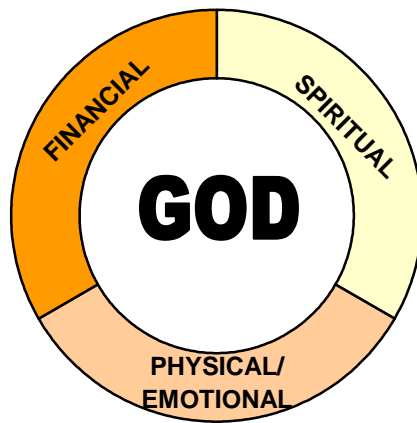


# SPF Technique



Life Balancing and Wellness Program  
Young Adult Missionary Society  
Women's Home and Overseas Missionary Society  
African Methodist Episcopal Zion Church

*By*  
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*General Coordinator of YAMS*  
*Phase I Initiative*

## ***TABLE OF CONTENTS***

<b><i>TITLE</i></b>	<b><i>PAGES</i></b>
<i>Preface</i>	<i>i</i>
<i>I Introduction</i>	<i>1</i>
<i>A Descriptions and Goals</i>	<i>2</i>
<i>1 SPF Technique Description</i>	<i>2</i>
<i>2 Partnership Component</i>	<i>3</i>
<i>3 Assessment and Wellness Scoring</i>	<i>4</i>
<i>4 Spiritual Assessment</i>	<i>5</i>
<i>5 Physical/Emotional Assessment</i>	<i>6</i>
<i>6 Financial Assessment</i>	<i>7</i>
<i>7 Weekly Wellness Planner</i>	<i>8</i>
<i>II Conclusion</i>	<i>9</i>
<i>III Resources</i>	<i>10</i>
<i>IV References</i>	<i>11</i>
<i>V Appendix</i>	<i>A-E</i>

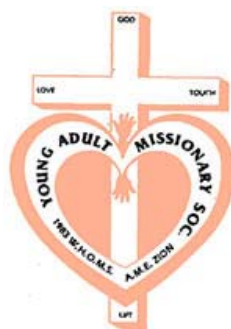
## ***PREFACE***

“I must work the works of Him that sent me, while it is day; the night cometh, when no man can work.” St. John 9:4. This is the scripture that I, Dawn L. Walker have tried to embrace throughout the years. Whether as an educator, engineer, missionary or Christian Education worker, my desire has been to do God’s will.

I am a native of Pine Bluff, Arkansas and the daughter of Dr. and Mrs. Earnest L. Walker. After graduating from high school, I continued my education at North Carolina A&T State University, from which was earned a Bachelor’s of Science Degree, specializing in Manufacturing.

I am an active member and the First Lady of St. Mark A.M.E. Zion Church. I serve as the local Director of Christian Education, the Chicago District Coordinator of the Young Adult Missionary Society and the General Coordinator of the Young Adult Missionary Society for the African Methodist Episcopal Zion Church. I am also active both in the Ecumenical Church and community with affiliations in the following: The Minister’s Spouses and Widows(ers) Fellowship, World Federation of Methodist Women, Church Women United, National Council of Negro Women, National Association for the Advancement of Colored People and Alpha Kappa Alpha Sorority, Incorporated.

I am married to the Reverend George W. C. Walker, Jr. and the proud mother of four children, George III, Deziree’, Daniel and Deleah. While balancing motherhood and my career, I am continuing my education, pursuing a Master’s Degree in Education from Chicago State University in Chicago, Illinois.



### ***Special thanks and acknowledgements***

*I would like to take this opportunity to thank my family (my husband, George W. Walker, Jr., George III, Deziree’, Daniel, and Deleah) for allowing me the time and encouragement to write this booklet.*

*To my lifelong mentors, Adelaide B. Walker, Geraldine J. Walker, and Adlise I. Porter for your continued encouragement and support.*

*And finally to my colleagues and friends, thank you; Marilyn Cornell, Danyelle Davis, Rise’ Gray, Sandy Shaughnessy for your contributions to this booklet.*

## *Introduction*

Life is full of various activities that tend to keep us going from dawn to dusk; and many times, we find ourselves just going through the motions of everyday tasks. Often times, we feel that there is something missing or that our lives are incomplete, but we can't place our finger on exactly where the problem lies.

As a young woman; with a husband, children, a career, and an active church and social life, I found myself in that very position; there was a void! A hole was somewhere in my life and I just couldn't find where to plug it. As I began to assess each area of my life, Spiritual, Physical/Emotional, and Financial, I determined where I was lacking. At various points in my life, one area seemed to be greater than another; and as I began to evaluate each category, I determined that I needed to improve in the areas where I was weak. Thinking that I could not be alone in this situation, I decided to invite a friend to join me in my quest for wellness. After telling a co-worker of my plan, she decided to join us and we became a team.

With my team established and our goals set, I realize that this might be something that other women could incorporate into their lives. The booklet was then formatted as a life balancing and wellness program for others to use to fill the possible voids that may exist in their lives.

One should strive for balance or completeness in all areas of their life; Spiritual, Physical/Emotional, and Financial Wellness. Colossians 4:12 states: ***“Epaphras, who is one of you, a bondservant of Christ, greets you, always laboring fervently for you in prayers that you may stand perfect and complete in all the will of God.”*** It is God's will that we are whole and complete, with Him being the center of all that we do. Though we may never reach completion, we should continue to strive for it in Jesus' name!

This booklet is designed as a guide for wellness with resources that will aid you in the process. Create your own team, assess your wellness, and set your goals!  
**The changes that you make should lead to a victorious lifestyle in the Lord!**

## **A DESCRIPTIONS AND GOALS**

**The SPF (Spiritual, Physical/Emotional, and Financial) Technique** is an assessment, life-balancing and wellness program, designed to help individuals gain personal insight into their state of spiritual, physical, and financial wellness.

The goals of this program are to 1) assess the strengths and weaknesses of the individual's wellness in their lives 2) encourage changes in ones lifestyle to increase growth in the areas of weakness and 3) provide resources for spiritual, physical and financial wellness.

With a new awareness, this program will offer you tips and tools to aid in a transformation, which should lead to a victorious lifestyle.

### **Spiritual Wellness**

Spiritual wellness refers to integrating our beliefs and values with our actions. A sense of purpose, direction, and awareness are important. Realizing what beliefs and values we possess, take some thought and discussion. The first step in developing spiritual wellness is to examine your own beliefs: such as religion, faith, community service, diversity, and tolerance, then discuss these beliefs with others, meditate, spend time and act in a manner congruent with your values and the guidelines set forth by the word of God.

### **Physical/Emotional Wellness**

Physical/emotional wellness is demonstrated by the overall fitness of an individual. It encourages principles of good health and knowledge, which can affect behavior patterns; that can lead to a healthy lifestyle. Overall physical/emotional wellness is a combination of many factors, including genetics.

### **Financial Wellness**

Financial wellness is essential, if you are to live abundantly (with or without wealth) and at peace. Key points to staying financially well include: creating a financial budget, self discipline and restraint when it comes to money matters, future financial plans, the need for legal documentation in relationship to ones finances, and good/bad credit.

## ***PARTNERSHIP COMPONENT***

The Partnership Component is designed to aid the participant in creating a support group to encourage follow-through in the life-balance program. The Partnership consists of a three-member team with you serving as the team captain.

The team captain will explain the SPF Technique (according to the booklet) to the other team members and give them a copy of the booklet. Each person will take the assessment for all categories and discuss the areas of improvement for each person, per category.

The team members will encourage one another in the areas in which they need to improve. The team members should discuss the goals on a weekly basis (i.e. in person, telephone conference, or via email). Each person will reassess their level of wellness once per quarter (every three months).

Once the other team members have been trained, they can create an SPF Team of their own.

***This Partnership Component is to serve as an evangelism tool to those that may be saved or unsaved; church goers or non-churchgoers.***



## WELLNESS ASSESSMENT SCORING

**Directions:** In the columns on the left side provided below determine your estimated score for each category of wellness (use the Assessment Totals as your guide). Once you have an estimate for each category, complete the Wellness Assessment for each on the following pages. Place your score in the column provided on the left side of the questions using the Wellness Scoring rates from below. Total your score and place it in the box on the right hand side of the column below. Compare your estimated score to your actual score. Review your scores in each section to discover where you are the weakest and the strongest. In areas where you are the weakest create 3-5 action steps (utilizing the Weekly Wellness Planner) to motivate change. Utilize the suggested resources to aid you. Reassess every 3 months by retaking the assessment (additional forms provided in the Appendix).

### Spiritual Wellness

	ESTIMATED SCORE / ACTUAL SCORE	
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### Physical/Emotional Wellness

	ESTIMATED SCORE / ACTUAL SCORE	
--	--------------------------------	--

### Financial Wellness

	ESTIMATED SCORE / ACTUAL SCORE	
--	--------------------------------	--

## ASSESSMENT TOTALS

41 or more -Excellent	Your habits are enhancing your health.
21 to 40 -Average	Effort is being made, however access what can be improved.
20 or less -Below Average	There is room for improvement in your daily habits.

## WELLNESS SCORING

<b>3</b>	<b>Always/Yes</b>	Every time; on every occasion
<b>2</b>	<b>Regularly</b>	Usually; ordinarily
<b>1</b>	<b>Often</b>	Many times; frequently
<b>0</b>	<b>Never/No</b>	Not ever; at no time

**SCORE**

**SPIRITUAL WELLNESS ASSESSMENT**


1. I have a belief system that is based on the foundation (bible) of God.
2. I believe that Jesus is the Son of God, died, and rose again from the dead, for the sins of all mankind.
3. I believe in the Holy Spirit's guidance and direction in the actions of my life.
4. I participate in spiritual worship activities (i.e. Church) with people who share my beliefs.
5. I participate in spiritual study activities (i.e. Sunday School, Bible Study) with people who share my beliefs.
6. I study the word of God in my private time.
7. I pray and meditate in my private time.
8. I have a sense of meaning and purpose in my life.
9. I am willing to forgive others and myself.
10. I freely give to others through ministry, mission and/or charity.
11. I witness to others, my belief in God.
12. I tolerate others' freedom to believe what they want, once I have shared my witness of God.
13. My spiritual beliefs, ethics, and morals provide guides for my life.
14. I attempt to grow spiritually in my understanding, my study, and my works.
15. I look for and work toward balance.

## PHYSICAL/EMOTIONAL WELLNESS ASSESSMENT

SCORE


1. Do you participate regularly (three times a week or more) in a vigorous physical activity program?
2. Do you eat a well-balanced and wholesome diet, and follow healthy eating habits?
3. Are you satisfied with your current level of energy?
4. You do not smoke cigarettes, cigars, or a pipe?
5. Are you satisfied with your ability to relax?
6. Are you generally free from illness?
7. Do you use stairs rather than escalators or elevators whenever possible?
8. Do you generally get adequate and satisfying sleep, and wake up refreshed?
9. Do you follow recommended preventive health practices (i.e. self-examination and/or annual medical/dental checkups)?
10. I am striving to maintain a network of supportive family, friends, and social contacts.
11. I take interest in my community and my environment.
12. I am accepting of diversity in others and myself.
13. I am able to resolve conflicts in all areas of my life
14. I am willing to seek help from others.
15. I am capable of expressing my feelings appropriately.

## FINANCIAL WELLNESS

### SCORE


1. I contribute tithes and offerings to my spiritual worship facility (Church).
2. I live beneath my means.
3. I pay off my credit card balances.
4. I have six months of living expenses saved in a savings account.
5. I have written a will and had it notarized.
6. I minimize the taxes that I pay to the Federal and State government.
7. I seek wise counsel when it comes to money matters or investments.
8. I participate in company sponsored savings plans at the maximum levels of investment.
9. I plan out all my major expenditures.
10. I educate myself in the area of money matters.
11. I have a budget and I live by that budget.
12. I have insurance (i.e. Life, Health, and/or Dental) coverage.
13. I have a financial plan for my children (future children's) education.
14. I have a savings plan for my retirement.
15. I own property instead of renting.

# WEEKLY WELLNESS PLANNER

**My Wellness Plan**  
(Date: \_\_\_\_\_ )

**Priority Level**  
(High, Moderate, Low)

**Wellness Type**  
S, P, F

**Action Step**  
(The action taken to  
improve your level  
wellness per type.)

<b>SUNDAY</b>
<b>MONDAY</b>
<b>TUESDAY</b>
<b>WEDNESDAY</b>
<b>THURSDAY</b>
<b>FRIDAY</b>
<b>SATURDAY</b>

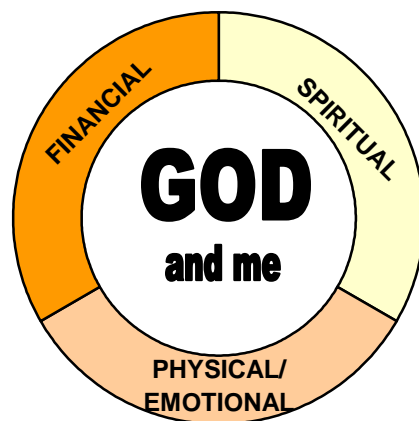
## *Conclusion*

God creates balance. As you complete your work with the SPF Technique, you should have an appreciation of how God balances our lives. In His first words to mankind, He demonstrates the example of balance by creating a heaven and an earth. He desires that we strive for that same balance in our lives. Although our wholeness will not be complete while we are on this earth, we grow closer to Him during the process.

The goal for this program was one that would aid in the pursuit of balance or completeness in the areas of Spiritual, Physical/Emotional, and Financial Wellness. The assessment of your wellness, the goals that you set, as well as any partnerships that you may have made during this journey, hopefully, led to an altering of your lifestyle that brought you closer to God's will for the rest of your life. This journey only ends when we join Him.

God's will is that we stand perfect and complete in Him. The Bible is our primary guide and as this booklet is a supplemental guide; both stress the importance of our spiritual, physical/emotional and financial wellness in Him.

If we follow the guides that God has given us, we will be **VICTORIOUS!**



**To aid in the improvement of your area of weakness in wellness, use the Weekly Wellness Planner to develop an action plan. Utilize the resources to serve as a guide towards balance in the areas of weakness.**

## **RESOURCES**

### **The BIBLE**

The King James Version, The New International Version, etcetera

### **THE BUSY WOMAN'S GUIDE TO A BALANCED LIFE**

By Ramona Cramer Tucker

### **RENEW, REFOCUS, AND RECOVER; A Roadmap to the Life You Deserve**

By Raquel Robinson

### **FACING YOUR GIANTS**

By Max Lucaco

### **THE POWER OF FEMININITY...Rediscovering the Art of Being a Woman**

By Michelle McKinney Hammond

### **GOOD TO GREAT**

By Jim Collins

### **“Nutrition/Exercise Reference Manual”**

By Aurthur I. Rothafel of MediCorp PNT

### ***Prayers for the Soul***

YAMS of the African Methodist Episcopal Zion Church

### **ADULT MISSIONARY STUDY BOOK**

**2007-2011 Study Book**

**Victorious Living, Prayer and Fasting,  
Praise and Worship, Purpose and Power**  
African Methodist Episcopal Zion Church

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<http://www.for.gov.bc.ca/hrb/hw/index.htm>, Wellness for Healthy Positive Living, Province of British Columbia-Copyright 2007

<http://www.welcoa.org>, WELCOA'S Online Financial Bulletin, Wellness Councils of America, Omaha, NE 68114

<http://www.wellnessinventory.net>, Wellness Inventory, Whole Person Wellness Assessment Program – Health World Online

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7. I pray and meditate in my private time.
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9. I am willing to forgive others and myself.
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8. I participate in company sponsored savings plans at the maximum levels of investment.
9. I plan out all my major expenditures.
10. I educate myself in the area of money matters.
11. I have a budget and I live by that budget.
12. I have insurance (i.e. Life, Health, and/or Dental) coverage.
13. I have a financial plan for my children (future children's) education.
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