

Guide 1. Lifestyle Change Comes First: How Real Transformation Actually Begins

This worksheet helps you gently step out of “waiting mode” and begin understanding what kind of everyday life will actually support the transformation you want.

Part 1: Awareness — Understanding Your Current Lifestyle

Transformation doesn't start with fixing.

It starts with seeing.

What Does Your Everyday Life Actually Look Like?

Answer honestly, without judgment.

When I wake up, my mornings usually feel like:

By the end of the day, I usually feel:

Right now, my routines mostly support:

- Getting through the day
- Other people's needs
- Survival
- Stability
- Growth
- I'm not sure

Lifestyle Inventory (Gentle Reflection)

For each area, check what feels most true *right now*.

Food & Nourishment

- Feels supportive
- Neutral
- Stressful
- Inconsistent

Movement & Physical Care

- Feels supportive
- Neutral
- Avoided
- Overwhelming

Sleep & Rest

- Restorative
- Inconsistent
- Exhausting
- Neglected

Work / Daily Responsibilities

- Aligned
- Manageable
- Draining
- Overwhelming

Connection (self + others)

- Nourishing
- Surface-level
- Isolating
- Inconsistent

One area that currently supports me:

One area that feels misaligned or heavy:

Where Might You Be Waiting?

Waiting often feels safe — but it keeps us stuck.

Finish these sentences honestly:

"I keep telling myself I'll start changing when..."

"I'm waiting for life to feel more _____ before I begin."

"What feels uncomfortable or scary about starting now?"

No fixing yet. Just noticing.

Part 2: Intention — Beginning the Shift

This is not about doing everything.

It's about choosing *on purpose*.

Releasing the Pressure

Check anything you need permission to release:

- I don't need to change everything at once
- I don't need a perfect plan
- I don't need to be more disciplined to start

I don't need to wait for motivation

I can move at my own pace

One belief I'm ready to loosen:

Clarifying Your "Why" (The Emotional Engine)

Your why doesn't need to sound impressive.

It needs to be honest.

I want my life to feel different because...

If nothing changed, what would I be afraid of feeling a year from now?

When I imagine living with more intention, I picture myself feeling:

Calm

Confident

Free

Grounded

Healthy

Proud

Connected

Tiny Commitment (Lifestyle, Not Perfection)

This guide is not asking for action overload.

Just one intentional choice.

One small way I can begin living differently this week:

(Example: noticing my routines, creating space, choosing rest, saying no, being more present)

This choice feels realistic because:

Closing Reflection

Finish this sentence gently:

“Transformation for me doesn’t mean becoming someone else.

It means _____.”

Reminder Before You Move On

You are not behind.

You are not broken.

You are learning how to live on purpose.

Take your time with this guide.

When it feels clear — not rushed — you’ll know you’re ready for the next one.