FROM LOST TO ALIGNED

The Aligned Life Care Plan

Jennifer Cook, RN, BSN, MSM

PART 1 / CHECK YOUR VITAL SIGNS

A nurse checks vital signs before treating anything. You can't care for what you haven't measured. So start here. You don't need to fix anything yet. Just find out where you are.

For each area, choose a number from 1 to 5. 1 means running on empty. 5 means full. Go with your first answer.

	Empty				Full	Recheck
Energy Do I end most days with anything left for me?	1	2	3	4	5	
My own health Do I take care of my body the way I care for everyone else?	1	2	3	4	5	
Connection Do I spend time with people just because I want to?	1	2	3	4	5	
Identity Do I know who I am outside of what I do for everyone else?	1	2	3	4	5	
Joy Did I do something this week just because I enjoy it?	1	2	3	4	5	
Guilt and boundaries Can I rest, or say no, without feeling guilty?	1	2	3	4	5	
Something else:	1	2	3	4	5	

My lowest number is:

If you have a tie, pick the one that matters most to you right now.

My starting priority:

A low number isn't a failure. It's information. Take your starting priority to Part 2. When you check back in, score yourself again in the Recheck column and see what changed.

How to use this

Fill it out along with me on YouTube in The Aligned Life Care Plan series, or on your own. Score your six vital signs, take your lowest one to Part 2, and write down a date to check back in. You can type right into this page or print it.

FROM LOST TO ALIGNED

The Aligned Life Care Plan

Jennifer Cook, RN, BSN, MSM

PART 2 / MY ONE-PAGE CARE PLAN

One priority. One manageable step. A chance to adjust.

1. What's actually going on?

What I feel, and what's happening in my daily life.

2. The pattern I notice

What might be contributing to it?

3. What needs care first?

Think about what matters, what needs timely attention, and my capacity and support.

4. What would a small, real improvement look like?

Choose an outcome I can notice or check.

5. My one small step, and when I'll do it

Choose a time when it's actually possible.

Support I could ask for:

6. I'll reassess on:

Did I take the step? Did it help? What helped, and what got in the way?
Will I keep going, adjust the step, try a different approach, or ask for support?

A plan that doesn't work isn't proof you failed. It's information.
Keep going. Your next chapter is worth it.

> **Want to work through this with a small group?**
> Stop Surviving, Start Living is my guided program built on this same care plan, with live calls and support in between. Learn more at fromlosttoaligned.com.

For personal reflection and planning, not medical or mental-health advice, diagnosis, or treatment. If this brings up feelings that are hard to manage, reach out to someone you trust or a qualified mental-health professional. In the U.S., you can call or text 988 any time.