

Bridge Matrix

Skill 			
Mastery			
	Low Intensity	Medium Intensity	High Intensity
Connection			
Information			
Creation			
Movement			
Achievement			
Exploration			
Flow State			
Sensory Calm			
Presence			
Rituals			
Entertainment			

Why it matters:

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Why it matters:

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Skill 	To speak confidently in front of people		
Mastery	Practise 5 minutes daily	Learn from a mentor	Enter a competition or performance
	Low Intensity	Medium Intensity	High Intensity
Connection	Chat with a family member over meal	Organise a movie night with friends	Join a local club or volunteer project
Information	Read a short article	Watch a science or travel doco	Research & present a passion topic
Creation	Doodle or journal	Bake something new	Write a song, story, or build a project
Movement	Stretch or walk the dog	Play a social sport	Join a team/ take on a fitness challenge
Achievement	Finish homework	Set a study goal for the week	Work toward a long term goal
Exploration	Try a new recipe	Go on a nature walk somewhere new	Plan a family day trip or short hike
Flow State	Colouring, sketching, music	Build something with focus	Create something meaningful
Sensory Calm	Listen to music, cuddle a pet	Have a warm bath	Mindful time in nature
Presence	Three deep breaths	Gratitude journaling	Silent morning walk or meditation
Rituals	Family meal together	Bedtime routine	Morning self-care routine you design
Entertainment	Watch a feel-good movie with family	Curate a personal playlist	Host a themed games night

Why it matters: Because when I take good care of myself I feel

more confident, calm and proud of who I am becoming.