RESOURCE 01 / PERSONAL AWARENESS

Human Performance Check-In

Notice what supports you. Choose one practical step for the week ahead.

A clear moment to pause, reflect on ten areas of daily life, and turn what you notice into one manageable action.

01

Notice your week

Use the past seven days as your reference. Rate each pillar from 1 to 5 on pages 2 and 3. Your first honest impression is enough.

02

Choose one priority

Notice a strength to protect and an area that needs care. Start with the area where a small change feels useful and realistic.

03

Make it manageable

Use page 4 to choose one action, give it a time or cue, and decide when to check back. Page 5 is your reusable weekly scorecard.

YOUR SCALE

1 Drained 2 Fragile 3 Steady 4 Strong 5 Flourishing
Rate how well each area supported you this week. Higher means more support.

Allow about 10 minutes. Return weekly or monthly. Type into the fields or print and write. Save a fresh copy before each check-in; save again when finished.

A reflection tool, not a clinical assessment or diagnosis. Scores are personal prompts, not health measures. © Adder Industries. For personal use.

02 / REFLECT · PILLARS 1-5

Your week, honestly.

Rate each area for the past seven days. Choose one answer per row.

Week of

1 Drained 2 Fragile 3 Steady 4 Strong 5 Flourishing

01 Energy

1 2 3 4 5

Did I have usable energy for what mattered most?

02 Sleep

1 2 3 4 5

Did I wake feeling rested enough to begin my day?

03 Recovery

1 2 3 4 5

Did I make space to recover after effort or stress?

04 Stress

1 2 3 4 5

Could I settle after pressure and switch off when I needed to?

05 Movement

1 2 3 4 5

Did I move in ways that supported my energy and ability?

Look for patterns, not perfect scores. A lower score is an invitation to offer yourself support.

02 / REFLECT · PILLARS 6-10

Your week, honestly.

Rate each area for the past seven days. Choose one answer per row.

Week of

1 Drained 2 Fragile 3 Steady 4 Strong 5 Flourishing

06 Nutrition

1 2 3 4 5

Did my eating and drinking support steady energy?

07 Focus

1 2 3 4 5

Could I give one important thing my attention?

08 Emotion

1 2 3 4 5

Could I notice my feelings and respond with care?

09 Connection

1 2 3 4 5

Did I have contact that helped me feel supported?

10 Purpose

1 2 3 4 5

Did my days include something that mattered to me?

Look for patterns, not perfect scores. A lower score is an invitation to offer yourself support.

03 / CHOOSE & ACT

One priority. One small action.

Use what you noticed to choose a practical next step.

CHOOSE WITH CARE

Your lowest score may be a useful starting point. If several areas tie, choose the one where a small change could make your week easier. You can choose another priority if it matters more.

The area I want to support + its score out of 5

How this is showing up in my day

One action I can realistically repeat this week

When and where I will do it

My smaller version for a difficult day

A strength I will protect + what I will keep doing

My review date

At review:

Keep Simplify Change

04 / REUSABLE WEEKLY SCORECARD

Pause. Notice. Adjust.

A compact check-in for the weeks ahead. Use pages 2-3 if you want the prompts.

Week of

PILLAR	YOUR SCORE				
Energy	1	2	3	4	5
Sleep	1	2	3	4	5
Recovery	1	2	3	4	5
Stress	1	2	3	4	5
Movement	1	2	3	4	5
Nutrition	1	2	3	4	5
Focus	1	2	3	4	5
Emotion	1	2	3	4	5
Connection	1	2	3	4	5
Purpose	1	2	3	4	5

1 Drained 2 Fragile 3 Steady 4 Strong 5 Flourishing

My priority + one small action

What I will keep doing

To practise your action for seven days, use the companion Small Wins System.