# Menu of Life Method

Version: 1.0

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Date: April 26, 2025

## Section 1: Introduction

### What is the Menu of Life?

The **Menu of Life** is a dynamic life-design framework that empowers individuals to nourish their natural traits and Tigers by engaging in a **balanced mix of activities** across different life domains.

It is based on the metaphor of a **restaurant menu**:

* **Appetizers** = Side projects, part-time gigs, small creative or service-based outlets (some fulfillment, some reward)
* **Main Courses** = Core careers, full-time roles, major work commitments (primary source of money and meaning)
* **Desserts** = Hobbies, leisure activities, volunteer work, pure joy pursuits (no expectation of remuneration — pure energetic feeding)

Just as diners choose different meal combinations depending on their hunger, preferences, and life season, individuals **design their lives** by choosing different combinations of work, side pursuits, and leisure activities to feed their Natures.

### Why the Menu of Life is Necessary

Life is not a single "career choice." It is a **dynamic, evolving combination of engagements** that:

* Express natural traits (Natures)
* Feed energetic drives (Tigers)
* Adapt to shifting internal and external realities

⠀Clients often get trapped in thinking their life must fit one static structure:

"I need the perfect job to be fulfilled." "I have to do everything through paid work."

The Menu of Life shows them **multiple paths to energetic nourishment** — and **normalizes seasonal, evolving change**.

### Core Principles of the Menu of Life

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| **Principle** | **Meaning** |
| 🍽️ Flexible Choices | You can design different life plates at different times, based on hunger, resources, and emotional needs. |
| 🐅 Tiger-Centric | The goal is to feed underfed Tigers—not just to earn, perform, or meet external expectations. |
| 🔄 Dynamic Rebalancing | Your life menu evolves over time. Today's main course may become tomorrow's appetizer. |
| ⚖️ No "Right Way" | Different seasons require different plate compositions. One person may thrive on all appetizers for a time; another on a heavy main course with no dessert. |
| 🎨 Creativity and Play | Life design should feel imaginative, experimental, and responsive—not rigid or guilt-driven. |

### How the Menu of Life Complements the Alignment Mapper

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| --- | --- |
| **Tool** | **Purpose** |
| Alignment Mapper | Diagnoses where energetic misalignment exists today (trait-work fit + situational support). |
| Menu of Life | Offers a flexible, creative framework for **feeding the underfed Tigers** detected by the Mapper. |

Mapping shows *where you’re hungry* — the Menu helps *plan the meal*.

Together, they form a **beautiful diagnostic and life design system** inside Xavigate.

### Menu of Life Domains

The Menu invites clients to think across full life breadth:

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| --- | --- |
| **Domain** | **Example Activities** |
| Work / Career | Full-time jobs, long-term professional paths |
| Side Hustles / Gigs | Freelance work, consulting, creative outlets |
| Learning & Growth | Courses, certifications, self-study |
| Relationships | Family, friendships, community belonging |
| Play & Recreation | Sports, hobbies, artistic expression |
| Service / Contribution | Volunteering, mentorship, activism |
| Spiritual Growth | Reflection, mindfulness, meaning-seeking |
| Health / Self-Care | Physical, emotional, mental well-being practices |

Tigers can be fed across *any domain* — not just through formal "career" work.

### How Clients Engage with the Menu

* Some will want **a main course only** (high-intensity career phase).
* Others will **stack appetizers** (slashers, portfolio careers, explorers).
* Some may enter a **dessert season** (retirement, sabbatical, creative immersion).
* Most people will **adjust their life plates** multiple times throughout life.

There is no failure — only evolving energetic needs.

### Why This Method Matters Now

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| --- | --- |
| **Need** | **Menu of Life Solution** |
| Career diversification | Normalizes multi-hyphenate, gig, hybrid lives. |
| Emotional fulfillment beyond work | Shows how hobbies and passion projects matter deeply. |
| Creative self-ownership | Clients take agency over how they feed their Tigers—not just "find a job." |
| Resilience across life stages | Life plates evolve naturally over time, reducing fear during transitions. |

## Section 2: Method Overview

### Overview of the Menu of Life Concept

Life isn't a single role or a static choice. It’s an evolving set of **engagements** that nourish, stretch, or starve our traits and Tigers across time.

The **Menu of Life** offers a dynamic way to:

* Recognize multiple domains of energetic investment (not just "career")
* Creatively plan a mix of fulfilling activities across paid and unpaid domains
* Flex and rebalance based on evolving needs, desires, and life phases

It's a **design framework**, not a prescription.

### The Three Menu Sections

In the Menu of Life metaphor:

|  |  |  |
| --- | --- | --- |
| **Section** | **Life Equivalents** | **Energetic Meaning** |
| 🍴 **Appetizers** | Side hustles, gigs, freelance projects, certifications, small creative projects | Moderate nourishment, high stimulation. Partial Tiger feeding. Not always primary source of money or identity. |
| 🍛 **Main Courses** | Core full-time jobs, major career paths, primary work roles | Primary nourishment and fulfillment zone. Usually major source of financial and trait satisfaction. |
| 🍰 **Desserts** | Hobbies, volunteer work, leisure activities, artistic projects, passion pursuits | High pleasure, emotional and energetic feeding. Little or no expected financial return. Feeds joy, expansion, connection. |

✅ Tigers don't care whether they're fed through work, play, service, or rest. ✅ They only care that they are **alive, activated, and nourished**.

### Flexible Life Configurations

Each person builds their **life plate** differently, depending on:

* Life phase
* Energetic needs
* Financial realities
* Trait composition
* Tiger hunger levels
* Meaning needs

⠀Some possible configurations:

|  |  |
| --- | --- |
| **Life Plate Example** | **Description** |
| 🍛 Main Course Only | Full-time job is fully nourishing; no side work needed right now. |
| 🍛🍴 Main + Appetizer | Core job + creative side gig (e.g., teaching + freelance writing). |
| 🍛🍴🍰 Full Spread | Full-time job + coaching side hustle + hobby (e.g., accounting + yoga instruction + painting). |
| 🍴🍴🍰 Appetizer-Heavy | No main job; mix of gigs, projects, and leisure (e.g., consulting, art shows, volunteer teaching). |
| 🍰 Dessert-Only | Retired, financially free, or intentionally leisure-focused (e.g., travel, grandparenting, painting, spiritual work). |

✅ There's no right or wrong — only *energetic fit for now*.

✅ Plates change — life is dynamic.

### Energetic Nourishment Across Menu Sections

|  |  |
| --- | --- |
| **Menu Section** | **Common Tigers Fed** |
| Appetizers | Entrepreneurial, Creative, Adventurous |
| Main Courses | Protective, Administrative, Educative, Providing |
| Desserts | Healing, Entertaining, Creative, Providing, Intrapersonal |

✅ Practitioners will learn to **map hungry Tigers to menu options** dynamically.

### Special Concepts: Facet Creation and Intelligent Nourishment

Some Tigers can be **fed simultaneously** through intelligent design:

* Teaching a painting workshop = Educative + Creative + Healing
* Hosting a hiking group = Adventurous + Entertaining + Providing
* Launching a podcast = Entertaining + Educative + Entrepreneurial

⠀✅ This **faceting approach** allows maximum Tiger nourishment with minimum energetic scattering.

✅ Xavigate app’s AI can eventually assist clients with faceting suggestions based on hungry Tigers.

### Why the Menu of Life is Revolutionary

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| --- | --- |
| **Traditional Career Thinking** | **Menu of Life Thinking** |
| "One job defines your life." | "You can nourish your traits through multiple pathways." |
| "Career = identity." | "Life = dynamic energy design." |
| "Work must do everything." | "Work, play, service, and growth all feed you differently." |
| "You are stuck once you choose." | "You can redesign your plate every season." |

✅ The Menu of Life **returns agency, flexibility, and creative ownership** to the individual.

### Emotional Truth of the Menu of Life

✅ **Freedom:** You are not stuck with one recipe for fulfillment. ✅ **Compassion:** You don't have to do it all at once. ✅ **Creativity:** You can remix your plate anytime. ✅ **Reality:** Constraints exist — but choice always exists within them.

✅ The Menu of Life is a **kind, dynamic, empowering view** of trait and Tiger nourishment across the complex realities of modern life.

## Section 3: 6-Step Practitioner Flow

### Step 1: Identify Hungry Tigers

*Clarify which natural traits are underfed.*

#### Step Goal

Help the client identify **which of their Tigers** (traits, energetic drives) **are currently starved, underfed, or yearning for expression**.

✅ This can be done:

* Directly through Alignment Mapper results
* Through trait self-assessment and reflection
* Or via emotional signal checking (boredom, restlessness, envy, fatigue)

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#### Sample Prompts

* "Which parts of yourself feel hungry or unexpressed lately?"
* "What would you love to be doing more of, if you had permission?"
* "Where do you feel an ache or yearning?"

⠀✅ Practitioner Tip: Watch emotional tone carefully — clients often reveal Tiger hunger through sadness, longing, or envy.

### Step 2: Review the Menu of Life Domains

*Introduce the client to the full range of life activity areas.*

#### Step Goal

Help the client understand that trait and Tiger feeding can happen across **multiple life domains**, not just through career paths.

Domains include:

* Work / Career (Main Courses)
* Side Hustles / Freelance Projects (Appetizers)
* Learning & Growth
* Relationships
* Play & Recreation (Desserts)
* Service / Contribution
* Spiritual Work
* Health & Well-Being

⠀✅ Tigers can be fed in any domain — not just paid work.

#### Sample Prompts

* "Where in your life do you currently feel energized?"
* "Where could you experiment with new activities without high risk?"

⠀✅ Practitioner Tip: Normalize non-traditional paths — not everything has to fit the old "career" model.

### Step 3: Brainstorm Menu Feeding Opportunities

*Generate creative options for feeding hungry Tigers across the menu sections.*

#### Step Goal

Help the client brainstorm **specific activities, roles, or experiments** that could feed their hungry Tigers in different life domains.

✅ Use:

* Appetizers = Side gigs, creative projects, certifications, workshops
* Main Courses = Core jobs, careers, primary income sources
* Desserts = Hobbies, volunteer work, play, exploration

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#### Sample Prompts

* "What small project would thrill your Creative Tiger?"
* "Is there a service activity that would light up your Providing Nature?"
* "What playful or artistic outlet would your Healing Nature love to explore?"

⠀✅ Practitioner Tip: Encourage volume first (lots of ideas); editing comes later.

### Step 4: Create a Personalized Life Plate

*Design a current life configuration that fits the client’s needs and desires.*

#### Step Goal

Help the client choose a **mix of activities** that form their "life meal" right now.

✅ Balance across Appetizers, Main Courses, and Desserts according to:

* Trait needs
* Tiger hunger
* Financial realities
* Emotional bandwidth

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#### Sample Prompts

* "What does your ideal plate look like this season?"
* "Do you need more structure, more play, more service right now?"

⠀✅ Practitioner Tip: Affirm that plates change—today's design isn't forever.

### Step 5: Plan Micro-Movements

*Choose small steps to start adjusting the plate.*

#### Step Goal

Support the client in **choosing 1–3 simple, low-risk actions** to begin feeding their Tigers.

✅ Examples:

* Sign up for a workshop
* Propose a new project at work
* Start a hobby group
* Volunteer for a cause
* Launch a micro side hustle

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#### Sample Prompts

* "What small action would give you energy right now?"
* "Where can you feed a Tiger without blowing up your whole life?"

⠀✅ Practitioner Tip: Momentum matters more than scale.

### Step 6: Set a Rebalancing Schedule

*Plan periodic check-ins to adjust the menu over time.*

#### Step Goal

Help the client understand that **life plates need rebalancing** over time.

✅ Suggest re-evaluating every:

* 3 months (dynamic phases)
* 6 months (normal rhythm)
* 1 year (long-term transitions)

#### Sample Prompts

* "When would be a good time to check your plate again?"
* "What signal would tell you that your Tigers need a new meal?"

⠀✅ Practitioner Tip: Alignment is seasonal — teach clients to love adjusting, not fear it.

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## Flow Diagram — Life as a Dynamic Meal

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### Step 1: Identify Hungry Tigers

* Recognize which traits are starved or underfed.

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### Step 2: Review the Menu of Life Domains

* See the full range of life zones where Tigers could be fed (Work, Play, Growth, Service, etc.).

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### Step 3: Brainstorm Menu Feeding Opportunities

* Creatively generate ways to feed Tigers across Appetizers, Main Courses, Desserts.

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### Step 4: Create a Personalized Life Plate

* Choose current optimal mix:

Appetizer(s) + Main Course(s) + Dessert(s).

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### Step 5: Plan Micro-Movements

* Identify 1–3 small actions to start adjusting the life menu.

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### Step 6: Set a Rebalancing Schedule

* Schedule a 3–6 month check-in to adjust life plates as energy needs evolve.

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### CLOSE SESSION

* Affirm fluidity, freedom, and creative control over life design.

### Quick Practitioner Flow Summary

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| **Phase** | **Key Practitioner Focus** |
| Phase 1: Recognition | Identify Tiger hunger — bring awareness. |
| Phase 2: Exploration | Broaden creative possibilities across life domains. |
| Phase 3: Configuration | Help client consciously design an energizing, nourishing life plate. |
| Phase 4: Activation | Plan micro-movements to begin practical shifts. |
| Phase 5: Evolution | Teach rhythm of checking and rebalancing over time. |

✅ Menu of Life is **cyclical**, not linear — it's built to be revisited often.

### Visual Metaphors to Use (Optional)

✅ Restaurant / Menu: Life offers choices, not demands. ✅ Seasonal Dining: You may want lighter meals in some seasons, heartier ones in others (life phase sensitivity). ✅ Mezze Plate: Some people thrive on a spread of many small engagements rather than a single "main" career identity. ✅ Rebalancing as Good Nutrition: Adjusting is not failure — it’s health maintenance.

## Life Plate Design Worksheet: *Building a Personalized Energy Nourishment Plan*

### Purpose

This worksheet allows clients to:

* Translate their Tiger hunger into specific life activities
* Choose a **realistic, nourishing combination** of Appetizers, Main Courses, and Desserts
* See that fulfillment doesn’t have to come from one domain alone
* Create an initial life configuration that fits their season, resources, and energetic needs

⠀✅ Clients leave with a **visualized, dynamic life plan**, not just verbal ideas.

### Instructions for Practitioners

* Use after Steps 1–3 (Identified Hungry Tigers + Brainstormed Feeding Ideas).
* Ask clients to **consciously select** from brainstormed activities:
  + At least 1 Appetizer (optional)
  + At least 1 Main Course (if applicable)
  + At least 1 Dessert (optional)
* Remind them: **Balance matters more than quantity**.

⠀✅ Encourage experimental plates if needed ("Let's test this meal out for a few months!").

### Life Plate Design Table

|  |  |  |  |
| --- | --- | --- | --- |
| **Menu Section** | **Selected Activities** | **Related Traits Fed** | **Notes (Energy Level, Commitment, Constraints)** |
| 🍴 Appetizers (Side Gigs / Small Projects) | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 🍛 Main Courses (Primary Work Roles) | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 🍰 Desserts (Hobbies / Leisure / Play) | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

#### Optional Deepening Questions

* "Which activities excite you most right now?"
* "Which activities feel nourishing but not overwhelming?"
* "Which activities feel like joyful challenges versus draining obligations?"
* "Where might you combine feeding several Tigers with one creative project?"

⠀✅ Let clients name 1–3 "anchor activities" that feel most important to start with.

### Life Plate Balance Check (Mini-Diagnostic)

✅ After selecting, quickly ask:

|  |  |
| --- | --- |
| **Check** | **Reflection** |
| Are all major hungry Tigers being fed somewhere? | 🐅✅ |
| Is the plate realistic for your current bandwidth? | ⚖️✅ |
| Are you feeling energized, not obligated, looking at the plate? | 💡✅ |
| Is there room to adjust based on life evolution? | 🔄✅ |

### Practitioner Tip

✅ Affirm that plates are **seasonal** — clients are building a **menu for this phase of life**, not for eternity.

✅ Invite lightness:

"You can always come back to the Menu and choose new dishes later!"

## Tiger Feeding Planner: *Mapping Tigers to Nourishment Opportunities*

### Purpose

After identifying **which Tigers are underfed**, clients use this tool to:

* Map each hungry Tiger to multiple potential life activities
* Explore both paid (Appetizer/Main Course) and unpaid (Dessert) feeding options
* Build creativity into life design
* Prioritize actions that maximize Tiger nourishment with the least effort or sacrifice

⠀✅ The goal is to **open possibility thinking** without overwhelming clients.

### Instructions for Practitioners

* Use after hungry Tigers have been surfaced (via Alignment Mapper, trait discussion, or energy signals).
* Invite clients to **fill out 2–3 feeding ideas per Tiger**, ideally across different menu sections.
* Emphasize flexibility: "You don't have to feed every Tiger through your job!"

⠀✅ Practitioner Tip: Encourage both realistic (today) and aspirational (future) ideas.

### Tiger Feeding Planning Table

|  |  |  |  |
| --- | --- | --- | --- |
| **Hungry Tiger (Trait)** | **Appetizer Idea (Side Project)** | **Main Course Idea (Career/Job Shift)** | **Dessert Idea (Hobby/Volunteer/Play)** |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
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### Sample Tiger Feeds

|  |  |  |  |
| --- | --- | --- | --- |
| **Trait** | **Appetizer** | **Main Course** | **Dessert** |
| Creative | Freelance graphic design gigs | Full-time brand strategist | Weekend painting retreats |
| Educative | Tutoring side hustle | Teaching in a university | Leading local book club discussions |
| Healing | Part-time grief counseling | Full-time therapist | Meditation facilitation group |
| Entertaining | Hosting improv nights | Communications/PR manager | Open mic poetry evenings |
| Adventurous | Travel blogging | Outdoor expedition guide | Hiking and adventure clubs |

✅ These show clients that **no Tiger has only one feeding path**.

### Optional Practitioner Prompts

|  |  |
| --- | --- |
| **Prompt** | **Purpose** |
| "If money were no object, how would you feed this Tiger?" | Unlock pure energy-driven ideas. |
| "What tiny action could you take to feed this Tiger within the next 7 days?" | Build immediate momentum. |
| "Is there a way to feed multiple Tigers with one action?" | Encourage faceting. |

✅ Practitioners can use these questions to deepen creative thinking.

### Closing This Step

✅ After filling out the table, help clients:

* Circle their top 1–2 **most exciting** feeding ideas
* Plan one small micro-movement to activate one feeding opportunity
* Schedule a **30–90 day recheck** to adjust the plate and feeding strategies

⠀✅ Remind them:

"Even one fed Tiger can change your entire energetic landscape."

## Micro-Movement Action Sheet: Turning Energy Awareness into Immediate Action

### Purpose

After clients:

* Identify hungry Tigers
* Review the Menu of Life
* Create a new Life Plate
* Map potential feeding activities

⠀✅ It’s time to **choose small, simple actions** that begin activating those insights in real life.

Micro-movements prevent overwhelm and help build **momentum through small successes**.

### Instructions for Practitioners

* Emphasize **small steps, not big leaps**.
* Encourage low-risk, low-resource actions that can be taken within **7 days**.
* Frame it as a playful experiment, not a permanent commitment.

⠀✅ Practitioner Tip: Energy follows action. One move changes the field.

### Micro-Movement Planning Table

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Micro-Movement Idea** | **Which Tiger Does It Feed?** | **Timeframe to Start** | **Emotion I'm Hoping to Feel** | **Support/Accountability Needed?** |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
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### Sample Micro-Movements

|  |  |  |  |
| --- | --- | --- | --- |
| **Action** | **Tiger Fed** | **Timeframe** | **Emotion** |
| Join a community art class | Creative, Social | This week | Joy, expression |
| Propose a mentoring program at work | Educative, Providing | Next 2 weeks | Purpose, contribution |
| Start a "Sunday hikes" text group | Adventurous, Entertaining | Next weekend | Freedom, connection |
| Volunteer 2 hrs at local shelter | Healing, Providing | This month | Compassion, gratitude |
| Record 3 podcast episode ideas | Entrepreneurial, Entertaining | Tomorrow | Playfulness, hope |

✅ Each action is **small, clear, emotionally anchored, and trait-aligned**.

### Bonus Prompts for Clients

|  |  |
| --- | --- |
| **Prompt** | **Purpose** |
| "Which action would feel deliciously exciting—even if a little scary?" | Encourage playful stretching. |
| "Where could you feed a Tiger in 20 minutes or less?" | Reduce resistance. |
| "What is the tiniest move that would still count?" | Build success momentum. |
| "Who can you tell to cheer you on?" | Build light accountability. |

### Practitioner Reminders

✅ Affirm small wins loudly:

“One aligned move can change your week.”

✅ Normalize imperfect starts:

“There’s no wrong move — only movement and learning.”

✅ Link action back to Tiger protection:

“Every time you feed your Natures, you strengthen your energetic field.”

## Reflection Journal Page: *Monthly or Quarterly Self-Check*

### Purpose

Life changes. Tigers evolve. Menus need rebalancing.

✅ This Reflection Journal Page helps clients **check back in** on their Life Plate:

* What’s feeding them now?
* What feels stale or heavy?
* What new hunger is emerging?
* Where are micro-adjustments needed?

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### Instructions for Practitioners

* Offer this as a **self-coaching tool** for clients.
* Recommend completing it every **1–3 months**.
* Normalize energetic change: "Menus aren’t meant to stay the same forever."

⠀✅ Practitioner Tip: Encourage **curiosity, not guilt** when rebalancing.

### Menu of Life Reflection Prompts

|  |  |
| --- | --- |
| **Prompt** | **Response** |
| 🍴 What part of my current life plate is feeling most nourishing? | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 🍛 Which activities still feel like "main courses" (satisfying and sustainable)? | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 🍰 Which activities feel like "desserts" (pure pleasure and joy)? | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 🧩 Are any parts of my plate feeling heavy, forced, or stale? | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 🐅 Are there Tigers that are newly hungry or underfed? Which ones? | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 🔄 If I could make one small adjustment to my plate, what would it be? | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 🛠 What is one playful micro-move I could try this month? | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| ✨ How does my life plate reflect who I am becoming, not just who I was? | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

### Optional Tracking

✅ Practitioners (or the Xavigate app) can offer **tracking dashboards** to:

* Plot satisfaction levels across domains over time
* Show Tiger feeding percentages
* Visualize energetic shifts month by month

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### Final Reflection Frame

"Life is not a problem to be solved. It is a meal to be savored, adjusted, and chosen again and again."

✅ The Reflection Journal teaches **continuous energetic self-navigation** — exactly what the MN system and Xavigate were born to enable.