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Tactics For Sustainable Performance

*Take a moment to reflect.
Where can you improve?*



1

PRIORITIZE



Well-being: The Non-Negotiable First Step

How consistently do you prioritize your well-being in your daily routine?

2

**inhale
exhale**



Breathing: The Calm and Focus Factor

How effective is your breathing technique in managing your stress and improving focus?

3

**STAY
ACTIVE!**



Stay Active: The Energy Multiplier

How would you rate the integration of physical exercise into your daily routine?

4

**EAT
well
FEEL
good**



Eat Well, Feel Good: Fueling Your Best Self

How well do you follow a "healthy," balanced diet that suits your lifestyle?

5

**STAY
CONNECTED**



Stay Connected: The Relationship ROI

How satisfied are you with the time you allocate to nurturing personal and professional relationships?

6

**i honor my
boundaries**



Honor Boundaries: The Power of 'No'

How effectively are you setting and maintaining time and energy boundaries?

7

grateful



Embrace Gratefulness: The Superpower of High-Performers

How effective are you in practicing gratitude?



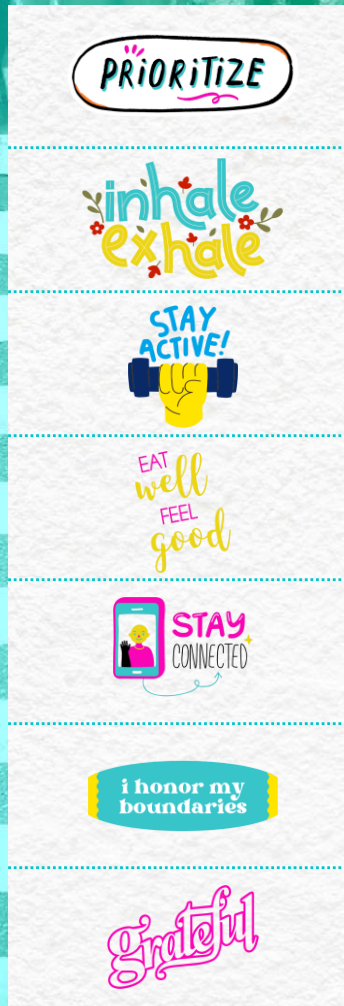
My Total Score

To feel MORE ALIVE I will focus on:



ALIVE & BOLD CHALLENGE

Well-being total points scale:



- **Advanced Level (50 and above):** Well-being is excellent, above average to high. Actively prioritize and maintain well-being in daily routines.
- **Moderate Level (30-49):** Well-being is adequate and actively being developed. Keep working on integrating well-being practices into daily routines.
- **Needs Improvement Level (29 and below):** Well-being needs improvement. Focus on prioritizing and implementing more well-being practices in daily routines.

My Total Score

To feel MORE ALIVE I will focus on:

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