

**KUHLEFIT**  
RENEW YOUR VITALITY



# Trucker Service Association

LIVE HEALTHY  
DRIVER HEALTH CAMPAIGN

**CREATED BY**  
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LIVING IN ALIGNMENT

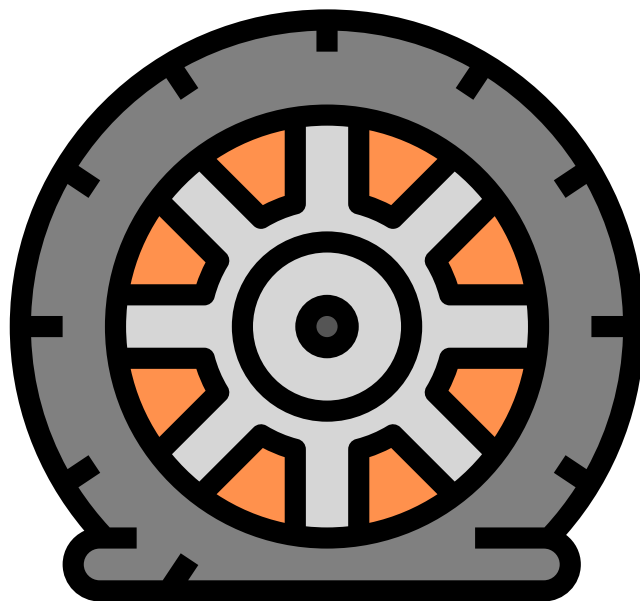
FEBRUARY 2024

# LIVING IN ALIGNMENT

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Welcome back TSA Family to another month's write up! Last month we dove into the 6 foundational principles that are necessary for EVERY SINGLE PERSON to have HEALTH. We asked each person that followed along to complete the "Wheel Of Life" activity and self-select where they are excelling and where they have potential for improvements within those 6 principles. Through this activity, we would love to see a beautifully round "wheel" created through these 6 principles after the lines have been connected. However, that is seldom the case when first seeing it. Some individuals excel at 2-3 of these and then the other 3-4 are deficient. Some individuals are low in ALL the categories, and some individuals have scores that are much higher. Regardless of where you are at, there is always room for improvements to be made.

HOW  
ROUND  
IS  
YOUR  
WHEEL?



# ROUNDING YOUR WHEEL

## A few recommendations:

For those that have a small circle with most scores below a 5, I'd encourage you to pick 1 of these categories and make it a priority for the next month to hone in on. Get very specific and clear that this is your main goal! Nutrition, Sleep, and Hydration categories are "energy creating" in general. They help the system-aka our bodies-cultivate and bring ENERGY IN.

For those individuals that have a crooked circle where a few scores are high and the others are low, your "circle" may look more like a "Pacman" which is deficient in one or two areas. I would highly encourage you to focus on those 1-2 categories and help "round out" that wheel.

Remember, a round wheel moves through the terrain of life much easier and with less resistance than a blocky wheel!



THE BUILDING  
BLOCKS OF  
HEALTH START  
WITH THESE 6  
PILLARS - BAR  
NONE

# LIVING IN ALIGNMENT

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## LIVING IN ALIGNMENT (LIA)

For this month's write up, we are going to dive into an activity that I love completing with clients. It really helps us illustrate where we are spending our time, money and energy, that may not be producing the results and health we are looking to achieve. It also shows us the areas that we are excelling at and that we can continue to place our personal resources into those categories.

Below is a template called "Living In Alignment" (LIA)

At the very top, there's an open area where you can write out your dream, goal, legacy or direction you're currently desiring in life. Said differently, what are you working towards or what do you want to create in life? This is your North Star. This provides direction and clarity and helps us create values and boundaries around what will move us closer to our dreams and what will lead us astray. Take 5 minutes and write out your "North Star" as clearly, concisely, and specifically as you can.

## Dream:

**FEBRUARY 2024**



# LIVING IN ALIGNMENT

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## SCORING

Next, on the left hand side of the page there's a large open space for you to write down the top 10-15 items you spend the most amount of **TIME**, **MONEY**, and **ENERGY** on. This can be anything from work, Starbucks coffees, pets, and social media; to family, poker, chores, or streaming services. Brain dump here! Take 5 minutes and really reflect on where your time, money and energy are being allocated. Reflect on your typical day, what your credit card statements say, where you typically reside, i.e. at home on the couch with tv on, or whatever that may be for yourself.

After you have at MINIMUM 10 items written down, I want you to go to the right column and give a ranking to each item you listed in the left column from a score of 1-10. Scoring goes like this: 10 means it 100% aligns to your dream and moves you in the right direction. 1 means it barely aligns to your north star, if at all. A score of 5 would mean it somewhat aligns to your dream and it somewhat doesn't align to your dream. The higher the score, the more that item moves you closer to your dream, the lower the score, the further it pulls you from your dream. You can reuse any number and you can use the same number multiple times.

# INTERPRETTING YOUR SCORES

## LIVING IN ALIGNMENT

From there, I want you to add up all of your numbers from the right hand column and divide by the number of items you have. Example, if you have 12 items on the left column that add up to 60. You'll take the total score; 60 and divide by 12 (the number of items) = 5. This is your living in alignment score. Most people will have a number with a decimal. This score is out of 10, so the closer your living in alignment score is to 10, the better you're doing at achieving and moving closer to your dream.

Now that you have your L.I.A. score, reflect on how well you're doing in regards to working towards your North Star.

## REFLECTION

- Where can you make changes?
- What can you reduce?
- Can you add in other items to help move you closer?
- Do you need to cancel different services (i.e. streaming services)?
- What are 3 things you can do that will improve your L.I.A. score and get you closer to your North Star?



STATE YOUR  
DREAM

TAKE ACTION

ACHIEVE YOUR  
DREAM

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