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# THE DIAL METHOD

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**With all the different elements of your life, its impossible (and definitely not sustainable) to keep everything running at a 10/10 at all times. Where are your dials today? What dials might you want to turn up or down to optimize your happiness and overall wellbeing?**

Where are your dials on a scale of 1-10?

(1 being the lowest quality, 10 being the highest quality)

Sleep

1 2 3 4 5 6 7 8 9 10

Hydration

1 2 3 4 5 6 7 8 9 10

Stress Levels

1 2 3 4 5 6 7 8 9 10

Mental Well-being

1 2 3 4 5 6 7 8 9 10

Relationship with Yourself

1 2 3 4 5 6 7 8 9 10

Relationship with your Family (biological or chosen), and Friends

1 2 3 4 5 6 7 8 9 10

Nutrition

1 2 3 4 5 6 7 8 9 10

Fitness

1 2 3 4 5 6 7 8 9 10



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What dials are at a comfortable, sustainable level that improves your quality of life?

Which dials might you want to adjust (up or down)?

Where can you **do less, better**?

Where might you scale up slightly to benefit your overall wellbeing?

Did anything surprise you? Why?

**Your dials may change day to day, week to week, or month to month. They should! Check back in with yourself periodically and turn your dials up or down based on what you need in that moment in time. Dials are meant to be turned**