

Dose It Rain On Everyone?



1. Nurturing Deep Social Connections



Points	Nurturing Deep Social Connections
1 Point	Completely isolated. No one to call in a crisis.
3 Points	Have casual acquaintances or coworkers, but no one for deep emotional support.
5 Points	Have family or friends, but rarely make time to connect deeply with them.
7 Points	Have 2-3 trusted people you speak with or see <i>at least every two weeks</i> for genuine support.
10 Points	Have a rock-solid inner circle (friends, family, or community) whom you connect with <i>weekly</i> , and who would show up for you at 2:00 AM without hesitation.

2. Prioritizing Consistent, Quality Sleep



Points	Prioritizing Consistent, Quality Sleep
1 Point	Less than 5 hours of sleep, completely erratic sleep schedule, always waking up exhausted.
3 Points	5–6 hours of sleep, frequently waking up at night, relying heavily on caffeine to get through the day.
5 Points	6–7 hours of sleep, sleep times change wildly between weekdays and weekends, feel tired by mid-afternoon.
7 Points	7–8 hours of sleep on most nights, stable bedtime within a 1-hour window, generally feel rested.
10 Points	7–9 hours of high-quality sleep every night, strict and consistent sleep schedule, waking up naturally energized without an alarm.

3. Engaging in Daily Physical Movement



Points	Engaging in Daily Physical Movement
1 Point	Completely sedentary. Sit at a desk or on a couch all day with almost zero intentional walking.
3 Points	Walk occasionally (e.g., around a grocery store), but no routine or dedicated time for exercise.
5 Points	Get moving 1–2 times a week (like a weekend walk or light workout), but struggle to stay consistent.
7 Points	Move intentionally for at least 20–30 minutes, 3–4 days a week (brisk walking, cycling, or jogging).
10 Points	Exercise or engage in active physical movement for 30+ minutes <i>every single day</i> without fail.

4. Practicing Mindful Eating



Points	Practicing Mindful Eating
1 Point	Eat almost entirely processed or fast food, completely erratic mealtimes, and always eat while distracted (watching TV, scrolling on a phone).
3 Points	Rely mostly on convenience foods, occasionally eat fruit or vegetables, frequently skip meals or overeat due to stress.
5 Points	Eat a mix of home-cooked and processed meals, try to eat balanced foods, but frequently scroll on a phone or work right through mealtimes.
7 Points	Eat whole, unprocessed foods (mostly plants, lean proteins) about 70% of the time, and intentionally sit down to eat without electronics most days.
10 Points	Eat a highly nutritious, whole-food diet <i>every day</i> , practice active portion control, and eat mindfully (chewing slowly, fully present, listening to internal hunger cues) during every single meal.

5. Maintaining Continuous Lifelong Learning



Points	Maintaining Continuous Lifelong Learning
1 Point	Never read or study anything new. Consume strictly passive, low-effort entertainment (e.g., mindless scrolling or reality TV) daily.
3 Points	Occasionally read an article or watch a documentary if it pops up, but do not actively pursue learning or skill building.
5 Points	Try to learn new things occasionally (e.g., listening to an educational podcast or reading a book a few times a month), but struggle to stay consistent.
7 Points	Dedicate intentional time (at least 15–30 minutes, 3–4 days a week) to reading books, studying a course, or learning a specific life skill.
10 Points	Commit to intentional, active learning <i>every single day</i> without fail (e.g., reading books, practicing a language, studying an industry shift) to actively challenge the brain.

6. Expressing Daily Gratitude



Points	Expressing Daily Gratitude
1 Point	Constantly focus on what is wrong, missing, or unfair. Prone to frequent complaining and feeling like a victim of circumstances.
3 Points	Rarely notice positive things unless something exceptionally good happens (e.g., winning a prize or receiving a major compliment).
5 Points	Feel thankful when things go well, but do not have regular practice to consciously look for the good on normal or difficult days.
7 Points	Intentionally reflect on or note down things you are thankful for a few times a week (e.g., a semi-regular journaling practice).
10 Points	Maintain daily habit of writing down or actively reflecting on specific things you are grateful for every <i>single morning or night</i> without fail.

7. Setting and Enforcing Clear Boundaries



Points	Setting and Enforcing Clear Boundaries
1 Point	Always say "yes" to everyone out of guilt or fear of conflict. Constantly feel overcommitted, resentful, and completely drained by others' demands.
3 Points	Aware that you are being taken advantage of or overworked, but rarely speak up. Only set a boundary when you reach a breaking point or explode in anger.
5 Points	Try to set boundaries occasionally (e.g., trying not to check work emails after hours), but quickly give in the moment someone pushes back or requests your time.
7 Points	Clearly communicate your limits regarding your time, energy, and personal space to family and colleagues, holding firm about 70% of the time.
10 Points	Proactively communicate and fiercely protect your boundaries <i>every single day</i> . You comfortably say "no" without guilt when an ask violates your core values or capacity.

8. Living with Clear Purpose



Points	Living with Clear Purpose
1 Point	Feel completely aimless and disconnected from any deeper meaning. Simply drifting from one daily task to another just to get through the day.
3 Points	Have vague ideas of what matters to you (e.g., family or career success), but rarely think about it, and daily choices are driven by external pressures rather than personal values.
5 Points	Aware of your core values, but daily life feels highly reactive. You find yourself focusing on immediate fires rather than working toward long-term goals or passions.
7 Points	Know your personal mission statement or long-term vision clearly. You make decisions that align with your core values most weeks, giving you a steady sense of direction.
10 Points	Wake up <i>every single day</i> with absolute clarity on your life's purpose and values. Every major choice, project, and daily goal is intentionally aligned with this deeper vision.

9. Managing Stress via Mindfulness



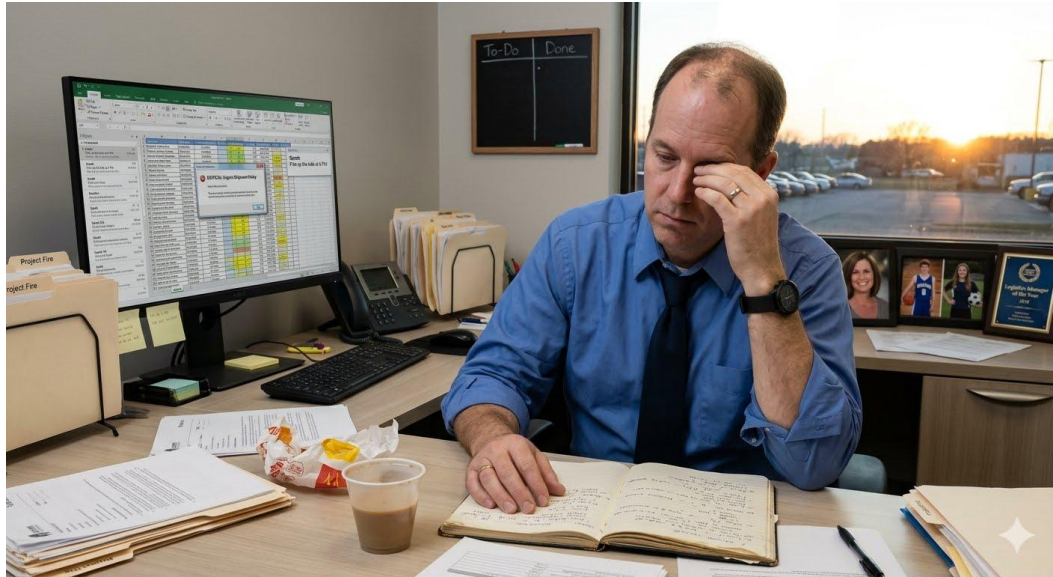
Points	Managing Stress via Mindfulness
1 Point	Completely reactive to stress. When things go wrong, panic, anxiety, or anger takes over instantly, leading to physical tension or emotional outbursts.
3 Points	Notice that stress is taking a toll on your body (headaches, tight shoulders), but your only coping mechanisms are passive distractions (scrolling, eating, or watching TV).
5 Points	Try to use deep breathing or meditation occasionally when feeling completely overwhelmed, but do not have regular practice to build baseline calm.
7 Points	Dedicate intentional time (at least 5–10 minutes, 3–4 days a week) to mindfulness practices like breathwork, meditation, or silent walks to reset your mind.
10 Points	Practice active mindfulness <i>every single day</i> without fail (e.g., morning meditation, deep breathing exercises). You can pause and calm your nervous system in real-time during a chaotic moment.

10. Practicing Proactive Financial Discipline



Points	Practicing Proactive Financial Discipline
1 Point	Live completely paycheck-to-paycheck, have no savings or emergency fund, and have no idea where your money goes each month.
3 Points	Aware of your income and basic bills, but spend reactively. Frequently rely on credit cards for unexpected expenses and save only if money happens to be left over at the end of the month.
5 Points	Have a rough budget in your head and a small emergency fund, but do not track expenses consistently and regularly give in to impulse buying.
7 Points	Follow a clear, written monthly budget, consistently automate your savings (pay yourself first) every single month, and have at least 3 months of basic living expenses saved.
10 Points	Practice strict financial discipline every single day. You track every dollar, proactively invest according to a long-term plan, maintain a 6+ month emergency fund, and make zero impulse purchases without a 24-hour cooling-off period.

Meet Joe



Habit	Joe
1. Social Connections	3 (<i>Casual acquaintances only</i>)
2. Quality Sleep	3 (<i>5-6 hours, caffeine dependent</i>)
3. Physical Movement	1 (<i>Sedentary desk job</i>)
4. Mindful Eating	3 (<i>Relies on convenience foods</i>)
5. Lifelong Learning	1 (<i>Passive scrolling only</i>)
6. Daily Gratitude	3 (<i>Rarely notices positive things</i>)
7. Clear Boundaries	1 (<i>Always says yes out of guilt</i>)
8. Living with Purpose	3 (<i>Vague ideas, highly reactive</i>)
9. Stress Mindfulness	1 (<i>Completely reactive, panics</i>)
10. Financial Discipline	3 (<i>Spends reactively, no budget</i>)

Meet Jack



Habit	Joe
1. Social Connections	7 (<i>Trusted circle every 2 weeks</i>)
2. Quality Sleep	10 (<i>7-9 hours, strict routine</i>)
3. Physical Movement	7 (<i>Moves 3-4 days a week</i>)
4. Mindful Eating	7 (<i>70% whole foods, no screens</i>)
5. Lifelong Learning	7 (<i>Studies 3-4 days a week</i>)
6. Daily Gratitude	10 (<i>Strict daily journal practice</i>)
7. Clear Boundaries	7 (<i>Firmly holds limits 70% of time</i>)
8. Living with Purpose	10 (<i>Every day aligned with vision</i>)
9. Stress Mindfulness	7 (<i>Resets mind 3-4 days a week</i>)
10. Financial Discipline	10 (<i>6+ month emergency fund</i>)

Q1: The Corporate Storm



Habits	Joe	Jack	Your Points
Deep Social Connections	3	7	
Lifelong Learning	1	7	
Financial Discipline	3	10	
Total	7/30	24/30	/30

Your Umbrella:

Deep Social Connections

Lifelong Learning

Financial Discipline

Q2: The Caretaker Squeeze



Habits	Joe	Jack	Your Points
Deep Social Connections	3	7	
Boundaries	1	7	
Mindfulness	1	7	
Total	5/30	21/30	/30

Your Umbrella:

Deep Social Connections

Boundaries

Mindfulness

Q3: The Burnout Trap



Habits	Joe	Jack	Your Points
Boundaries	1	7	
Physical Movement or Mindful Eating or Quality Sleep	3	10	
Mindfulness	1	7	
Total	5/30	24/30	/30

Your Umbrella:

Boundaries

Physical Movement or Mindful Eating or Quality Sleep

Mindfulness

Q4: The Mid-Life Fog

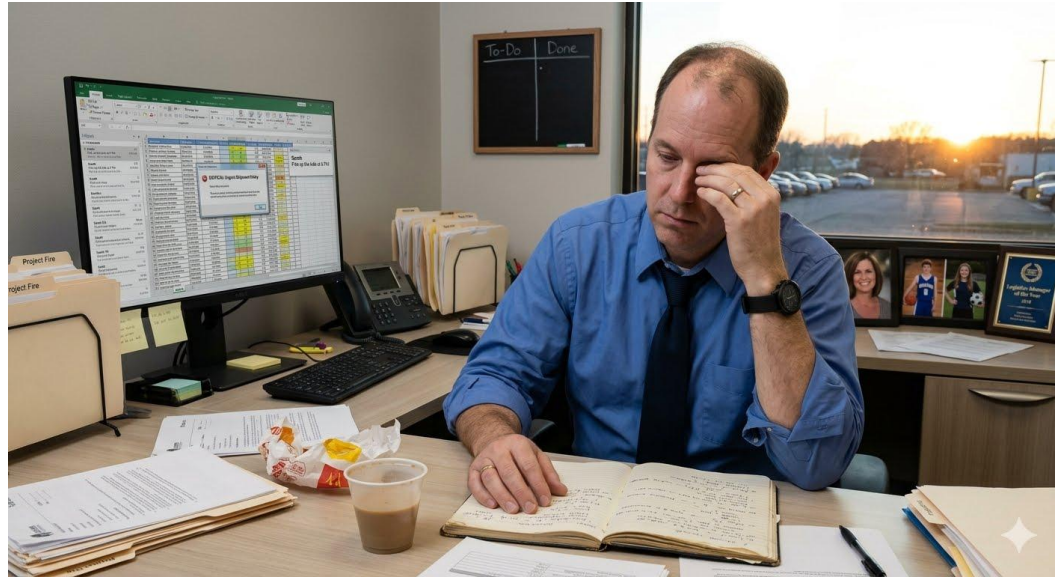


Your Umbrella:

Living with Clear Purpose
Expressing Daily Gratitude
Lifelong Learning

Habits	Joe	Jack	Your Points
Living with Clear Purpose	3	10	
Expressing Daily Gratitude	3	10	
Lifelong Learning	1	7	
Total	7/30	27/30	/30

Dose It Rain On Everyone?



Joe 24/120



Jack 96/120

I Want a Better
Umbrella!



How to Make Our Umbrella Better?

An umbrella is built one small stitch at a time. Do not try to change everything overnight.

- Choose only one low-scoring habit to focus on this month.
- Start with a tiny, frictionless daily action you cannot fail.
- Commit to the action for the next few weeks.
- After a few weeks, rate your habit again and repeat the process.
- Remember it is not one and done, it is the “Begin Again” game.

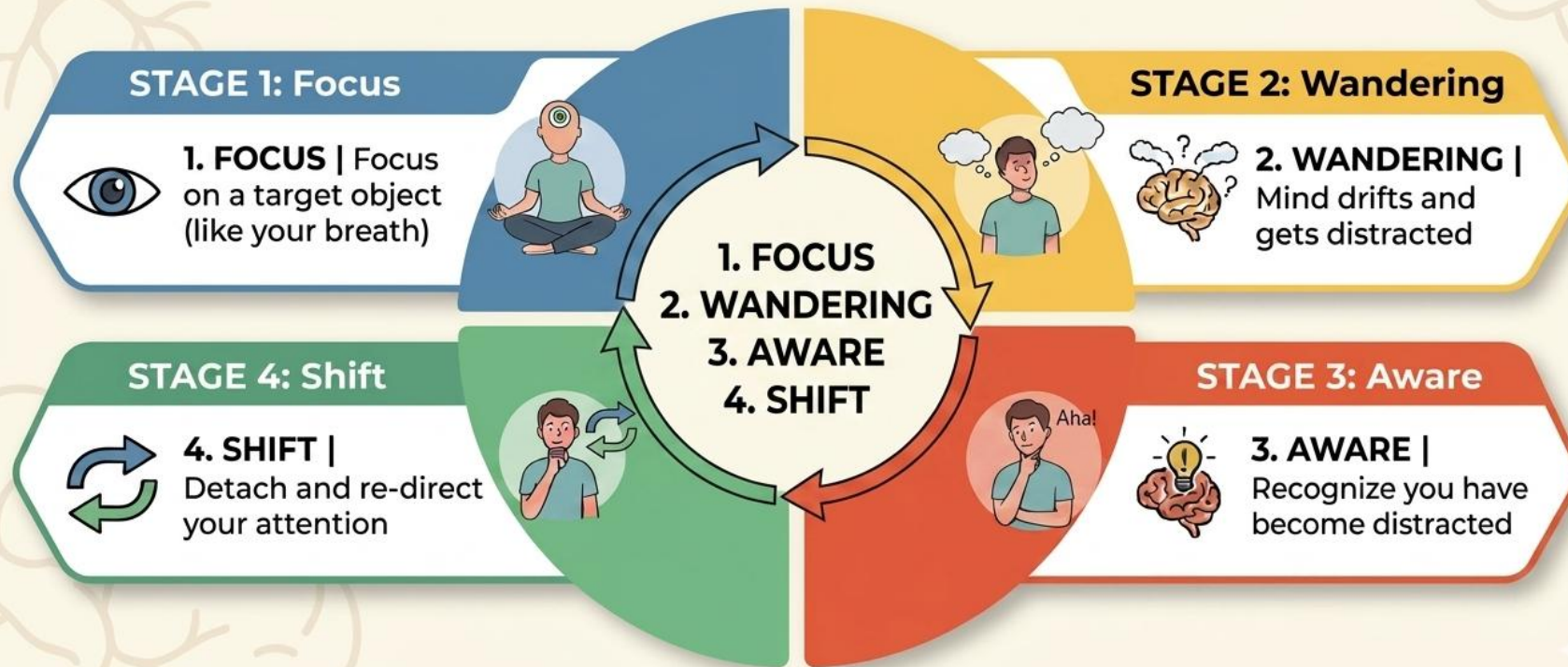


Four Stage of Meditation

THE 'BEGIN AGAIN' GAME

THE COGNITIVE CYCLE: 4 STAGES OF ATTENTION

Based on the work of Dr. Wendy Hasenkamp, Emory University



The storm is inevitable, our habits are our shield.



The Bonfire Brew!

Date: Every Third Wednesday

Time: 6 pm (PT)

Duration: 60 minutes

Location: Your Comfortable Place (Online)

The Vibe: Bring your favorite warm drink and an open mind.



Scan to save your seat & invite a friend who enjoys good games, honest conversations, and new perspectives.