



It's a life worth living.

75 ALIVE
A Daily Practice to Recapture Vitality



Rethink Vitality Today.
Transform Tomorrow.

Mission Save a Life
www.missionsavealife.org



**Once you remember
what vitality feels like,
you don't want to live
any other way.**



WHAT IS VITALITY?

To be Vital is to be essential for Life.

**To live with Vitality is to have sustainable energy for living.
A clear mind, a resilient body, and a heart connected with
meaning, even under pressure.**

Not rushed. Not drained. Not just getting through the day.

Vitality feels like:

energy that isn't forced
clarity without mental exhaustion
adaptive responses instead of stress reactions
a sense of connection to yourself, to others, to life

your emotions feel informative, not overwhelming
your body feels steady, responsive, and resilient
your mind feels open, creative, and clear

When you live with vitality:

you trust yourself more
you recover faster
you react less

Vitality isn't constant happiness or endless motivation.

It's aliveness—even in the middle of challenge.

**It's the difference between surviving your life
and actually being here for it.**



RECAPTURE VITALITY WITH 75 ALIVE

**Vitality isn't something you hustle for, earn, or fix.
It's something you return to.**

Most of us were taught to push through—
to perform, to cope, and to keep going, even when running on empty.

But when you slow down and notice what drains you,
when you stop forcing and start allowing what restores you,
something deeper begins to emerge.

You remember:

Your body knows how to recover and restore.
Your heart knows how to connect with meaning.
Your mind knows how to create with clarity.

Less effort. More clarity. More flow.

This is called **coherence**—
when your body, heart, and mind work together
instead of against each other.

Think of your life like a cup. What fills it matters.

If your cup is full of stress, distraction, and constant self-pressure,
there's little room left for what restores.

75 Alive is a 75-day practice of refilling your cup from coherence
with the right things —movement, fuel, connection, and joy.

It's a Life Worth Living
and you were made for more than surviving.



DAILY PRACTICE

Vitality grows when the right things work together.

These five elements help restore the natural rhythm between your **mind, body, and heart**.

This practice helps you notice what restores vitality—and what quietly drains it.

- **Coherence**

Bringing mind, body, and heart into sync.

Coherence creates the internal conditions for the nervous system to restore regulation.

Examples: breath, gratitude, reflection, stillness, prayer.

- **Movement.**

Supporting circulation, mobility, and physical responsiveness.

Movement helps the body process stress and restore natural rhythm and resilience.

Examples: walking, stretching, exercising, dancing, qigong.

- **Fuel.**

What you take in—physically and mentally.

Fuel shapes your biochemical balance and how supported your body and mind feel day to day.

Examples: food, hydration, rest, information, conversations.

- **Connection.**

Reconnecting with yourself, others, and the world around you.

Connection restores belonging, safety, and support.

Examples: conversation, appreciation, time in nature, service.

- **Joy and Meaning.**

Inviting lightness, pleasure, and purpose into daily life.

Joy brings vitality back into ordinary moments.

Examples: creativity, laughter, music, play, small pleasures.



GUIDING PRINCIPLES

It begins simply: **notice what's real for you today**, and allow yourself to return to vitality from there.

This workbook isn't about fixing or improving your life. It's about restoring your cup—one small, honest moment at a time.

These principles help keep the nervous system oriented toward coherence as you move through the practice.

- **Notice What Fills Your Cup.**
Every day, your life is shaped by what you think, consume, repeat, and tolerate. This practice helps you notice what quietly drains you—and what restores you.
- **Practice, Not Perfection or Performance.**
You may feel the urge to do this “right,” to keep a perfect streak, or to force all five elements every day. When that shows up, let it remind you: you're here to return, not to prove.
- **Grace First.**
Some days will feel light and easy. Some days won't. Either way, the practice still holds. Grace is what makes this sustainable.
- **Start by Settling Your Nervous System.**
If you feel scattered, tense, or reactive, start by helping your system settle with coherence. Let that be enough to begin.
- **Small Still Counts.**
If a voice says, “If I can't do it all, why try?” remember that one honest moment still matters.
- **Use It Your Way.**
You may write in the morning, at night, or only when you need a reset. That isn't inconsistency—it's responsiveness.
- **Come Back Anytime.**
If you miss a day, nothing is lost. You didn't fail—you're human. Just come back and continue. That's the practice.

Signals You Might Be Overriding

Small signs that something may be off — before it becomes a bigger problem.

Have you ever said or done something like this?

Check anything that feels true for you right now.

- ☐ I have a lot on my plate, but I can handle it — I just need to push through
- ☐ I'll work a little longer tonight so I can get ahead
- ☐ I just can't get my thoughts together — I need to focus more
- ☐ I reacted more strongly than I expected (snapped, short, impatient)
- ☐ I'm tired, but sleep is just not enough
- ☐ I feel like everything is harder than it should be
- ☐ I feel wired or restless, but also exhausted
- ☐ I've felt less present or more on autopilot
- ☐ I need something to take the edge off (scrolling, food, alcohol, distractions)
- ☐ I have had this tension (shoulders, neck, back) that just won't go away
- ☐ I've skipped things that normally support me (movement, rest, routines)
- ☐ I notice others struggling, but I tell myself I'm fine

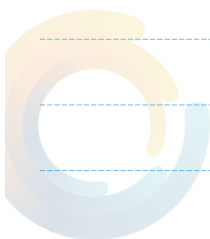
These are not signs of failure.

They are signals your system may be under sustained load.

This is your body providing information that you might need to rethink your approach.

What have you been “handling” or “pushing through” that you might want to rethink?

What have you been ignoring or minimizing that might be important information?



Vitality Snapshot | Pause and Reflect

This is a simple check-in to see where your vitality stands right now.

Reflecting on the past few weeks, circle the number 1–10 that best reflects your experience and add one word to describe.

How steady and clear was your mind?

overwhelmed, reactive, anxious, scattered → calm, grounded, focused, steady

1 2 3 4 5 6 7 8 9 10

How connected do you feel with others and the world around you?

isolated, guarded, withdrawn, lonely → open, trusting, present, safe

1 2 3 4 5 6 7 8 9 10

How does your energy feel through the day?

drained, craving, foggy, crashing → nourished, replenished, steady, alert

1 2 3 4 5 6 7 8 9 10

How does your body feel?

heavy, sluggish, tense, stuck → light, fluid, energized, mobile

1 2 3 4 5 6 7 8 9 10

What is your overall sense of joy and meaning?

numb, unmotivated, disengaged, empty → inspired, engaged, uplifted, hopeful

1 2 3 4 5 6 7 8 9 10

What do I notice? Are any of these new or ongoing?

Which area(s) needs the most support right now and why?





Coherence | Regulate Your State

Most people don't realize they've lost coherence until they see it.

What do you recognize in your body right now?

WHEN YOU'RE IN COHERENCE, THIS IS WHAT IT FEELS LIKE

- ☐ **Calm:** I can slow things down instead of feeling rushed.
- ☐ **Steady:** I respond with intention instead of reacting.
- ☐ **Grounded:** I feel steady in my body, even when things around me are busy.
- ☐ **Focused:** My thinking is clearer. I can stay with what matters.

WHEN COHERENCE IS OFF, THIS IS WHAT IT FEELS LIKE

These are not failures. These are signals your system is under load.

- ☐ **Overwhelmed:** I have too many things coming at me from multiple directions. It's hard to stay focused or know where to start.
- ☐ **Reactive:** I snap, get irritated, or respond stronger than I expected. Small things feel bigger than they should.
- ☐ **Anxious:** My mind keeps running. I replay things or jump ahead to what could go wrong.
- ☐ **Scattered:** I can't hold a clear thought. I jump from one thing to another and don't feel grounded.

EARLY SIGNALS YOUR SYSTEM IS UNDER LOAD

These often show up before you fully feel overwhelmed.

- ☐ **Tense:** I feel it in my body—chest, shoulders, jaw.
- ☐ **Checking:** I keep going back to my phone, email, or to-do list.
- ☐ **On Edge:** I feel like something else is about to come at me.
- ☐ **Fragmented:** I start things but don't finish them.
- ☐ **Not Present:** I'm in conversations, but not really there.

WHAT'S HAPPENING IN YOUR BODY

When your system is under load (out of coherence):

- Your brain shifts into **protection mode** (threat response)
- Attention narrows to what feels urgent
- Thinking and presence decrease

Your body responses:

- **Amygdala (threat center)** becomes more active
- **Cortisol (stress hormone)** increases
- Your **nervous system** shifts away from regulation (toward stress response)

When you return to coherence:

- Your **vagus nerve** activates (parasympathetic calming response)
- **Cortisol** lowers
- **Amygdala activity decreases** (perceived threat reduces)
- **Heart Rate Variability (HRV / heart-brain coherence)** increases → supporting regulation and clearer thinking

Systems Impacted (primary, secondary):
Nervous system (autonomic, brainstem)
Endocrine • Brain networks • RAS

How steady and clear am I? (overwhelmed) 1 2 3 4 5 6 7 8 9 10 (calm)

One word that describes me right now:

Where do I feel this most? ☐ **Mind** (thoughts, focus) ☐ **Body** (tension, restlessness) ☐ **Emotions** (irritation, anxiety)

Coherence Practices | Reset Your State

You don't need to do all of these.
Start with one. Small shifts can quickly reset your state.

QUICK VITALITY H.I.T.S (Habits in Training)

- ☐ **Slow breath reset:** Inhale for 4 seconds, exhale for 6–8 seconds for 3–5 cycles
- ☐ **Hand on heart:** Place your hand on your chest, think of one person or moment you appreciate, and take a slow breath
- ☐ **Stillness pause:** Stop for 30–60 seconds and do nothing
- ☐ **Where am I?:** Ask yourself, “Where am I right now? What do I see, smell, hear?” and bring your attention back
- ☐ **Name + breathe:** Name what you're feeling and take 3 slow breaths

CHOOSE YOUR GO-TO RESETS

- 1.
- 2.
- 3.

WHEN I WILL USE THIS

- ☐ Morning reset
- ☐ Before a meeting
- ☐ When I feel triggered
- ☐ Midday overwhelm
- ☐ Before bed
- ☐

WHAT TENDS TO PULL ME OUT OF COHERENCE?

What changed when I reset?

What helps me return the fastest?

Connection | Strengthen Your Relationships

Most people don't realize how disconnected they've become until they feel it.

Where do you feel connection—or disconnection—in your life right now?

WHEN YOU'RE IN CONNECTION, THIS IS WHAT IT FEELS LIKE

- ☐ **Open:** I feel open to others. I'm not guarded or closed off.
- ☐ **Trusting:** I feel safe being myself. I don't feel like I have to protect or perform.
- ☐ **Present:** I'm actually here with people—not distracted or somewhere else in my mind.
- ☐ **Safe:** I feel safe and a sense of belonging. I don't feel alone in this.

WHEN CONNECTION IS OFF, THIS IS WHAT IT FEELS LIKE

These are not failures. These are signals your system is under load.

- ☐ **Isolated:** I feel alone, even when I'm around other people.
- ☐ **Guarded:** I hold back. I don't fully share or let people in.
- ☐ **Withdrawn:** I pull away or avoid interaction, even when I know it might help.
- ☐ **Lonely:** I feel disconnected or unseen, like no one really understands.

EARLY SIGNALS YOUR SYSTEM IS UNDER LOAD

These often show up before you fully feel disconnected.

- ☐ **Avoiding:** I delay responding, cancel plans, or choose not to engage.
- ☐ **Surface-Level:** Conversations stay shallow. I don't go deeper.
- ☐ **Distracted:** I'm on my phone or thinking about something else when I'm with people.
- ☐ **Closed Off:** I don't feel like talking or sharing what's really going on.
- ☐ **Drained by People:** Even small interactions feel like too much.

WHAT'S HAPPENING IN YOUR BODY

When your system is under load (out of connection):

- Your brain increases threat detection in social situations
- You may interpret neutral interactions as negative or threatening
- Your body prepares for protection instead of connection

Your body responds:

- **Limbic system** (emotional center) becomes more reactive (threat response increases)
- **Cortisol** (stress hormone) increases
- Your **nervous system** shifts away from regulation (toward stress response)

When you return to connection:

- **Oxytocin** increases (supports bonding and trust)
- Your **nervous system** shifts toward safety and connection
- **Parasympathetic** activity increases (calming response)
- **Mirror neuron** activity supports empathy and understanding

Systems Impacted (primary, secondary):
Limbic system • Nervous system
Endocrine • Immune

How connected and present do I feel? (isolated) 1 2 3 4 5 6 7 8 9 10 (connected)

One word that describes my connection right now:

Where do I feel this most?

☐ Self (how I feel internally) ☐ Others (relationships, conversations) ☐ Environment (work, home, community, nature)

Connection Practices | Strengthen Your Relationships

You don't need to do all of these.

Start with one. Small moments of connection can shift how you feel quickly.

QUICK VITALITY H.I.T.S (Habits in Training)

- ☐ **Eye contact + presence:** Pause, look at someone, and give them your full attention
- ☐ **Send a message:** Reach out to someone with a simple “thinking of you” or check-in
- ☐ **Express appreciation:** Tell someone one thing you appreciate about them
- ☐ **Witness a moment:** Notice and acknowledge something meaningful happening around you
- ☐ **Time in nature:** Step outside and take in your surroundings for a few minutes

CHOOSE YOUR GO-TO CONNECTION ACTIONS

1.

2.

3.

WHEN I WILL USE THIS

- ☐ When I feel lonely
- ☐ Before or after a conversation
- ☐ During the day (quick check-in)
- ☐ When I notice I'm withdrawing
- ☐ At the start or end of my day
- ☐

WHAT TENDS TO PULL ME OUT OF CONNECTION?

What changed when I reached out or connected?

What helps me feel connected the fastest?

Fuel | Support Your Energy

Most people don't realize how depleted they've become until their energy crashes.

What do you notice about your energy and focus right now?

WHEN YOU'RE FUELED, THIS IS WHAT IT FEELS LIKE

- ☐ **Nourished:** I feel supported by what I'm putting into my body. I'm not running on empty.
- ☐ **Replenished:** My energy comes back more easily. I don't feel constantly drained.
- ☐ **Steady:** My energy and focus feel consistent. I don't have big highs and crashes.
- ☐ **Alert:** I feel clear, awake, and able to focus on what I'm doing.

WHEN FUEL IS OFF, THIS IS WHAT IT FEELS LIKE

These are not failures. These are signals your system is under load.

- ☐ **Drained:** I feel low energy, even after resting. It's hard to get going.
- ☐ **Craving:** I reach for sugar, caffeine, or quick fixes to get through the day.
- ☐ **Foggy:** My thinking feels slow or unclear. It's hard to concentrate.
- ☐ **Crashing:** My energy drops suddenly, especially in the afternoon or evening.

EARLY SIGNALS YOUR SYSTEM IS UNDER LOAD

These often show up before you fully feel depleted.

- ☐ **Dehydrated:** I haven't had enough water. I feel sluggish or off.
- ☐ **Mindless Eating:** I eat quickly, distracted, or without really noticing.
- ☐ **Low Sunlight:** I haven't been outside or exposed to natural light.
- ☐ **Screen Fatigue:** Too much time on devices leaves me feeling drained.
- ☐ **Irregular Rhythm:** My sleep, meals, or schedule feel inconsistent.

WHAT'S HAPPENING IN YOUR BODY

When your system is under load (fuel is off):

- Blood sugar becomes less stable (energy spikes and drops)
- Your brain receives less consistent energy supply
- Your body shifts toward conserving energy rather than sustaining it

Your body responds:

- **Metabolic system** becomes less efficient at producing steady energy
- **Neurotransmitter support** may decrease (affecting mood and focus)
- **Gut-brain signaling** can become less consistent

When you return to being fueled:

- **Blood** sugar stabilizes → more consistent energy
- **Brain** energy supply improves → clearer thinking and focus
- **Circadian rhythm** supports energy timing (sleep, wake, alertness)
- **Gut-brain signaling** supports awareness and regulation

Systems Impacted (primary, secondary):
Gut/microbiome • Metabolic system
Brain • Cellular energy

How steady and supported does my energy feel? (drained) 1 2 3 4 5 6 7 8 9 10 (steady / alert)

One word that describes my energy right now:

Where do I feel this most? ☐ Mind (focus, clarity) ☐ Body (energy, hunger, fatigue) ☐ Rhythm (sleep, timing, routine)

Fuel Practices | Support Your Energy

You don't need to do all of these.

Start with one. Small inputs can quickly support your energy and focus.

QUICK VITALITY H.I.T.S (Habits in Training)

- ☐ **Hydrate:** Drink a full glass of water (start your day or reset midday)
- ☐ **Mindful eating:** Pause and eat without distractions for a few minutes
- ☐ **Step outside:** Get natural light, especially earlier in the day
- ☐ **Reset your rhythm:** Take a short break away from screens
- ☐ **Eat to stabilize:** Choose a balanced meal or snack instead of a quick fix

CHOOSE YOUR GO-TO FUEL ACTIONS

1.

2.

3.

WHEN I WILL USE THIS

- ☐ Morning (start of day)
- ☐ Midday energy drop
- ☐ Before or after meals
- ☐ When I feel foggy or low energy
- ☐ After long screen time
- ☐

WHAT TENDS TO DRAIN MY ENERGY?

What changed when I supported my energy?

What fuel practice helps me feel energized the fastest?

Movement | Activate Your Body

Most people don't realize how much stress and tension their body is holding until they start to move.

What do you notice in your body right now?

WHEN SUPPORTED BY MOVEMENT, THIS IS WHAT IT FEELS LIKE

- ☐ **Light:** My body feels lighter. I'm not weighed down or stiff.
- ☐ **Fluid:** I can move more freely. My body doesn't feel tight or restricted.
- ☐ **Energized:** Movement gives me energy instead of draining me.
- ☐ **Mobile:** I feel capable and able to move without resistance.

WHEN MOVEMENT IS OFF, THIS IS WHAT IT FEELS LIKE

These are not failures. These are signals your system is under load.

- ☐ **Heavy:** My body feels weighed down or hard to move.
- ☐ **Sluggish:** I feel slow, low energy, or unmotivated to move.
- ☐ **Tense:** I feel tightness in my body—neck, shoulders, back, or jaw.
- ☐ **Stuck:** I feel physically or mentally stuck. It's hard to get going.

EARLY SIGNALS YOUR SYSTEM IS UNDER LOAD

These often show up before you fully feel it in your body.

- ☐ **Restless:** I feel like I need to move, but I don't.
- ☐ **Sitting Too Long:** I've been inactive for extended periods.
- ☐ **Shallow Movement:** I'm not stretching, reaching, or moving fully.
- ☐ **Holding Tension:** I notice tightness but don't release it.
- ☐ **Low Activation:** I haven't elevated my heart rate or moved my body today.

WHAT'S HAPPENING IN YOUR BODY

When your system is under load (movement is off):

- Circulation decreases (less oxygen to tissues)
- Your body holds more stored tension and stress
- Energy production can feel lower with less movement

Your body responds:

- **Lymphatic flow** slows (movement supports waste clearance)
- **Muscle tension** increases
- Your nervous system stays more in a **stress or inactive state**

When you return to movement:

- **Circulation increases** → more oxygen and nutrient delivery
- **Lymphatic flow supports waste clearance**
- Stored stress begins to release
- **Mitochondrial activity supports energy production**

Systems Impacted (primary, secondary):
Circulatory • Lymphatic systems
Immune • Nervous system

How light and mobile does my body feel? (heavy) 1 2 3 4 5 6 7 8 9 10 (light / mobile)

One word that describes my body right now:

Where do I feel this most?

☐ Body (tension, stiffness, energy) ☐ Energy (low, steady, activated) ☐ Movement (mobility, posture, activity)

Movement Practices | Activate Your Body

You don't need to do all of these.
Start with one. Small movement can quickly shift how your body feels.

QUICK VITALITY H.I.T.S (Habits in Training)

- ☐ **Stretch + reach:** Reach your arms overhead, then fold forward and release
- ☐ **Activate your spine:** Gently round and extend your spine to loosen stiffness
- ☐ **Walk:** Take a short walk, even for a few minutes
- ☐ **Shake it out:** Lightly shake your wrists, elbows, arms, legs, or body to release tension
- ☐ **Tap your body:** Lightly tap across arms, legs, shoulders, and head to wake up your system

CHOOSE YOUR GO-TO MOVEMENT ACTIONS

-
-
-

WHEN I WILL USE THIS

- ☐ After sitting for a long period
- ☐ When I feel tense or tight
- ☐ Midday reset
- ☐ Before or after work
- ☐ When I feel low energy
- ☐

WHAT TENDS TO CREATE TENSION OR STIFFNESS IN MY BODY?

What changed when I moved?

What helps my body release tension the fastest?

Joy / Meaning | Elevate Your Life

Most people don't realize how disconnected they feel from meaning until everything starts to feel flat.
What brings you energy, joy, or a sense of purpose right now?

WHEN SUPPORTED BY MOVEMENT, THIS IS WHAT IT FEELS LIKE

- ☐ **Inspired:** I feel a sense of possibility. Things feel meaningful and alive.
- ☐ **Engaged:** I'm interested and involved in what I'm doing. I'm not just going through the motions.
- ☐ **Uplifted:** I feel lighter, positive, or emotionally lifted.
- ☐ **Purposeful:** What I'm doing feels like it matters. I feel connected to something bigger than myself.

WHEN JOY & MEANING IS OFF, THIS IS WHAT IT FEELS LIKE

These are not failures. These are signals your system is under load.

- ☐ **Numb:** I don't feel much. Things that used to matter don't affect me the same way.
- ☐ **Unmotivated:** It's hard to start or care about what I'm doing.
- ☐ **Disengaged:** I'm going through the motions without real interest or connection.
- ☐ **Empty:** Things feel flat or lacking meaning.

EARLY SIGNALS YOUR SYSTEM IS UNDER LOAD

These often show up before you fully feel disconnected from meaning.

- ☐ **Low Interest:** Things don't feel as exciting or engaging as they used to.
- ☐ **Checking Out:** I distract myself instead of being present.
- ☐ **No Anticipation:** I'm not looking forward to anything.
- ☐ **Routine Without Meaning:** I'm doing things, but they don't feel purposeful.
- ☐ **Emotionally Flat:** My emotional range feels muted or dull.

WHAT'S HAPPENING IN YOUR BODY

When your system is under load (joy/meaning is off):

- Your brain's reward system becomes less responsive
- Motivation and interest decrease
- It becomes harder to feel positive emotion or meaning

Your body responds:

- **Dopamine activity may decrease** (affects motivation and reward)
- **Serotonin balance may be impacted** (affects mood and stability)
- Your attention system may shift away from meaningful engagement

When you return to joy / meaning:

- **Dopamine activity supports motivation and reward**
- **Serotonin supports mood and emotional balance**
- **RAS (attention system)** helps you notice what matters
- You feel more engaged, motivated, and connected to purpose

Systems Impacted (primary, secondary):
Limbic system (reward) • Brain networks
Endocrine • Nervous system

How engaged and purposeful do I feel right now? (empty) 1 2 3 4 5 6 7 8 9 10 (inspired)

One word that describes how I feel right now:

Where do I feel this most?

☐ Mind (interest, focus) ☐ Emotions (joy, meaning, motivation) ☐ Purpose (direction, contribution, fulfillment)

Joy & Meaning Practices | Elevate Your Life

You don't need to do all of these.

Start with one. Small moments of joy and meaning can shift how you feel quickly.

QUICK VITALITY H.I.T.S (Habits in Training)

- ☐ **Move to music:** Play a song and let yourself move, hum, or sing
- ☐ **Gratitude:** Think of one person, moment, or thing you appreciate
- ☐ **Create something:** Write, draw, build, or express something in your own way
- ☐ **Do something you enjoy:** Choose one small thing that brings you joy
- ☐ **Reflect on meaning:** Ask yourself, "What mattered/matters today?" or "What feels meaningful right now?"

CHOOSE YOUR GO-TO JOY / MEANING ACTIONS

1.

2.

3.

WHEN I WILL USE THIS

- ☐ When I feel flat or unmotivated
- ☐ After a long or stressful day
- ☐ When I need a mental reset
- ☐ During free time or breaks
- ☐ At the start or end of my day
- ☐

WHAT TENDS TO TAKE AWAY MY SENSE OF JOY OR MEANING?

What changed when I shifted into joy or meaning?

What helps me feel engaged or inspired the fastest?

Who does this impact?

How do you want to incorporate vitality into your daily life.

How is your current state of being impacting your overall health and well-being?

How are others impacted by your state of being?

Who is most impacted by how you show up each day?

When you are at your worst, how does that show up for them? (what are they learning)

When you're at your best... what's different? (what are they learning)

How would you do more of (if money or time was not a constraint)?

Vitality Intention | 75 Alive

Are you willing to give it a shot for 75 Days?

No perfection needed. No streaks required. Just noticing and responding.

How will I incorporate vitality into my daily life?

VITALITY INTENTION. A simple orientation, not a goal to achieve.

MY WHY. Who do you want to show up for?

HOW I SUPPORT MY VITALITY EACH DAY:

COHERENCE (mind, heart, and body aligned)

MOVEMENT (circulation and mobility)

FUEL (what I take in — physically and mentally)

CONNECTION (self, others, or nature)

JOY (lightness, meaning, or purpose)



TODAY'S INTENTION. A simple orientation, not a goal to achieve.

MY VITALITY LEVEL TODAY + ONE WORD. There's no right answer.

(low) 1 2 3 4 5 6 7 8 9 10 (alive)

WHAT NEEDS SUPPORT TODAY:

- ☐ Coherence
- ☐ Movement
- ☐ Fuel
- ☐ Joy
- ☐ Connection
- ☐ Don't Know
- ☐ Other:

TODAY I AM GRATEFUL FOR:

TODAY I AM LETTING GO OF:

I'M CHOOSING TO CARRY FORWARD:

HOW I SUPPORT MY VITALITY TODAY:

What did I do, notice, or feel?

COHERENCE (mind, heart, and body aligned)

MOVEMENT (circulation and mobility)

FUEL (what I take in — physically and mentally)

CONNECTION (self, others, or nature)

JOY (lightness, meaning, or purpose)

Vitality Model Reference Chart

Use as a reference for your Vitality Snapshot and Daily Practice.

Match how you feel, support it with simple practices, and understand what's happening in your body.

Pillar	Dysregulated State	Regulated State	Systems Impacted (primary, secondary)	Practices to Support	Biological Response
Coherence (regulates)	Overwhelmed	Calm	Nervous system (autonomic, brainstem) Endocrine Brain networks, RAS	Breath (slow inhale/exhale)	Vagus nerve activation ↓ cortisol
	Reactive	Grounded		Stillness (pause)	↓ amygdala (perceived threat)
	Anxious	Focused		Where am I	↑ HRV (heart-brain coherence)
Connection (relates)	Scattered	Steady	Limbic system Nervous system Endocrine Immune	Hand on heart	Oxytocin release (social bonding) ↓ limbic threat response ↑ parasympathetic tone
	Isolated	Open		Time in Nature	Mirror neuron activation (empathy)
	Guarded	Trusting		Eye contact / presence	
Fuel (sustains)	Withdrawn	Present	Gut/microbiome, Metabolic system Brain Cellular energy	Witness meaningful moments	Blood sugar stabilization Neurotransmitter support
	Lonely	Safe		Expressing appreciation	Circadian rhythm regulation Gut-brain signaling (gut instinct)
	Drained	Nourished		Hydration	
Movement (activates)	Craving	Replenished	Circulatory Lymphatic systems Immune Nervous system	Whole foods	↑ circulation + oxygen ↓ stored stress
	Foggy	Steady		Mindful eating	↑ mitochondrial activity
	Crashing	Alert		Sunlight exposure	
Joy / Meaning (elevates)	Heavy	Light	Limbic (reward) Brain networks Endocrine Nervous system	Stretching	Dopamine activation Serotonin modulation RAS (attention shift)
	Sluggish	Fluid		Shaking and bouncing	
	Tense	Energized		Walking	
	Stuck	Mobile		Tapping (massage)	
	Numb	Inspired		Music / signing / humming	
	Unmotivated	Engaged		Creative expression	
	Disengaged	Uplifted		Gratitude	
	Empty	Purposeful		Purpose reflection	

My Notes



15 Minute Morning Routine for Vitality

When your alarm goes off, press snooze and begin.



COHERENCE	CONNECTION	FUEL	MOVEMENT	JOY/MEANING
Where Am I? + Breath + Gratitude + Intention	Send a Blessing + Text	Hydration First	Stretch + Wake Up the Spine	Music + Movement
Ask : Where am I? What do I feel, hear, & smell?	Think of someone you appreciate.	Place a 25 oz bottle of water by your bed at night so it's ready when you wake up.	Stretch: Reach high and look up, then bring your arms in and round forward.	Turn on music (or not), hum or sing.
Quick body scan: What going on in my body?	Ask: Why do they matter to me?			Move or dance while getting ready.
Take a few slow breaths.	Ask: Do I know how they are really doing?	Drink half of it and follow it down to your gut.	Repeat to left and right.	Start the day with rhythm, energy, and a little joy.
Put your hand on your heart.	Send them a quick text.	Drink the rest during your morning vitality routine.	Shake your arms and wrists. Bounce lightly on your heels.	Ask: What should I create today?
Name one thing you are grateful for.	I was thinking about you this morning and offer gratitude, blessing or an encouragement.	Bonus: Watch the sunrise or face the sun for 2 minutes.	Qi massage, tapping your body to activate circulation.	Bonus: Do something creative: learn, journal, draw, etc.
Smile. Say Thank You.				
Ask: How do I want to show up today?	Bonus: Pause for 2 minutes in the shower and see what comes.		Bonus: Add exercise, weights or walking.	

My Notes
