

# 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.

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## 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?

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**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..."* \_\_\_\_\_

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## 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) \_\_\_\_\_

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### 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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HRV Score (from wearable)							
Hormesis (Cold/Heat or 10k Steps)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<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.

*AccrediPro Standards Institute Certified Tool*