

YOUR EWI PROFILE

53/100

## The Steady Flame

*You are doing better than most—and you sense there is more.*


FOR  
jhon

BAND

Strained

DATE  
6/17/202  
6

ASSESSM  
ENT ID  
ewi\_mqh23ci7

 A note on your scores

Your Vitality and Renewal scores, or your response to the wellbeing check item, suggest you may benefit from speaking with a licensed professional. This is a low-access signal, not a diagnosis. UK: Samaritans 116 123 · US: 988

WHAT THIS PROFILE MEANS

Your scores sit in the Steady to Balanced range with one or two areas to tend. You are not in recovery mode — you are in optimisation mode. This is the best time to do the work, because you have the resources to do it properly.

This profile is a temporary mirror of where you are right now, not who you are. It will change as your scores change.

EWI 53 — STRAINED

Several areas are running low. A recovery focus is recommended.

# Nine domains of emotional wellbeing



# Where to start

Your three lowest domains. These are the recommended starting points for your 30-day plan.

PRIMARY FOCUS — 25/100

## Aliveness

Life may feel flat or effortful. Pleasure requires energy you do not have.

SECONDARY FOCUS — 42/100

## Renewal

Rest helps somewhat but does not fully restore you.

TERTIARY FOCUS — 50/100

## Agency

Capable in familiar territory but your sense of control wavers under pressure.

## 30, 60 & 90-day recovery plan

Exercises selected specifically for your lowest three domains. Each is grounded in published research.

Probability of meaningful improvement in 30 days

85%

Estimated horizon: 3–4 weeks · Source: Maslach, JD-R, Sonnentag, ACT combined research

### w1 Week 1 — Foundation practices

BEHAVIOURAL ACTIVATION · ALIVENESS

#### Pleasure scheduling

When aliveness is low, pleasure must be scheduled. It will not happen spontaneously.

- 1 List 5 activities that used to bring genuine pleasure
- 2 Schedule one for this week (30–60 min minimum)
- 3 During the activity, notice any enjoyment without judging its intensity
- 4 Increase to 2 per week by week 2, 3 per week by week 3

 3X WEEKLY · 30–60 MIN

Evidence: Behavioural Activation Therapy (Martell et al.)

SONNENTAG RENEWAL · RENEWAL

## Active recovery practice

When renewal is low, passive rest (TV, scrolling) often does not restore. Active recovery does.

- 1 Identify 3 activities that are absorbing but non-demanding
- 2 Schedule one per day for 2 weeks
- 3 During the activity: leave your phone elsewhere
- 4 Notice the difference in how you feel at the end vs the start



DAILY · 20–30 MIN

Evidence: Sonnentag & Fritz (2007) recovery activities typology

## MICRO-RESTORATION · RENEWAL

### Recovery micro-breaks

Renewal is built through consistent micro-breaks, not just weekend rest.

- 1 Every 90 minutes of work, take a 10-minute non-screen break
- 2 Go outside if possible — even briefly
- 3 During the break: no work thoughts. Write them down and return later.
- 4 Track how your afternoon energy compares



EVERY 90 MIN · 10 MIN

Evidence: Ultradian rhythm research; attention restoration theory

## AGENCY BUILDING · AGENCY

### Micro-commitment practice

Confidence in your own agency is built by doing what you said you would do — at very small scale.

- 1 Each evening, name one thing you will do tomorrow within your control
- 2 Make it small: 10-minute walk, one email, one page of reading
- 3 Do it. Notice the effect.
- 4 Increase size gradually across the month



DAILY · 5 MIN SETUP

Evidence: ACT committed action; Bandura self-efficacy

## DEMAND REDUCTION · AGENCY

### Decision reduction

Low agency is often worsened by decision fatigue. Eliminate low-stakes decisions.

- 1 Identify 3 daily decisions you make on autopilot
- 2 Standardise them for 2 weeks
- 3 Notice how freed attention affects larger decisions
- 4 Protect mornings for your most agency-requiring work



ONGOING

## W2 Week 2 — Building depth

### ALIVENESS STIMULATION · ALIVENESS

#### Novelty micro-dose

Novelty is one of the strongest activators of aliveness. Small doses are enough.

- 1 Choose one routine you do on autopilot (morning coffee, commute, lunch)
- 2 Change one thing about it this week
- 3 Next week, change a different routine
- 4 Notice the small charge of attention this creates

#### WEEKLY

 Evidence: Csikszentmihalyi on flow; recovery framework

### RECOVERY PLANNING · RENEWAL

#### Pre-emptive recovery scheduling

Recovery cannot be squeezed around everything else. It must be protected.

- 1 Review next week's calendar
- 2 Block 2 x 1-hour recovery slots
- 3 Treat these as non-negotiable
- 4 After 4 weeks, notice whether your energy baseline has shifted

#### WEEKLY · 2HOURS PROTECTED

 Evidence: Sonnentag recovery capacity; proactive recovery research

### ACT VALUES · AGENCY

#### Values-based commitment

Agency without direction becomes anxiety. Connect action to values.

- 1 List 3 values that feel genuinely yours
- 2 For each, identify one current behaviour that aligns
- 3 Identify one that contradicts it
- 4 Change one contradicting behaviour this month

#### MONTHLY REVIEW

 Evidence: ACT values clarification (Hayes)

## W3 Week 3 — Consolidation

### SUSTAINED ALIVENESS · ALIVENESS

#### Creative expression

Sustained aliveness needs an outlet with no productive purpose.

- 1 Choose one creative form (writing, drawing, movement, music, cooking)
- 2 Commit to 20 min per week for 4 weeks
- 3 No output or sharing required
- 4 Notice whether your internal quality shifts over time



WEEKLY · 20 MIN

Evidence: Ryan & Frederick subjective vitality research

## W4 Week 4 — Structural change

STRUCTURAL AGENCY · AGENCY

### Agency audit

Weekly review of where you feel most and least in control.

- 1 Rate agency across: work, relationships, body, time, finances
- 2 Identify the lowest-rated domain
- 3 Make one specific, reversible structural change
- 4 Review after 7 days



WEEKLY · 20 MIN

Evidence: JD-R model; locus of control research

### Show EWI scoring breakdown

Domain raw scores and formula



About: The EWI is grounded in Maslach, JD-R, and Sonnentag frameworks. Framework-grounded, not yet independently validated. Not a medical device. UK: Samaritans 116 123 · US: 988.