

FITNESS THE HIGH FIVE LIFE

BUILD CAPACITY FOR YOUR LIFE

THE BIG QUESTION: What do you want to be able to do?

YOUR MISSION: Start with what you want to be able to do.

1 PICTURE THE LIFE 

What do I want the capacity to participate in? Who or what makes that worth caring about?

2 START WHERE I AM 

What feels manageable now? What feels difficult? Describe it without judging my worth.

3 UNDERSTAND THE LIMIT 

What might be getting in the way? What do I know, and what do I need help understanding?

4 CHOOSE WITH CARE 

What small, appropriate action could support me? Do I need qualified guidance before trying it?

5 PLAN FOR A HARD DAY 

What would a smaller version look like? When might rest or asking for help be the better choice?

START WITH YOUR LIFE

 **PARTICIPATION**
Something I want to be able to do.

 **CARE**
A way to support myself that fits today.

 **UNDERSTANDING**
A question I could ask someone qualified.

6 PAY ATTENTION 

After trying it, what do I notice about my capacity? What should I adjust instead of forcing?

 **ONE MORE THOUGHT**

What would I like more capacity to make possible?

MY NEXT STEP 

One specific action I choose:

When: _____

★ Choose a step that fits the life and body you have. ★