STANDALONE FIELD EXERCISE

EMPS Baseline

A snapshot of your Emotional, Mental, Physical & Spiritual well-being, taken before the next change arrives.

"Awareness requires a reference point."

Purpose

This exercise creates a written snapshot of where you are **today**. It is not a diagnosis, a test, or a judgment. It is a reference point you can return to as your body, priorities, relationships, routines, and sense of self continue to change.

Complete it honestly rather than ideally. Write what is true today, not what you believe should be true.

Why four dimensions?

A person is not one system. How we feel, how we think, how our body is doing, and what gives our life meaning all move together, and a change in one is felt by the others. Physical change is often the easiest to see and the fastest to arrive, which can leave the other three still catching up. EMPS gives you a simple way to check in on all four, so one visible change is never mistaken for the whole story.

E **Emotional**
Feelings, steadiness, reactivity, self-perception, and the ability to return to balance.

M **Mental**
Clarity, focus, motivation, decision-making, thought patterns, and how much you are carrying at once.

P **Physical**
Energy, sleep, nutrition, movement, comfort, symptoms, recovery, and day-to-day body awareness.

S **Spiritual**
Meaning, purpose, values, faith, connection, reflection, and the practices that help you feel grounded.

How to use this insert

- Complete the baseline **before you begin**, or as soon as you can if your journey is already underway.
- The 1–10 rating is only a snapshot. Your written observations matter more than the number.
- Repeat it **monthly** during rapid change, **quarterly** when life is steady, and **whenever life shifts**: a major health event, a medication or dose change, a relationship shift, a loss, or a change in direction.
- Compare patterns without criticizing yourself. The goal is recognition, not perfection. Consider asking one Trusted Observer (Chapter 4) to answer the "notices" line for each dimension.

Date	Where I am in the journey Considering • Preparing • Underway • Afterward	Next review date

WORKSHEET

Take your baseline

Rate each area from 1 to 10 for **how steady and supported you feel there today**: 1 is very unsteady, 10 is very steady. A low number is not failure, and a high number is not proof that nothing needs attention.

E Emotional

feelings and steadiness

Rating today: _____ / 10

Which emotions show up most often?

What helps me return to steadiness?

What feels different from my usual emotional baseline?

A trusted observer notices:

M Mental

clarity and focus

Rating today: _____ / 10

How clear, focused, or scattered does my thinking feel?

What thoughts or decisions feel unusually heavy or light?

A trusted observer notices:

P Physical

body and daily rhythms

Rating today: _____ / 10

How does my body feel across a typical day?

What are my current patterns of energy, sleep, movement, and nutrition?

What physical changes deserve continued observation, or a conversation with my care team?

A trusted observer notices:

S Spiritual

meaning and grounding

Rating today: _____ / 10

What gives my life meaning, direction, or purpose?

What practices, beliefs, relationships, or spaces help me feel grounded?

Do my current choices feel aligned with my values?

A trusted observer notices:

PUTTING IT TOGETHER

Integrated reflection

What feels most steady right now?

What feels most changed or uncertain?

Which area may be influencing the others?

What deserves observation before action?

One gentle next step

Choose one small, observable action for the next review period. It should support awareness, not demand immediate transformation.

Action I will try	When / how often	What I will observe

EMPS is not designed to reduce your life to four numbers. It gives language to experiences that are easy to overlook while change is happening. Repeated honestly, it can show you when a change deserves celebration, curiosity, conversation, or professional support.

The purpose is not to score your life. The purpose is to recognize it.

When to reach out. If something here worries you, such as a low mood that will not lift, thoughts of harming yourself, or physical symptoms that concern you, please talk with a doctor, therapist, or other qualified professional. If you are in crisis in the U.S., call or text **988** (Suicide & Crisis Lifeline) or your local emergency number.

This insert is for education and personal reflection. It is not medical, psychological, nutritional, or legal advice and does not replace professional care. Please discuss any medical decision with your health care team.