



Welcome!

If you've been struggling to maintain healthy habits, it's not because you're weak — it's because something in your life is out of alignment. This simple map will help you identify which of the four key areas — **Thoughts, Emotions, Spirit, or Body** — needs your attention first.

STEP 1: REFLECT & SCORE

Take 5 quiet minutes to answer each question honestly.

Rate each one from 1 to 5: (1 = Strongly Disagree, 5 = Strongly Agree)

☞ Rate each statement from 1 to 5, based on how true it feels for you right now:

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Neutral
- 4 = Agree
- 5 = Strongly Agree

✓ Add up the total for each section to get your score out of 15.

The section with the lowest score shows where your wellness is most out of alignment and where a micro-shift can have the biggest impact.

1. THOUGHTS (Mental Alignment)

2. EMOTIONS (Emotional Alignment)

3. SPIRIT (Spiritual Alignment)

4. BODY (Physical Alignment)

STEP 2: IDENTIFY YOUR LOWEST SCORE

Which area received the lowest total score? That's the area that may need the most immediate support or realignment.



Thoughts



Emotions



Spirit



Body

STEP 3: COMMIT TO A MICRO SHIFT

Now that you've identified where your misalignment lies, choose ONE SMALL ACTION you will take this week to restore flow in that area.

Examples:

- If it's Thoughts → Write 3 affirmations that match the person you want to become.

- If it's Emotions → Write 5 minutes daily about how you feel without judgment.

- If it's Spirit → Start your mornings with 2 minutes of silent prayer or gratitude.

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- If it's Body → Drink one extra glass of water and stretch when you wake up and before bed.

Write your commitment here:

This week I will:

STEP 4: SHARE & STAY ACCOUNTABLE

Transformation thrives in community. Share your micro shift and connect with others in the “Shift in U” Facebook group.

Join here: <https://www.facebook.com/groups/1728380021091841>

OR

Visit my website for more information: www.shiftransition.com

OR

Book a free Discovery Session: www.talkwithnida.com

You're not alone — and you don't need to change everything. Just shift one thing. The rest will follow.

Pause. Reflect. Shift.