



The Five Pillars

A quick look at the parts of life that help you feel steady and okay

How to use:



- Think about the last 2-4 weeks.
- Tick which option feels right for you:

☒ Good  A bit off  Needs attention

No overthinking. No judgment. Just a gentle snapshot.

Sleep



Are you getting enough rest?

☐ ☒ Good ☐  A bit off ☐  Needs attention

Comments: _____

Food



Are you getting enough fuel?

☐ ☒ Good ☐  A bit off ☐  Needs attention

Comments: _____

Connection



Do you feel connected to people, animals or nature? (Online groups included)

☐ ☒ Good ☐  A bit off ☐  Needs attention

Comments: _____

Expression



Can you show what's inside of you? Talk, create, move, build?

☐ ☒ Good ☐  A bit off ☐  Needs attention

Comments: _____

Meaning

Does life feel like it makes sense or has direction?

☐ ☒ Good ☐  A bit off ☐  Needs attention

Comments: _____

What does this even mean?!

Think of the Five Pillars like parts of a system, **not** separate problems. If one pillar wobbles, the others feel it.

Sleep

Bad sleep = everything feels harder.
Mood drops, patience disappears, motivation tanks.

Food

No fuel = no energy.
Low energy makes coping, thinking and connecting harder.

Connection

Humans need *some* form of connection.
Without it, stress rises and everything feels heavier.

Expression

Expression is how pressure leaves the system.
No outlet → pressure builds → anxiety, shutdown or burnout.

Meaning

Meaning gives direction, not happiness.
Without it, effort can feel pointless and pillars start to collapse.

The important bit

You don't fix everything at once. You stabilize the weakest pillar first.
Fixing one often helps the others naturally.

One last thing!

If everything feels broken, it usually isn't **you**. It's the foundation.
Struggle is **not** failure. It's just a signal that something needs attention.

Check the pillars.
Stabilise what you can.

