

THE RESILIENT ARCHITECT: Identity & Habit Sustainment Tool

Client Name: _____ Date: _____

Objective: To transition from "managing symptoms" to "architecting resilience." This tool helps you move beyond the *Identity of the Sick* and design a *Default Healthy* environment for long-term vitality.

Section 1: Identity Shift (MI 2.0)

Reflect on your current self-concept. To sustain health for decades, we must move from being a "Manager" of illness to an "Architect" of health.

1. The 10-Year Vision: If you maintain your current health trajectory, what does your life look like in 10 years? What is the "Legacy of Vitality" you are building?

2. Identity Statement: (Example: Instead of "I am a person with fatigue," try "I am a person who nourishes my mitochondria.") "*I am the type of person who...*" _____

Section 2: Choice Architecture & Habit Stacking

Willpower is finite. Systems are infinite. Use the "2-Minute Rule" to make habits non-negotiable.

The Current Habit (Anchor)	The New Sustainment Habit	The "2-Minute" Version (Start here)
<i>Ex: After I pour coffee...</i>	<i>...I will take my probiotics.</i>	<i>Set bottle next to the mug.</i>
After I _____	I will _____	_____
After I _____	I will _____	_____
After I _____	I will _____	_____

Environmental Design Audit: - [] **Visual Cue:** (e.g., Meditation cushion in the hallway) _____

- [] **Friction Reduction:** (e.g., Pre-chopping veggies on Sunday) _____ - [] **Friction Addition:** (e.g., Phone stays in the kitchen at 9 PM) _____

Section 3: ANS & Resilience Tracking

Monitor your Autonomic Nervous System (ANS) to ensure you are staying in "Vagal Tone" excellence.

Metric / Practice	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Threshold Breaths (1 exhale at every door)	<input type="checkbox"/>						
HRV Score (from wearable)							
Hormesis (Cold/Heat or 10k Steps)	<input type="checkbox"/>						

Section 4: Reflection & Sustainment Score

Weekly Reflection: On a scale of 1-10, how much did you feel like the "Architect" of your health this week (rather than a victim of your schedule)? **Score:** _ / 10

What was the biggest "Sustainment Win" this week?

Identify one "Sustain Talk" thought you had (e.g., "I feel fine now, I can skip this"):

Next Steps:

- [] Review wearable data trends for the month to confirm biological resilience.
 - [] Audit one room in the house to further "Friction-Proof" a goal.
 - [] Practice the "Threshold Breath" specifically during work-to-home transitions.
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