The Assessment

Day 0 and Day 90

One sheet, used twice. Fill the Day 0 column now and the Day 90 column at the end. Each time, rate the previous seven days, and rate where you actually are, not where you think you should be: 1 Struggling (rarely or never) · 2 Developing (trying, inconsistent) · 3 Stable (reasonably consistent, room to grow) · 4 Strong (a regular strength) · 5 Excellent (fully embedded, a source of energy). This is a reflection tool, not a validated test: the research in Appendix 1 supports the individual practices, not a combined score.

#	Pillar	Dimension	Rate yourself 1–5	Day 0	Day 90
1	Body	Movement	How regularly do you move your body with intention?		
2	Body	Breath	How often do you use your breath on purpose to steady energy or stress?		
3	Body	Nutrition	How consistently do you eat mostly whole foods, sitting down, with attention?		
4	Body	Sleep	How consistent and restorative is your sleep?		
5	Mind	Focus	How well can you hold deep attention on what matters most, without interruption?		
6	Mind	Grit	How reliably do you keep going on a goal once it gets hard?		
7	Mind	Stillness	How often does your mind rest with no input at all?		
8	Mind	Reflection	How regularly do you pause to examine what happened and what it taught you?		
9	Flow	Presence	How often are you fully in the moment you are living?		
10	Flow	Emotions	How well can you name what you feel and use it as information?		
11	Flow	Purpose	How clear is the line from what you do each day to why it matters?		
12	Flow	Connection	How nourishing are your relationships: with people, with nature, and with something larger than yourself?		

New experiences. In the last thirty days, how many things did you do for the first time? __ (Day 0) · __ (Day 90).

Choosing your three. Circle your three lowest scores. If several tie, choose the one whose improvement you would feel first. For each, write one small action and its cue on your first weekly page. Shade the twelve scores on the radar in Chapter 1 and keep the Day 0 shape: on Day 90 you will lay the new one over it.

On Day 90. Fill the second column, then answer in a few lines: what is different in my ordinary day?

My Week

Three small practices. One new experience.

Week starting: _____

Tick when your chosen action is done. Leave other boxes blank. Start on any day; write the dates above the boxes.

My action + when	Day 1 __/__	Day 2 __/__	Day 3 __/__	Day 4 __/__	Day 5 __/__	Day 6 __/__	Day 7 __/__
1. My small action: When:							
2. My small action: When:							
3. My small action: When:							

One new experience this week

When:	Done ☐

A two-minute weekly review

What helped, or felt different?

What one thing will I adjust next week?

Choose actions small enough for a busy day. A missed day needs no catch-up: resume at the next opportunity. No scores or half-ticks.

Use thirteen pages: twelve full weeks and a final six days (cross out Day 7 on the last page). On Days 30 and 60, use this same review to adjust your plan.

A Completed Week

An example, not a performance target

Week starting: *9 November*

Tick when your chosen action is done. Leave other boxes blank. Start on any day; write the dates above the boxes.

My action + when	Day 1 *9/11*	Day 2 *10/11*	Day 3 *11/11*	Day 4 *12/11*	Day 5 *13/11*	Day 6 *14/11*	Day 7 *15/11*
MOVEMENT *Walk for 10 minutes* *After lunch*	✓	✓		✓	✓	✓	✓
FOCUS *One task for 15 minutes* *Before opening email*	✓	✓		✓	✓		
CONNECTION *10 phone-free minutes* *With my partner after dinner*	✓			✓	✓	✓	✓

One new experience this week

Join the neighbourhood walking group.	
When: *Saturday morning*	Done ☑

A two-minute weekly review

What helped, or felt different?

Walking after lunch helped me leave my desk.

What one thing will I adjust next week?

Put my walking shoes beside my desk.

Wednesday was missed. Nothing was made up afterwards; the walk resumed on Thursday.

After Day 90, choose three again: the same page, with new actions.

APPENDIX 3: Reference Card

The Whole Human at a Glance

Three pillars, twelve practices, one direction

BODY *Enables experience*	**MIND** *Shapes experience*	**FLOW** *Expands experience*
Movement Move every day. A walk counts.	**Focus** One task, phone away.	**Presence** Be where you are. The senses are the way back.
Breath Slow the exhale to steady yourself.	**Grit** Keep the small commitment on the hard day.	**Emotions** Name the feeling, listen to it, then choose.
Nutrition Whole foods, eaten sitting down, slowly.	**Stillness** Two minutes with no input.	**Purpose** Draw the line from what you do to why it matters.
Sleep A steady bedtime and morning light.	**Reflection** Ask what happened and what it taught you.	**Connection** Give people your full attention. Get under a sky.
EXPLORE Once a week, take the twelve somewhere new.		

The ninety days

Choose three practices and one small action for each. Tick the action when it is done. Try one new experience a week. At the end of each week, ask what helped and what one thing to adjust.

When life feels unbalanced

How is my body? Where is my mind? What am I in flow with? What am I exploring?

Body enables experience. Mind shapes experience. Flow expands experience. Experience is the point.

The Reference Card

The twelve practices, a suggested small action for each, and the chapter exercise that teaches it

Pin this up. Each line is a suggestion: use it as your action, or write a smaller version you can keep on a busy day. The action you write on your weekly page is the one a tick refers to.

Pillar	Practice	Suggested small action	Starter exercise	Ch.
Body	Movement	20 minutes of deliberate movement; a walk counts; outdoors in daylight when you can	The walking meeting	3
Body	Breath	One deliberate reset before a demanding moment: five slow nasal breaths, or 2–3 minutes of box breathing	The five-breath reset	4
Body	Nutrition	One meal eaten sitting down, slowly, mostly whole foods; water through the day	The three-day food audit	5
Body	Sleep	Bedtime within 30 minutes of your anchor; screens off 30 minutes before; daylight within an hour of waking	The bedtime anchor	6
Mind	Focus	One protected block on the most important task, phone away, before messages: 25 minutes to start; grow it toward 60–90 as it holds	The deep work block	7
Mind	Grit	The small daily action on the goal you keep abandoning (5–10 minutes)	The thirty-day minimum	8
Mind	Stillness	Two minutes sitting quietly, no input	The two-minute practice	9
Mind	Reflection	Five questions, five minutes, written, in the evening	The five-question journal	10
Flow	Presence	One moment a day entered fully: the five-sense return, or a conversation with the phone in another room	The single-focus conversation	11
Flow	Emotions	Three check-ins naming what you feel in one precise word; the five-step practice when a feeling is strong	The emotion audit	12
Flow	Purpose	One action a day that sits inside your purpose map	The purpose map	13
Flow	Connection	One undivided interaction with someone who matters	The repair	14
All	Explore	Once a week: one thing you have never done	The un-researched hour	15