

How to use this Worksheet

Wellness Starting Point · Energy & Wellbeing

INSTRUCTIONS

- Find a quiet moment. This takes 3 to 5 minutes.
- Don't overthink. Write the first honest answer that comes to mind.
- Short responses work best. Single words or phrases are enough.
- There are no right or wrong answers. This is not a test.
- Skip any line that feels unclear. You can return to it later.
- Move through it gently.

SUGGESTIONS WHILE FILLING IT

- Answer from truth, not from how you think you should feel.
- This is not about having a wellness routine. It is about knowing yourself.
- If a line makes you pause, that usually means it matters.
- There is no right way to take care of yourself. Only your way.
- Don't aim for the ideal version. Aim for the honest one.

WHEN YOU REACH THE FINAL SECTIONS

→ **How I Choose to Live**

This is not a routine. It is who you are in relation to your own wellbeing. Return to it whenever you have drifted.

→ **My Guiding Sentence**

Write it once. Come back to it on the days when you have given everything to everyone else.

WHY THIS WORKS

- **Self-awareness activates care.** Neuroscience shows that when we consciously identify what drains and restores us, the brain's interoceptive network becomes more attuned to physical and emotional signals. We become better at noticing what we actually need.
- **Naming non-negotiables reduces depletion.** Research in self-determination theory shows that people who identify and protect their core needs report significantly higher wellbeing. Knowing what you will not compromise on is a form of self-protection.
- **Values-based self-care lasts.** Habits built on who you want to be rather than what you think you should do are far more sustainable. When self-care is an expression of identity, it does not feel like discipline. It feels like coming home.

Designed by a certified coach and neuroscience expert for the MYRA platform

Wellness Starting Point

Your energy. Your way.

WHAT I KNOW ABOUT MYSELF

I feel most alive when _____

The things that quietly drain me are _____

My body and mind do best when I _____

Something I have always known I need more of is _____

WHAT I WILL NOT COMPROMISE ON

Something I need that I often put last is _____

I feel off when I go too long without _____

The one thing I will always protect for myself is _____

Something that genuinely nourishes me is _____

HOW I CHOOSE TO LIVE

Taking care of myself means _____

I feel whole when I have _____

The version of me I want to live as is someone who _____

MY GUIDING SENTENCE

I protect my energy by _____ ,

I restore myself through _____ ,

and I always come home to _____ .