



FREE RESOURCE · LIFESTYLE & WELLBEING

Your Lifestyle Assessment

*An honest look at the six foundations, and where a
single change would carry the furthest.*

Six pillars · Fifteen minutes · One leverage point

You already know what to do. Knowing was never the difficulty.

Almost everyone arrives at this subject already knowing what a healthier life looks like. More sleep. Better food. Regular movement. Less unrelieved stress. Real connection. None of this is secret.

The gap between knowing and living differently is not a failure of willpower. It is a design problem, and design problems are solved with sequence rather than effort.

This assessment exists to find your sequence. Not to hand you six things to fix, which reliably produces paralysis, but to locate the one foundation where a change would carry furthest across everything else.

*These are not habits.
They are the biological
ground everything else
is built upon.*

HOW TO USE THIS

For each statement, score how true it has been over the past month. Answer as your life actually is rather than as you intend it to become.

0 Rarely true 1 Sometimes true 2 Often true 3 Consistently true

Higher scores indicate a foundation that is currently well supported.

Where the foundations currently stand.

01 Sleep

The foundation beneath every other foundation

I wake most mornings feeling genuinely restored.

☐

I go to bed and rise at roughly consistent times.

☐

I fall asleep without difficulty and stay asleep.

☐

I protect the hour before sleep from screens and stimulation.

☐

I get between seven and nine hours on most nights.

☐

TOTAL · OUT OF 15

☐

02 Movement

Not exercise. Aliveness in the body.

I move my body most days, in some form.

☐

I enjoy the way I move rather than enduring it.

☐

I break up long periods of sitting.

☐

I feel physically capable in my daily life.

☐

Movement leaves me with more energy rather than less.

☐

TOTAL · OUT OF 15

☐

03 Nutrition

Nourishment as an act of self-respect

I eat in a way that leaves me steady rather than depleted.

☐

I eat mostly whole foods rather than heavily processed ones.

☐

I eat with attention rather than while doing something else.

☐

I notice hunger and fullness, and I respond to them.

☐

Food is a source of pleasure rather than a source of guilt.

☐

TOTAL · OUT OF 15

☐

04 Stress Resilience

Not the absence of stress. The capacity to recover from it.

I recover well after a demanding day.

☐

I have practices that genuinely settle my nervous system.

☐

I can be under pressure without becoming reactive.

☐

I take real breaks rather than simply switching tasks.

☐

I notice stress building before it reaches my limit.

☐

TOTAL · OUT OF 15

☐

05 Connection

Not sociability. Genuine belonging.

There are people who know me as I actually am.

☐

I have someone I could call in a difficult moment.

☐

I spend regular time with people who leave me nourished.

☐

I feel I belong somewhere, to a group or a place.

☐

I ask for help when I need it.

☐

TOTAL · OUT OF 15

☐

06 Conscious Choices

Living deliberately rather than by default

My relationship with alcohol and other substances is deliberate.

☐

I use screens intentionally rather than compulsively.

☐

My daily choices reflect what I actually value.

☐

I notice when I am reaching for something to numb rather than nourish.

☐

I have said no to something recently in order to protect my wellbeing.

☐

TOTAL · OUT OF 15

☐

Bring the six together.

PILLAR	SCORE
01 · Sleep	
02 · Movement	
03 · Nutrition	
04 · Stress Resilience	
05 · Connection	
06 · Conscious Choices	

READING A SINGLE PILLAR

12 to 15 · Well supported

This foundation is holding. It is a genuine strength, and it is worth understanding what makes it work, because that knowledge transfers to the others.

7 to 11 · Partially supported

Some of this is working and some is not. These pillars usually respond quickly, because the habit already exists and needs only to be strengthened rather than built.

0 to 6 · Currently unsupported

This foundation is carrying very little at present. That is worth knowing plainly, and it is also where the largest gains are available to you.

THE MOST IMPORTANT INSTRUCTION IN THIS DOCUMENT

Do not attempt to improve six pillars at once. It is the most reliable way to improve none of them.

Choose one. The following page will help you decide which.

The pillars are not independent. Sequence matters.

These six foundations form a system, and they act upon one another. A change in one moves the others, and this is what makes sequence more powerful than effort.

Three principles will identify your leverage point.

PRINCIPLE ONE · SLEEP GOES FIRST

If sleep scored below seven, begin there regardless of what else you found. Sleep governs appetite regulation, emotional recovery, the motivation to move and the capacity to make deliberate choices. Every other pillar becomes markedly easier once sleep is restored, and markedly harder while it is not.

PRINCIPLE TWO · FOLLOW THE CASCADE

If sleep is holding, look for the pillar whose improvement would most obviously ease the others. Stress resilience tends to lift nutrition and conscious choices, because most reaching happens under pressure. Connection tends to lift stress resilience, because a regulated nervous system is very often a co-regulated one. Movement tends to lift sleep and mood together.

PRINCIPLE THREE · START WHERE YOU WILL ACTUALLY START

The theoretically optimal pillar is worthless if you will not begin it. If one foundation feels genuinely approachable this week and another feels like a mountain, choose the approachable one. A small change that happens will always outperform a large change that does not.

WORTH HOLDING

Look also at your highest score. That pillar is evidence that you are capable of sustaining a foundation well.

Whatever made that one work, whether structure, enjoyment, other people or simple habit, is available to be borrowed and applied elsewhere.

Four questions, and one decision.

Which pillar scored highest, and what makes it work?

Be specific. This is the mechanism you will borrow for everything else.

Which pillar have you been meaning to address for the longest?

Notice this without judgement. Long intention usually signals real significance.

Applying the three principles, which single pillar are you choosing?

One only. Write it plainly.

What is the smallest change you could genuinely sustain for two weeks?

Smaller than feels impressive. Small is what compounds, and compounding is the whole mechanism.

*What you do frequently
becomes your frequency.
And your frequency,
in time, becomes your life.*

WHAT COMES NEXT

A nourished life is not a reward for having everything else in order.

It is the ground from which everything else becomes possible. The clarity, the patience, the capacity to be present with the people you love.

You are not behind. You now have one foundation and one small change, which is considerably more than most people ever arrive at.

*Sustainable wellbeing is never
cosmetic. It is structural,
and structures can
always be rebuilt.*

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rehumanlab.com · info@rehumanlab.com

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