



FREE SAMPLE FROM THE WORKBOOK

The 5 Dimensions of your Life

*Where do you stand
today?*

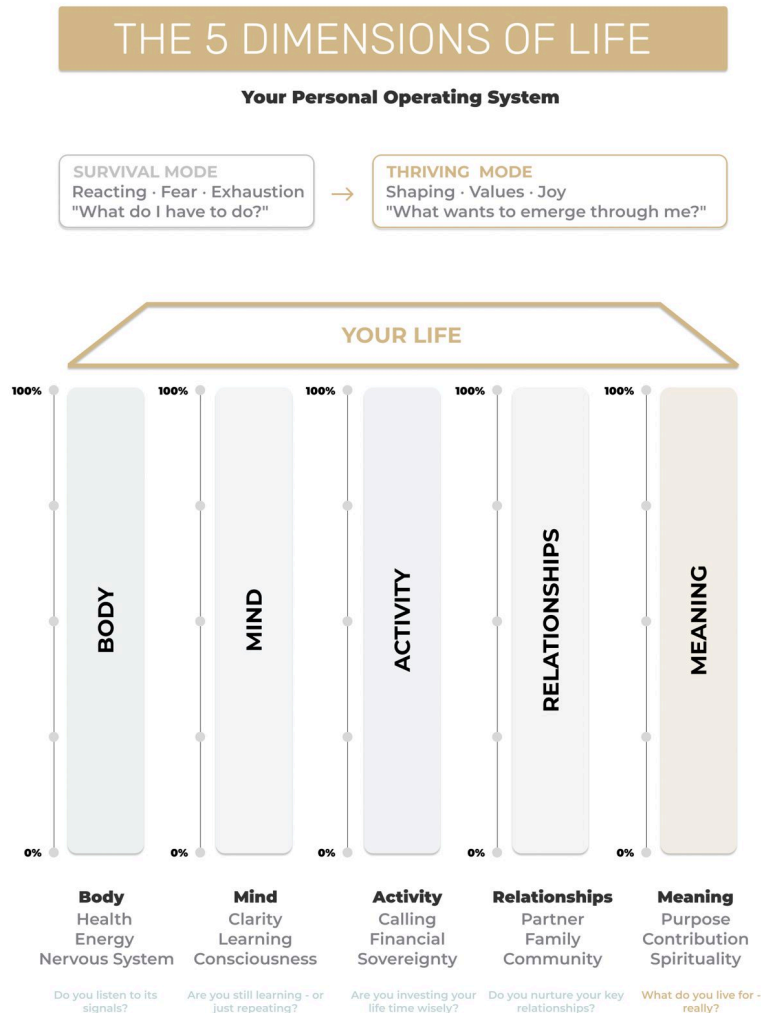
One page, ten minutes, one honest look. The first step
of Identity Redesign.

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The 5 Dimensions of Life

FROM THE SOVEREIGN HUMAN

Your life stands like a table on five legs: body, mind, activity & finances, relationships, meaning. If one is missing, the table wobbles.



THE SCARCE RESOURCE IS NOT TIME - IT IS ENERGY

Physical Energy

Sleep, movement, nutrition. Without it, no foundation.

Emotional Energy

Heart, what nourishes you. Without it, you burn out.

Mental Energy

Focus, clarity, thinking. Without it, no creativity.

Spiritual Energy

Meaning, why, connection. Without it, no motivation.

STRESS IS NOT THE ENEMY - IT IS THE SIGNAL

Your body is like a dashboard: When the warning light comes on, the light is not the problem.

Sovereignty does not begin in the head. It begins in the body.
Balance, not perfection. All five must be consciously shaped.

Your 5 Dimensions of Life today

Circle a score from 1 to 10 for each dimension, the way it feels today. The number is the start of the conversation, not the result.

Body

How is your body really doing? Do you listen to its signals?

1	2	3	4	5	6	7	8	9	10
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Gives me energy:

Costs me energy:

_____	_____
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Mind

Are you still learning, or just repeating?

1	2	3	4	5	6	7	8	9	10
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Gives me energy:

Costs me energy:

_____	_____
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Activity & finances

Are you investing your lifetime in something that feels right?

1	2	3	4	5	6	7	8	9	10
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Gives me energy:

Costs me energy:

_____	_____
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Relationships

Do you surround yourself with people who let you grow?

1	2	3	4	5	6	7	8	9	10
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Gives me energy:

Costs me energy:

_____	_____
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Meaning

What do you really live for?

1	2	3	4	5	6	7	8	9	10
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Gives me energy:

Costs me energy:

_____	_____
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AND NOW?

That was station 1 of 6.

The full workbook has 27 pages waiting for you: the Identity Map, the 7 Lives, the Keyboard of Consciousness, P.R.L.L.E., your 30-90-365 compass and more.

The full workbook: CHF 29

Included with #all-in and the annual package.

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by your side on your journey

