

WB 2.16b — Flourishing Practice

Use with Chapter 16 (Daily Maintenance Habits) in the manual, Chapter 12 in *Shoulder the Bill*.

Purpose The seven baselines — sleep, movement, nutrition, hydration, nature, connection, digital boundaries — are the ground everything else stands on. This page assesses them and adds practices that build positive states, not just reduce negative ones.

How to use this page

When: Assess honestly during a calm moment. Change one baseline at a time — the keystone one first.

Done when: You have rated your baselines, named your most depleted, and chosen one design change.

Worked example

Most depleted: sleep — I scroll past midnight most nights.

Design change tonight: phone charges in the kitchen, not the bedroom.

Keystone baseline: when I sleep well, everything else gets easier.

Anchor Phrase: *‘Make helpful actions easier than your problems.’*

Loop stage: Narrow → Act

Seven baseline conditions — rate each 0–10

Sleep, movement, nutrition, hydration, nature, connection, digital boundaries — rating and note for each:

For each baseline you rated below 5, what is blocking it — choice, circumstance, or both? Sort this properly on WB 2.16c.

My most depleted baseline, and the one design change I will make tonight:

☐ Self-Reward Loop completed