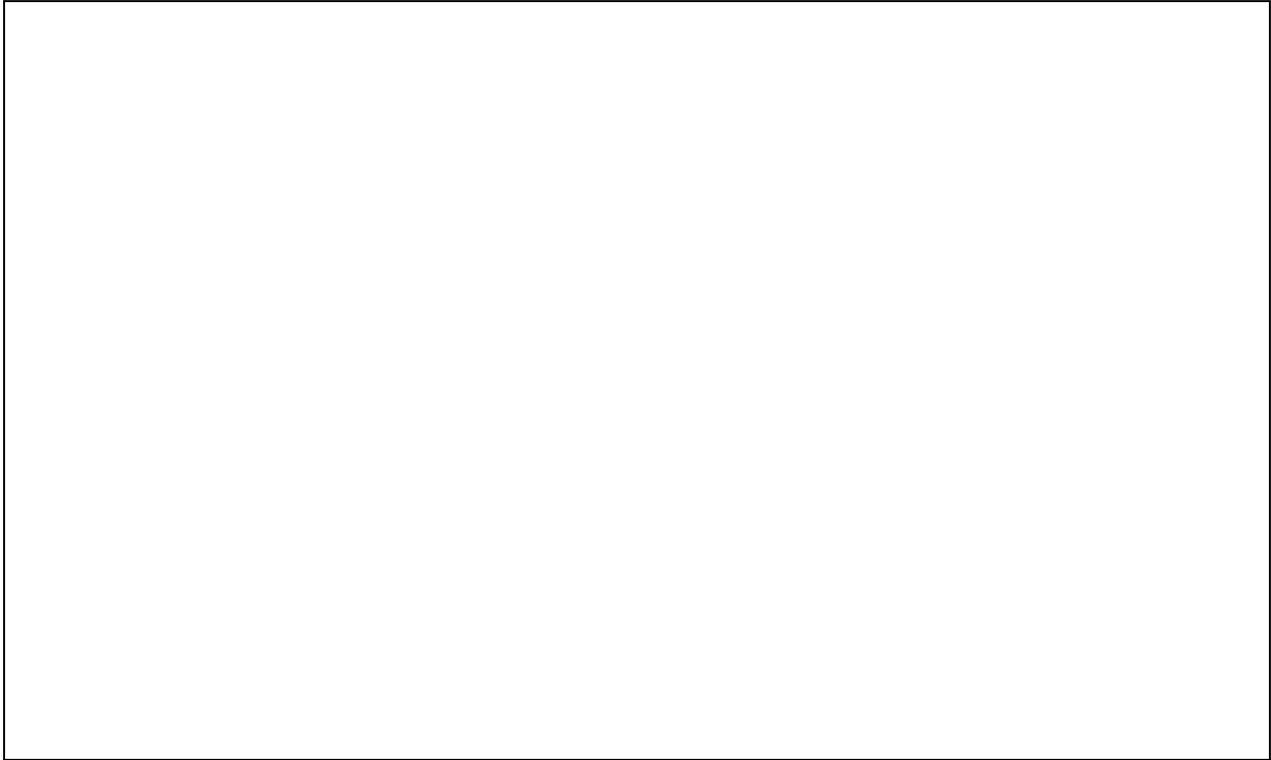
Create

What project can we work on now that will further our design?



Maintain

What do we need to do on a daily/weekly/seasonal basis to ensure we are fulfilling our design?



Advance

What ideas do we have for the future?



Further Planning Ideas

My holistic program is the beginning of my planning program. The first step is filling out my holistic program. Next, I like to take the maintenance tasks and current creation projects and use the tasks I have identified to make a weekly routine. Within my weekly routine, every single task has a specific time to accomplish it.

For goals, I enjoy creating seasonal projects to work on, rather than monthly or yearly goals. A season, or 13 weeks, gives me enough time to complete larger projects, and still have frequent evaluation. I found a month was too short to accomplish many projects, and a year was too long and goals were forgotten or hard to plan.

I also set up a table with a timetable for long term goals. I also use this table to see how old my kids will be and what grade they are in, and other life accomplishments within family members. I don't expect to follow this plan exactly, but it gives me an overview of how I want my life to proceed.

I plan weekly to identify the steps I want to accomplish in my goals and plan for other miscellaneous tasks that pop up. During the weekly planning session, I also review my holistic program. Daily planning is a simple matter of using events that happen that day, my routine I have identified, and other tasks that I want to accomplish. I put this into a rough schedule that I follow throughout the day.

There are many other ways to plan: and everyone has to find the method that works well for them. Personally, I have trialed many methods before I settled on my current one, and occasionally I find I need to change it up a bit. Monthly goals, traditional planners, apps for to-do lists, journals, wall or online calendars, can all be part of a good planning program. Try different methods out, and find or create what works for you.

Planning templates are available on my website: Lizdee.org.

End Notes

I hope that you have enjoyed creating a holistic program for yourself. It is always an ongoing process, and I encourage you to modify the program to best suit yourself and your life.

Additional Resources

*1: I used many of these books to develop the ideas listed in the workbook. Please note that the steps listed in this workbook are entirely original, and although there are correlations, they do not directly match up to other methods.

Holistic Management by Allan Savory

The Discovery of Joy by Richard Eyre

I Dare You by William Danforth

7 Steps to Vibrant Living by Stacy Hainer

The Purpose Driven Life by Rick Warren

Essentialism by Greg McKeown

The Seven Habits of Highly Effective People by Stephen Covey

*2: Definition from <https://www.merriam-webster.com/dictionary/holistic>

*3: Scriptures from King James Version