

Wholeness Wheel

Foundational Competencies:

- 1. Spiritual Well-Being; 2. Social Interpersonal Well-Being; 3. Emotional Well-Being; 4. Physical Well-Being; 5. Financial Well-Being; 6. Vocational Well-Being; 7. Intellectual Well-Being**

1. Spiritual Well-Being: Living a centered life focused on God affects each aspect of our well-being. Turn to God for strength as you seek to live well in Christ. Nurture your relationship with God through prayer, devotions, worship, nature, art, and music. Explore who you are and know whose you are.

READINESS FOR ENTRANCE	READINESS FOR ENDORSEMENT	READINESS FOR APPROVAL
Behavioral Anchors	Behavioral Anchors	Behavioral Anchors
<p>PERSONAL PRACTICES</p> <ul style="list-style-type: none"> • Demonstrates active engagement in a worshipping community • Articulates practices that feed his/her own spirit and provide examples, including the reading and studying of scripture and prayer <p><i>Deepen an understanding of how spiritual well-being integrates and permeates all other areas of the Wholeness Wheel</i></p>	<p>DEEPER AWARENESS OF VARIOUS PRACTICES</p> <ul style="list-style-type: none"> • Demonstrates leadership in worship • Demonstrates spiritual practices • Openness and awareness of self • Demonstrates openness to the various languages of spirituality and the different expressions of prayer <p style="text-align: center;">BAPTISM</p>	<p>ABLE TO LEAD OTHERS IN DEVELOPING THEIR OWN SPIRITUAL LIFE</p> <ul style="list-style-type: none"> • Exhibits comfort facilitating worship experiences for others • Demonstrates ability to create an engaging environment where people feel welcome to participate in spiritual development • Continues to demonstrate growth in reading and studying Scripture • Leads and empowers others • Equips others with a variety of spiritual practices from which to grow in spiritual well-being

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2. Social Interpersonal Well-Being: We are created by God to be social beings, living in community and instructed to help and love each other. We maintain social well-being through interaction, play and forgiveness. Take time to nurture your relationships with family, friends, congregation and colleagues.

READINESS FOR ENTRANCE	READINESS FOR ENDORSEMENT	READINESS FOR APPROVAL
Behavioral Anchors	Behavioral Anchors	Behavioral Anchors
<ul style="list-style-type: none"> • Demonstrates listening skills • Demonstrates openness to new ideas • Is aware of self-boundaries* • Is aware of own biases* • Is aware of grace* <p><i>*Ask the candidate to provide examples/stories Where boundaries were necessary. . . Where biases were evident. . . Where grace was visible</i></p>	<ul style="list-style-type: none"> • Demonstrates progress in development of self-awareness • Demonstrates flexibility • Demonstrates continuing development of healthy boundaries • Demonstrates ability to respond positively to and invite constructive criticism • Demonstrates openness to learning about others • Demonstrates development of a theological understanding of grace 	<ul style="list-style-type: none"> • Demonstrates self-awareness • Demonstrates ability to engage in deep conversations • Demonstrates healthy boundaries • Demonstrates ability to offer and receive objective evaluation • Shows acceptance of others in a non-judgmental manner • Gives and receives grace • Demonstrates ability to not take self too seriously • Embodies fun

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3. Emotional Well-Being: Being emotionally well means feeling the full range of human emotions and expressing them appropriately. Self-awareness is the first step.

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<ul style="list-style-type: none"> • Demonstrates self-awareness and understands and recognizes emotional needs in others • Demonstrates honesty • Demonstrates respect • Demonstrates empathy • Demonstrates expressions of emotions in self • Exhibits open-mindedness 	<ul style="list-style-type: none"> • Displays understanding and forgiveness • Demonstrates development of empathy toward others • Displays increasing levels of transparency and accountability • Demonstrates collegiality • Demonstrates deeper coping/listening/resiliency • Demonstrates ability to seek mentor and resources • Demonstrates growth into recognizably “safe person” • Shows willingness to reflect 	<ul style="list-style-type: none"> • Demonstrates awareness of gifts and limitations • Demonstrates ability to be a non-anxious presence • Demonstrates confidence in who he/she is and is becoming • Demonstrates accountability • Demonstrates patience with self/others/organizations • Demonstrates openness to the call of the church • Demonstrates openness to balance in humility and self-assurance • Shows he/she is centered in baptismal calling

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4. Physical Well-Being: While we are not all born perfectly healthy or able to live life without injury or illness, we can live well by tending and nurturing our body as a gift from God. Feed it healthy foods, keep it hydrated, build physical endurance through regular exercise, and respect your body's need for rest.

READINESS FOR ENTRANCE	READINESS FOR ENDORSEMENT	READINESS FOR APPROVAL
Behavioral Anchors	Behavioral Anchors	Behavioral Anchors
<p style="text-align: center;">PARTICIPATE IN</p> <p>Exercise:</p> <ul style="list-style-type: none"> Expresses understanding of importance of regular exercise Commits to establishing a reasonable exercise practice <p>Nutritional Awareness:</p> <ul style="list-style-type: none"> Expresses understanding of importance of good nutrition <p>Weight:</p> <ul style="list-style-type: none"> Expresses understanding of importance of maintaining a healthy weight <p>Behavioral assessment:</p> <ul style="list-style-type: none"> Addresses any specific issues, i.e. chemical use <p>Rest/Sabbath time:</p> <ul style="list-style-type: none"> Demonstrates understanding of the importance of rest and getting adequate sleep 	<p style="text-align: center;">AN ANNUAL</p> <p>Exercise:</p> <ul style="list-style-type: none"> Maintains a regular exercise routine* <p>Nutritional Awareness:</p> <ul style="list-style-type: none"> Continues to demonstrate nutritional awareness Demonstrates adherence to a nutrition plan, as needed Demonstrates knowledge of tests for cholesterol levels, diabetes, and other chronic conditions as well as the importance of having annual physical exams <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <p style="font-style: italic;">*A candidacy committee could provide educational resources on motivational devices and mobile apps that can assist a candidate in achieving goals, i.e. My Fitness Pal; FitBit.</p>	<p style="text-align: center;">HEALTH ASSESSMENT</p> <p>Exercise:</p> <ul style="list-style-type: none"> Identifies a lifetime activity that candidate enjoys Articulates the importance of being part of a community that includes mutual accountability and support in achieving one's healthy lifestyle goals <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/>

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5. Financial Well-Being: Being financially well involves making decisions based on our values, as reflected in the way we save, spend, and share. Tending to one's financial well-being in this way requires us to be resilient, generous, and focused on sustainability.

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<ul style="list-style-type: none"> • Can identify personal level of awareness of current financial situation and future plan: debt, budget, savings, educating self, discipline, planning • Can identify emotional relationship to money: gratitude, abundance, satisfaction, feeling of enough • Articulates the meaning of service to others through financial resources: tithing, compassion for those in need, sharing, making an impact in the world 	<ul style="list-style-type: none"> • Demonstrates development of personal financial plan and understands the impact and rules of student debt and knows about debt management • Articulates relationship to finances theologically in terms of gratitude, abundance, satisfaction, feeling of enough 	<ul style="list-style-type: none"> • Understands financial relationship to congregation/institution, the impact of salary and benefits on the congregational/institutional budget, and knows how to guide a budget process • Demonstrates service to others through financial resources • Demonstrates ability to have conversation with others about financial well-being/stewardship

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6. Vocational Well-Being: We all have a calling - a vocation - to follow Christ's example by living a life of meaning, purpose and service to our neighbor. Our vocations make up our life's work and passions - they are the everyday roles through which God calls us to help make this world a better place. Those who are well vocationally are faithful stewards of their talents and abilities, and find opportunities to build and use them.

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Behavioral Anchors	Behavioral Anchors	Behavioral Anchors
<ul style="list-style-type: none"> • Articulates how he/she is listening to their internal and external sense of call • Expresses ways in which there has been exploration of the call to ministry • Provides evidence of being connected to a Word and Sacrament community • Gives examples of leadership within the worshipping community • Articulates joy of life • Demonstrates openness to critique • Articulates dedication to the candidacy and learning process • Demonstrates passion for public ministry • Articulates willingness and openness to "fail forward" • Demonstrates dedication to creating/developing relationships 	<ul style="list-style-type: none"> • Articulates a developing sense of call • Demonstrates an openness to enter into other faith communities and learn from them • Demonstrates joy of life • Demonstrates openness to critique by others who are part of the candidacy process • Demonstrates ability to make use of available resources 	<ul style="list-style-type: none"> • Demonstrates/articulates a strong sense of call • Demonstrates ability to empower others in matters of faith • Joy of life • Gives examples that demonstrate a servant heart for ministry • Continues to demonstrate openness to critique including those whom the candidate serves, ex. Congregation council members • demonstrates transparency • Shows that candidate is comfortable with self • Expresses a dedication to lifelong learning • Continues to show a joy and a passion for public ministry • Continues to demonstrate willingness to "fail forward" • Articulates the importance of developing sustaining relationships

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7. Intellectual Well-Being: Using our minds keeps us alert and active. Stay curious, ask questions, and seek answers. Explore new responsibilities, experience new things and keep an open mind. And remember, knowing when and how to let your mind rest is as important as keeping active.

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<ul style="list-style-type: none"> • Expresses a passion for learning and new ideas • Demonstrates an inquisitive attitude that is open to questions 	<ul style="list-style-type: none"> • Able to describe an occasion of trying out a new idea • Demonstrates ability to apply intellectual learnings from the classroom as candidate reflects on public ministry in the world • Displays an understanding of the importance of the public minister as both teacher and learner 	<ul style="list-style-type: none"> • Demonstrates a habit of critical and diverse reading • Applies the Lutheran dialectical understanding of the world in ministry • Demonstrates ability to move between theory and practice • Actively plans time for study and rest • Demonstrates understanding and commitment to (and maybe even has a plan) for lifelong learning • Demonstrates comfort with the role of both teacher and learner • Articulates the vital importance of being part of a peer group/community lifelong learning model