INFORMEDISH LIFE HACKS

The Five-Level Check-In

Find the cracks. Pick one small fix.

Score each prompt 1-10: 1 = needs attention, 5 = mixed, 10 = feels strong.
Leave unknowns blank. Choose one low-scoring area and one realistic action this week.
Use your scores for reflection, not comparison with other people. Date: _____

1. Physiological | Your basic needs

- ☐ I get enough restful sleep. ___ /10
- ☐ I eat regularly and get the nourishment I need. ___ /10
- ☐ I get enough fluids for my needs. ___ /10
- ☐ My basic physical needs and comfort are being met. ___ /10
- ☐ I make room for breaks and mental downtime, not just sleep. ___ /10

2. Safety | Security and stability

- ☐ I feel physically safe in my daily surroundings. ___ /10
- ☐ My living situation feels stable and secure. ___ /10
- ☐ I have a realistic plan for bills, savings, and financial setbacks. ___ /10
- ☐ I can access the care and medication I need. ___ /10
- ☐ My day-to-day life has enough stability and a workable plan. ___ /10

3. Love and belonging | Connection with people

- ☐ I have someone I can be honest with. ___ /10
- ☐ I have people I can turn to when I need help. ___ /10
- ☐ I maintain connections beyond my immediate family. ___ /10
- ☐ I feel accepted by people who matter to me. ___ /10
- ☐ I feel part of a group or community and participate in it. ___ /10

4. Esteem | Capability and respect

- ☐ I treat myself with basic respect. ___ /10
- ☐ I feel capable in important parts of my life. ___ /10
- ☐ I recognize my progress and what I have achieved. ___ /10
- ☐ The people around me treat me with respect. ___ /10
- ☐ I can make choices and speak up for myself. ___ /10

5. Self-actualization | Meaning and growth

- ☐ I spend time on things that matter to me. ___ /10
- ☐ I have opportunities to learn and develop. ___ /10
- ☐ My choices reflect my own values. ___ /10
- ☐ I make room for my interests, ideas, and creativity. ___ /10
- ☐ I take steps toward personally fulfilling goals. ___ /10

My one next step: _____

Inspired by Maslow. An INFORMEDISH reflection exercise, not a validated test or diagnosis.
You can work on more than one level at a time. informedish.ai/life-hacks