



The Five Edits

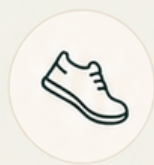
Small, intentional changes that fit real life.

You don't need to change everything at once. Explore the five areas, notice what needs attention, and choose the starting point that feels realistic for your life.



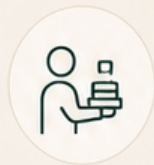
The Food Edit

What would make nourishing yourself feel easier this week?



The Movement Edit

What kind of movement would feel good and realistic?



The Load Edit

What could you remove, shorten, postpone or snare?



The Sleep Edit

What small change could make rest easier?



The People Edit

What support or boundary would help you most?



My Starting Point

I don't need to begin with all five.
The edit I want to explore first is:

My edit: _____

Why it matters to me: _____

What would make it realistic: _____

On a difficult week, the smallest version is: _____

You don't need a perfect week. You need one small promise you can keep.

