



Luscious Living Scorecard

A gentle snapshot, not a grade.

Circle one number in each area based on how supported you feel today.

1 = running on empty 10 = feeling resourced

NAME _____

DATE _____

Nourishment

I feel well fed and supported by how I eat.

☒ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☒ 10

Energy

I have steady energy for what matters.

☒ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☒ 10

Rest

I make space for enough sleep and restoration.

☒ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☒ 10

Movement

I move in ways that feel good and build strength.

☒ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☒ 10

Space

My schedule and surroundings give me room to breathe.

☒ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☒ 10

Connection

I feel connected to myself, others, and nature.

☒ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☒ 10



What is asking for your attention?

The area I want to nourish first is...

This score is showing me...

One small, supportive shift I can make this week is...

