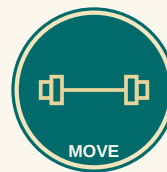


SIX PILLAR SELF-ASSESSMENT

REFLECT | CLARIFY | PRIORITIZE | TAKE ACTION



Your health is not built from one perfect workout, meal, or morning routine. It is created by the way all the pieces of your life work together.

Small, intentional steps create lasting change.

Use the next six pages to notice what is working, what needs support, and where to begin.



EAT

NOURISH & FUEL

Food gives you energy to do more of what you love. It is not about perfection - it is about consistent choices that support your energy, strength, and long-term health.

5 THINGS TO NOTICE

Circle one score for each statement

- | | |
|---|--|
| <div style="background-color: #007a7a; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 10px 0;">1</div> I eat a balanced mix of protein at most meals. | <div style="display: flex; gap: 10px;"> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="background-color: #007a7a; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 10px 0;">2</div> I include colorful produce throughout my day. | <div style="display: flex; gap: 10px;"> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="background-color: #007a7a; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 10px 0;">3</div> I drink enough water to support my energy. | <div style="display: flex; gap: 10px;"> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="background-color: #007a7a; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 10px 0;">4</div> I notice how food choices affect my mood and focus. | <div style="display: flex; gap: 10px;"> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="background-color: #007a7a; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 10px 0;">5</div> I have a flexible eating rhythm I can maintain. | <div style="display: flex; gap: 10px;"> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |

SCORE GUIDE

1 = rarely 3 = sometimes 5 = consistently

WHAT DID I NOTICE?

What food, hydration, or timing pattern stands out?

ONE INTENTIONAL NEXT STEP

What is one small action you can realistically practice this week?



SLEEP

REST & RECOVER

Quality sleep helps you think clearly, manage stress, balance hormones, recover from exercise, and show up as your best self. Better sleep habits build better days.

5 THINGS TO NOTICE

Circle one score for each statement

- | | |
|--|--|
| <div style="display: flex; align-items: center;"> <div style="background-color: #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-right: 10px;">1</div> <div>I get enough sleep to feel restored.</div> </div> | <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="display: flex; align-items: center;"> <div style="background-color: #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-right: 10px;">2</div> <div>I have a consistent sleep and wake schedule.</div> </div> | <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="display: flex; align-items: center;"> <div style="background-color: #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-right: 10px;">3</div> <div>I give myself time to wind down before bed.</div> </div> | <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="display: flex; align-items: center;"> <div style="background-color: #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-right: 10px;">4</div> <div>My sleep environment supports dark, cool, quiet rest.</div> </div> | <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="display: flex; align-items: center;"> <div style="background-color: #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-right: 10px;">5</div> <div>I adjust evening choices when recovery needs more support.</div> </div> | <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |

SCORE GUIDE

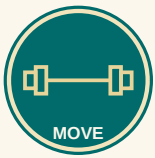
1 = rarely 3 = sometimes 5 = consistently

WHAT DID I NOTICE?

What sleep habit or recovery need stands out?

ONE INTENTIONAL NEXT STEP

What is one small action you can realistically practice this week?



MOVE

BUILD STRENGTH

Movement creates strength, energy, a clearer mind, and a brighter tomorrow. It is about consistency, not punishment - doing what supports the body and life you have now.

5 THINGS TO NOTICE

Circle one score for each statement

- | | |
|---|--|
| <div style="background-color: #007a7a; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-bottom: 10px;">1</div> I strength train with intention each week. | <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="background-color: #007a7a; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-bottom: 10px;">2</div> I include cardiovascular movement I enjoy. | <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="background-color: #007a7a; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-bottom: 10px;">3</div> I move regularly during the day, not only during workouts. | <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="background-color: #007a7a; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-bottom: 10px;">4</div> I choose an appropriate challenge for today's capacity. | <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="background-color: #007a7a; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-bottom: 10px;">5</div> I recover well enough to benefit from my training. | <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #007a7a; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |

SCORE GUIDE

1 = rarely 3 = sometimes 5 = consistently

WHAT DID I NOTICE?

What movement pattern, barrier, or opportunity stands out?

ONE INTENTIONAL NEXT STEP

What is one small action you can realistically practice this week?



THINK

MINDSET & MENTAL WELL-BEING

A calmer mind helps you make better choices, manage stress, and enjoy the journey. What you think matters because it influences everything you do.

5 THINGS TO NOTICE

Circle one score for each statement

- | | |
|---|--|
| <div style="background-color: #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 10px 0;">1</div> I notice my self-talk without automatically believing it. | <div style="display: flex; gap: 10px;"> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="background-color: #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 10px 0;">2</div> I focus on what I can influence today. | <div style="display: flex; gap: 10px;"> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="background-color: #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 10px 0;">3</div> I respond to setbacks with curiosity instead of criticism. | <div style="display: flex; gap: 10px;"> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="background-color: #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 10px 0;">4</div> I make choices from my values, not all-or-nothing thinking. | <div style="display: flex; gap: 10px;"> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="background-color: #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 10px 0;">5</div> I acknowledge progress instead of moving the finish line. | <div style="display: flex; gap: 10px;"> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |

SCORE GUIDE

1 = rarely 3 = sometimes 5 = consistently

WHAT DID I NOTICE?

What thought pattern, belief, or strength stands out?

ONE INTENTIONAL NEXT STEP

What is one small action you can realistically practice this week?



BREATHE

CALM & REGULATE

Intentional breathing helps you find calm, stay grounded, and move forward. It is a simple tool your body can use anywhere to shift from tension toward steadiness.

5 THINGS TO NOTICE

Circle one score for each statement

- | | |
|---|--|
| <div style="display: flex; align-items: center;"> <div style="background-color: #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-right: 10px;">1</div> <div>I notice how my breathing changes with stress.</div> </div> | <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="display: flex; align-items: center;"> <div style="background-color: #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-right: 10px;">2</div> <div>I pause for slow breathing during the day.</div> </div> | <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="display: flex; align-items: center;"> <div style="background-color: #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-right: 10px;">3</div> <div>I can lengthen my exhale when I need calm.</div> </div> | <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="display: flex; align-items: center;"> <div style="background-color: #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-right: 10px;">4</div> <div>I use breath to support posture and movement.</div> </div> | <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="display: flex; align-items: center;"> <div style="background-color: #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-right: 10px;">5</div> <div>I build short moments of stillness into my routine.</div> </div> | <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |

SCORE GUIDE

1 = rarely 3 = sometimes 5 = consistently

WHAT DID I NOTICE?

What breathing or nervous-system pattern stands out?

ONE INTENTIONAL NEXT STEP

What is one small action you can realistically practice this week?



CONNECT

BELONG & THRIVE

Meaningful connection creates a fuller, happier life. Surrounding yourself with supportive people and building a sense of purpose help you stay grounded and well.

5 THINGS TO NOTICE

Circle one score for each statement

- | | |
|---|--|
| <div style="background-color: #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-bottom: 10px;">1</div> I make time for relationships that matter to me. | <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="background-color: #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-bottom: 10px;">2</div> I ask for support when I need it. | <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="background-color: #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-bottom: 10px;">3</div> I have people who encourage my health and well-being. | <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="background-color: #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-bottom: 10px;">4</div> I feel connected to a community or purpose larger than myself. | <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |
| <div style="background-color: #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-bottom: 10px;">5</div> I protect time for joy, play, faith, or presence. | <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">1</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">2</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">3</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">4</div> <div style="border: 1px solid #f0e68c; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;">5</div> </div> |

SCORE GUIDE

1 = rarely 3 = sometimes 5 = consistently

WHAT DID I NOTICE?

What relationship, boundary, or connection stands out?

ONE INTENTIONAL NEXT STEP

What is one small action you can realistically practice this week?

FROM AWARENESS TO ACTION

YOUR RESULTS ARE INFORMATION - NOT A REPORT CARD



Look across your six pages. Celebrate what is already supporting you, then choose the pillar where one small shift could make the biggest difference.

FIND

Use the Six Pillars to find your influence points.

What pattern matters most right now?

FIT

Use Plan A, B, or C to fit the strategy to real life.

What version can you truly follow this week?

ADJUST

Push, Pivot, or Recover instead of quitting or forcing.

What does your body and life need now?

MY FOCUS FOR THE NEXT 7 DAYS

The pillar I will support:

My small intentional step:

How I will know it helped:

Start where you are. Use what you have. Adjust as you learn.