



Wholehearted Living One-Page Playbook

Purpose: Turn your Wholehearted Living Quiz outcomes into an actionable 3-week plan that builds clarity, regulation, and brave, value-aligned practice.

Quick Score Summary (choose your result)

- **Low (0–7):** Focus on safety, one small value choice, and simple regulation.
 - **Emerging (8–13):** Build consistency: daily micro-practices + one boundary experiment.
 - **Growing (14–20):** Expand courageous action with checkpoints and contingency planning.
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Core Commitments (pick 1 each)

- **Primary Value:** _____
 - **Daily Micro-Practice (2–5 min):** 60-second Compassion Pause OR Values Flash
 - **Weekly Imperfect Action:** One small step that feels slightly uncomfortable but safe
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3-Week Micro-Plan (exact, repeatable, low risk)

Week 1 — Foundation

- Day 1: Write your Primary Value at top of today's agenda.
- Days 1-7: Practice the chosen Daily Practice; log one sentence about impact.
- End of Week: Do one Weekly Imperfect Action (e.g., share an honest opinion, draft a pitch, say a short boundary).

Week 2 — Boundary & Support

- Days 8–14: Keep up daily practice; add a 1-min grounding before difficult interactions.
- Midweek: Try a Tiny Boundary Try for 7 days (example script below).
- End of Week: Brief check-in with one trusted person about how the boundary felt.

Week 3 — Courage + Review

- Days 15–21: Continue daily practice; increase actions to two attempts this week.
 - Midweek: Note one pattern that shifted (energy, reactivity, confidence).
 - End of Week: Write a 5-minute reflection: one win, one learning, next micro-step.
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Two Short Boundary Scripts (pick one and personalize)

- “I’m honored you asked; I need 24 hours to decide and will follow up on [day/time].”
 - “I can’t take that on right now. I can offer [smaller alternative] or revisit this in [timeframe].”
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Regulation Routine (2-3 minutes total)

- **Before stress:** Box breathing - inhale 4, hold 4, exhale 4, hold 4 (3 cycles).
 - **If triggered:** 3-2-1 grounding - 3 things you see, 2 things you hear, 1 thing you feel.
 - **After hard times:** 60-second Compassion Pause; hand on heart, breathe, say a kind sentence.
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Reflection Prompts (use once weekly; 5-10 minutes)

- What one choice this week most reflected my Primary Value?
 - Where did I choose safety over growth and why?
 - What small win can I celebrate right now?
 - What’s one tiny change I’ll try next week?
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Contingency Plan (one clear backup)

- If overwhelm spikes: pause the 3-week plan; practice regulation routine for 3 days, contact one support person, and reduce weekly actions to a single 5-minute task.
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Quick Resource List (keep visible)

- Values list (top 20) on your phone or notebook.
 - One trusted contact name and preferred method to ask for help.
 - Favorite short grounding or breathing audio (2–5 min).
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Next Step (today): Choose your **Primary Value**, write it where you’ll see it, and do your chosen **Daily Practice** once before the day ends.

This quiz is for educational and self-reflective purposes only. It is not therapeutic advice.