

Zone 1

REFLECT

Self-Coaching Question:

Where does the evidence of how
I currently live confirm what I say matters, and where is
reflection revealing a gap I need to acknowledge?

Zone 2

CHOOSE

Self-Coaching Question:

Which repeated choices are shaping my living legacy without
receiving much conscious attention, and what do those choices
reveal about the direction I am reinforcing?



Thrive Awareness PSA

Zone 3

APPLY

Self-Coaching Question:

Where have my values become visible through action, and where am I relying on intention or belief without corresponding evidence in how I live?

Zone 4

Finish

Self-Coaching Question:

What deserves completion because it represents something meaningful to me, and have I clearly defined what finished actually looks like?



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Zone 5

FORWARD

Self-Coaching Question:

Based on what I now recognize about my patterns, choices, actions, and unfinished commitments, what deserves to be carried forward as part of the living legacy I am creating?