

# The 16 Slices - Reflection Guide

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For each slice you select, use the reflection prompt to explore it honestly. Give yourself a score from 1 to 10. Then identify one concrete next step, something small and doable, not a complete overhaul.

*Scoring guide: 1–3 = Struggling significantly | 4–6 = Managing but could be better | 7–9 = Doing well | 10 = Thriving*



**Nutrition** Score: \_\_\_/10

*Reflect: How would you describe your eating habits lately? Are you nourishing your body or running on empty?*

**Next step:** Choose one meal this week to make with intention, cook something, eat together, or simply slow down and taste it.



**Movement** Score: \_\_\_/10

*Reflect: When did your body last feel good from being active? What does movement feel like, a chore or a release?*

**Next step:** Pick one form of movement you actually enjoy and schedule it this week, even for 15 minutes.



**Sleep** Score: \_\_\_/10

*Reflect: How rested do you feel most mornings? What gets in the way of good sleep?*

**Next step:** Identify one sleep habit to change this week, a consistent bedtime, phone-free wind-down, or cutting caffeine earlier.



**Hygiene** Score: \_\_\_/10

*Reflect: Are you taking care of the basics, hygiene, grooming, personal care? What does this feel like when things are hard?*

**Next step:** Create a simple morning or evening routine you can realistically keep, even on hard days.



### Friends & Family Score: \_\_\_/10

*Reflect: Who in your life do you feel most connected to? Who have you been missing or avoiding?*

**Next step:** Reach out to one person this week, a text, a call, or a plan to meet.

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### Therapy Score: \_\_\_/10

*Reflect: Do you have a space to process your thoughts and feelings? What has been sitting with you that hasn't had room to breathe?*

**Next step:** If you don't have a therapist, consider booking a session or looking into what is available to you. If you do, write down one thing to bring up next time.

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### Medication Score: \_\_\_/10

*Reflect: If medication is part of your wellness, how is it working? Any side effects, concerns, or questions you haven't voiced?*

**Next step:** Schedule a check-in with your prescriber if you have any unanswered questions about your medication.

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### Journaling Score: \_\_\_/10

*Reflect: When did you last put your thoughts on paper? What would you write about right now, if you gave yourself permission?*

**Next step:** Set a five-minute timer and write without stopping. It doesn't need to make sense.

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### Structure Score: \_\_\_/10

*Reflect: Does your day have a shape to it? Does structure feel supportive or suffocating right now?*

**Next step:** Write out a simple daily anchor, one consistent thing each morning or evening that holds the day together.

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### Nature Score: \_\_\_/10

*Reflect: How much time have you spent outside recently? What does being in nature do for you?*

**Next step:** Go outside for at least 10 minutes today with no agenda, no phone, no destination.

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### Music Score: \_\_\_/10

*Reflect: What music matches how you feel right now? When did music last lift, calm, or move you?*

**Next step:** Make a short playlist for how you want to feel, not just how you do feel.

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### Downtime Score: \_\_\_/10

*Reflect: Are you allowing yourself to rest without guilt? What does real downtime look like for you?*

**Next step:** Block one hour this week that is purely unscheduled, not productive, not social, just yours.

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### Meditation Score: \_\_\_/10

*Reflect: Is your mind getting any quiet? What would it mean to slow down for even a few minutes?*

**Next step:** Try a five-minute breathing exercise or a short guided meditation, apps like Insight Timer have free options.

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### Gratitude Score: \_\_\_/10

*Reflect: What is something small that went well recently? What would you hate to lose?*

**Next step:** Write down three specific things you are grateful for today, not generic, but real and particular.

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### Spirituality Score: \_\_\_/10

*Reflect: What gives your life meaning or a sense of something bigger? How connected do you feel to that right now?*

**Next step:** Spend a few minutes with a practice that matters to you, prayer, reflection, time in nature, or simply sitting in stillness.

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### Arts & Crafts Score: \_\_\_/10

*Reflect: When did you last make something? What creative outlet have you been neglecting?*

**Next step:** Do one small creative act this week, draw, paint, cook something new, rearrange a space, or simply doodle.

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