

## OptiHealth Choices – *Contemplative Seminars*

Pre-Grade	Seminar	Date Watched	Personal Value or Applicability of Topic	Post-Grade
	<b>Intro to Health</b>			
	Rest			
	Water			
	Air			
	Sunlight			
	Exercise			
	Nutrition			
	Temperance			
	Trust in God			
	Attitude			
	<b>Intro to Emotions</b>			
	Criticism			
	Complaining			
	Self-Pity			
	Worry			
	Avoidance			
	Emotionalism			
	Bitterness			
	<b>Intro to Relations</b>			
	Escalation			
	Invalidation			
	Defensiveness			
	Withdrawal			
	Denial			
	Misinterpretation			
	Stuffing			
	<b>Intro to Faith</b>			
	1 God's Love			
	2 Sinner's Need			
	3 Repentance			
	4 Confession			
	5 Consecration			
	6 Acceptance			
	7 Discipleship			
	8 Maturation			
	9 Service			
	10 Knowledge			
	11 Prayer			
	12 Doubt			
	13 Praise			

Note: The 14 Spiritual Health Seminar articles are being converted to a narrated PowerPoint video.