



# *The Vitality Blueprint*

ACHIEVE WORK-LIFE BALANCE, BOOST  
VITALITY, AND PERFORM AT YOUR BEST

A Proven Framework for Busy  
Professionals to Thrive!

# About

This guide is designed for professionals, including executives, leaders, and entrepreneurs, who are focused on reaching their peak performance while taking control of their health, energy, and career success. It provides practical tools and strategies to help you optimize productivity, well-being, and growth. Inside, you'll find actionable questions and insights to identify areas for improvement in both your personal and professional life. These prompts encourage reflection on your habits, mindset, and routines, helping you make meaningful changes that enhance your overall effectiveness. This guide offers a balanced approach to achieving sustainable success—empowering you to work with purpose, maintain energy, and achieve your goals.



# Welcome to The Vitality Blueprint

In today's fast-paced world, we face mounting pressures that impact our energy, health, and overall performance, but true success is more than just professional achievements; it's about thriving in every aspect of your life.

This guide is designed to help you uncover the areas in your life that may need fine-

tuning to ensure you perform at your best—without burning out.

Whether you want to optimize your productivity, improve your health, or find a better balance between work and life, this blueprint will act as your compass toward achieving these goals.



*“Knowing  
yourself is the  
beginning of all  
wisdom.”  
- Aristotle*

# Identifying Energy Levels

**“Energy flows where attention goes.” - Tony Robbins**

Understanding your daily energy flow is key to identifying what fuels or drains you.

Knowing your energy ebbs and flows is crucial for maintaining productivity and well-being, especially in demanding professional environments.

By recognizing patterns in your energy levels, you can align your most important tasks with peak performance times and make adjustments that lead to significant improvements. Small, intentional changes to your daily routine can help you conserve energy, avoid burnout, and thrive both personally and professionally.

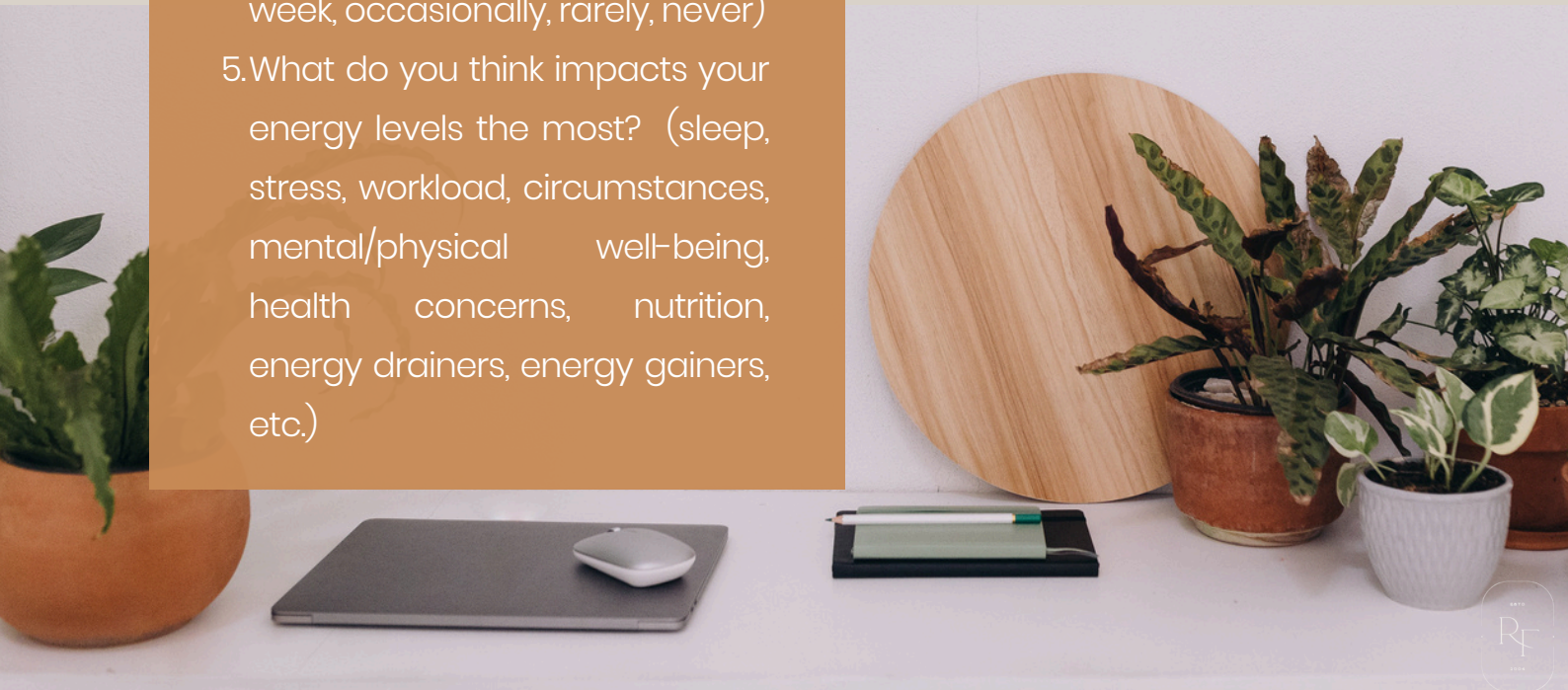
Let's take a closer look at your energy levels:



1. How would you describe your energy on a typical day? (low, fluctuating, consistent, good, high)
2. What time of day do you feel most energized? (never, early morning, mid-day, afternoon, evening, at night, all day/night)
3. Do you experience energy dips during the day/evening? (never, rarely, occasionally, daily, when? how long? Under what circumstances?)
4. How often do you feel too tired to engage in activities you enjoy outside of work, or struggle to complete work tasks effectively? (almost every day, during the week, occasionally, rarely, never)
5. What do you think impacts your energy levels the most? (sleep, stress, workload, circumstances, mental/physical well-being, health concerns, nutrition, energy drainers, energy gainers, etc.)



How do you rate your overall energy levels on a scale from 1 (very low) – 10 (very high)?



# General Health & Well-Being

**“Take care of your body. It’s the only place you have to live.”**

**- Jim Rohn**

Achieving balance begins with a comprehensive look at your physical and mental health.

Your physical, mental, and emotional health form the foundation of a balanced and fulfilling life. This section invites you to reflect on your current state of well-being and identify areas where proactive steps can lead to meaningful improvements.

By cultivating habits that support your health, you can create a lifestyle that enhances resilience, energy, and overall happiness.

Let’s take a closer look at how you currently prioritize your health, and which habits support or hinder your wellness goals.



1. Are you diagnosed with an illness, or do you experience frequent illnesses, infections, lingering pain, or any undiagnosed health concerns?
2. How often do you feel physically strong and capable in your daily activities? (Always, most days, it depends, not as often as I'd like, rarely, never)
3. How would you describe your mental and emotional well-being? (Strong, good, fluctuating, it depends, under strain, low)
4. What proactive steps do you take to maintain or improve your health and well-being? (Regular check-ups, preventive measures, self-care practices, stress management, nutrition, nurturing relationships/family/friends, hobbies, exercise, sports)
5. Are there any specific health-related goals or improvements you wish to achieve?



How do you rate your overall health and well-being on a scale from 1 (very low) – 10 (very high)?



REGINA FASOLD

# Stress & Emotional Well-Being

**"You can't always control what goes on outside, but you can control what goes on inside."**

**- Wayne Dyer**



Stress is an inevitable part of life, but how you respond to it makes all the difference. This section helps you identify your primary stress triggers and evaluate the effectiveness of your coping mechanisms.

By building emotional resilience and incorporating mindfulness practices, you can navigate challenges with greater ease and maintain a sense of calm and control, even in demanding situations.





How do you rate your overall stress and emotional well-being on a scale from 1 (very low) – 10 (very high)?

Let's take a closer look at your most common stress triggers.

1. What are your primary sources of stress? (Work, boss, co-worker, circumstances, family, finances, health, loss, etc.)
2. How do you currently manage stress? (Exercise, meditation, therapy, lifestyle, exercise, not at all)
3. Do you feel you have adequate emotional support in your life?
4. Do you experience symptoms of burnout such as exhaustion, lack of motivation, irritability, brain fog, difficulty concentrating, memory issues, anxiety, or depression?
5. Do you experience occasional or chronic anxiety or depression?

REGINA FASOLD

# Self-Image & Confidence

**"To love oneself is the beginning of a lifelong romance."**

**- Oscar Wilde**



Confidence and self-acceptance are vital to personal and professional success. How you perceive yourself directly influences how you show up in both personal and professional settings.

This section explores the connection between self-confidence, inner dialogue, body image, and performance. By developing a positive self-image, you can unlock greater potential, enhance self-esteem and confidence, and lead with authenticity and assurance.



How high do you rate your self-image and confidence on a scale from 1 (very low) – 10 (very high)?

Let's take a closer look how confident you are in your professional role and how happy you are with your self-image.

1. How would you describe your overall confidence in personal settings? (Strong and confident, good, occasionally not so confident, it depends on the situation, often less than what I'd like it to be)
2. How would you describe your overall confidence in your professional situation? (Strong and confident, good, occasionally not so confident, it depends on the situation, often less than what I'd like it to be)
3. When are you most / least confident?
4. How comfortable and positive are you about your body- and self-image? (Happy and confident, not perfect but confident, occasionally insecure, self-conscious about it, want to change)
5. Have you experienced recent changes in weight (gain or loss), and how do you feel about these changes?

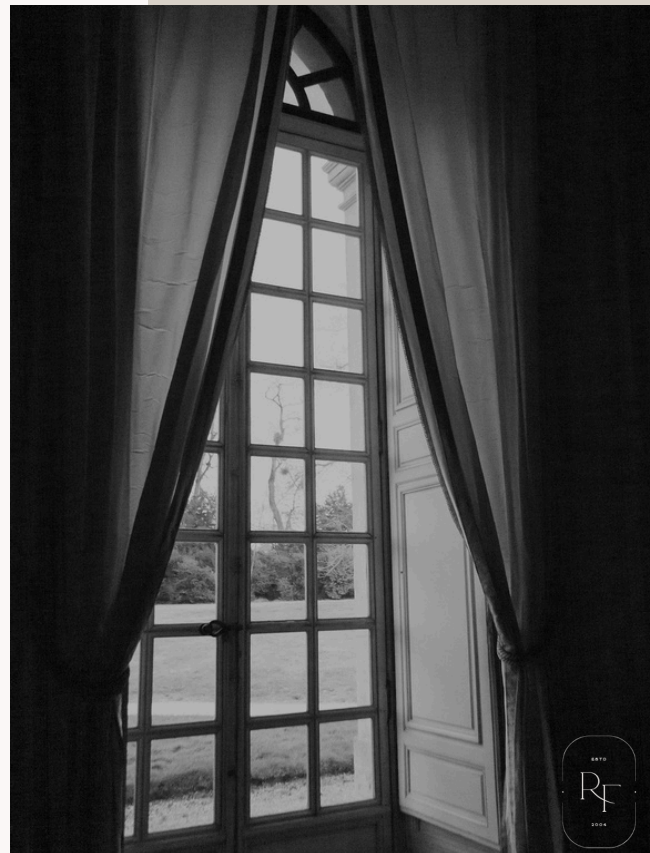
# Sleep & Recovery

**“Sleep is the golden chain that ties health and our bodies together.”**

**- Thomas Dekker**

Quality sleep is the cornerstone of mental clarity, sustained energy, and effective decision-making.

In this section, you'll explore how improving your sleep habits can have a transformative impact on your daily performance and overall well-being. Improving your sleep hygiene will help you establish routines that promote restorative rest and long-term resilience.



Let's take a closer look at your sleep routine.

1. How many hours of sleep do you typically get per night?
2. Do you have a consistent bedtime and/or wake-up routine?
3. Do you experience issues such as insomnia, snoring, or restless sleep?
4. Do you feel rested and alert upon waking?
5. Do you take naps during the day?



How do you rate the quality of your sleep and recovery on a scale from 1 (very low) – 10 (very high)?



# Nutrition & Hydration

**“Let food be thy medicine and medicine be thy food.”**

**- Hippocrates**

Fueling your body with proper nutrition and staying consistently hydrated are essential for sustained energy, focus, and overall health. What you eat and drink fuels or drains your body and mind. Proper nutrition and hydration can dramatically improve focus, stamina, and resilience.

In this section, you'll explore how intentional food choices can optimize your physical and mental performance every day.



Let's take a closer look at how your dietary habits support your health and energy and mental focus.

1. How often do you eat a balanced diet that includes protein, healthy fats, greens, vegetables, fruits, nuts and seeds? (Every meal, daily, a few days per week, occasionally, on the weekend, rarely)
2. How often do you eat on the go or skip meals due to your schedule?
3. How often do you eat processed foods and/or drink soda? (Daily, every once in a while, avoid it as much as possible, never)
4. Do you have any known food allergies or sensitivities?
5. What changes would you like to make in your eating habits?



How do your dietary habits support your health and wellbeing, on a scale from 1 (very low) – 10 (very high)?



# Physical Activity & Fitness

**“Movement is medicine for creating change in a person’s physical, emotional, and mental states.”**

**- Carol Welch**



Regular exercise is not just about physical health—it plays a vital role in stress relief, mental clarity, and overall well-being.

This section explores how you incorporate movement into your routine to enhance both your body and mind.







How do you rate your overall physical activity level and fitness on a scale from 1 (very low) – 10 (very high)?

Let's take a closer look at your strategies to overcome common barriers, or to follow an activity/fitness plan that aligns with your lifestyle and goals.

1. How often do you move/exercise? (Never, 1-2 a week, 3-5 a week, every day)
2. What types of exercise do you like to engage in? (Walking, cardio, strength training, yoga, other)
3. Do you experience any physical pain or limitations that affect your ability to exercise?
4. How effective is your current fitness routine?
5. What, if anything, is typically getting in your way of sticking with your fitness routine? Or what changes would you like to make?



# Relationships & Social Connections

**“A healthy relationship will never require you to sacrifice your happiness or health.”**

**- Unknown**



Strong, meaningful relationships are essential for emotional well-being and resilience. They also provide a crucial support system during challenging times.

This section encourages you to reflect on the quality of your connections, identify opportunities to nurture them, and improve communication. By recognizing the value of social support systems, you can build deeper, more fulfilling relationships that enhance your overall happiness and success.



How do you rate the quality of your relationships and social connections on a scale from 1 (very low) – 10 (very high)?

Let's take a closer look at the quality of your most important relationships and social connections.

1. How strongly do you feel connected to those closest to you?
2. What do you do to nurture your relationships?
3. How often do you spend quality time with the most important people in your life?
4. Do you have professional or personal mentors?
5. Are there relationships in your life that drain your energy, or that you'd like to strengthen or mend?



# Boundaries & Time Management

**“You have to decide what your highest priorities are and have the courage to say no.”**

**- Stephen Covey**

Effective time management and clear boundaries are essential for maintaining balance, reducing stress, and avoiding burnout.

In this section we explore your strategies to prioritize tasks, establish healthy boundaries, and regain control over your schedule. By saying no, prioritizing what’s most important, and managing your time intentionally, you can focus on what truly matters and achieve your goals with greater ease.



Let's take a closer look at your boundaries and time management.

1. What are your challenges to establish clear and effective boundaries between work and personal life?
2. How often do you find yourself overcommitting or saying yes when you want to say no? In what situations?
3. How do you prioritize your daily/weekly tasks and family/recreational time?
4. How much are you in control of your time and schedule? What are your biggest challenges?
5. How often do you schedule alone time for yourself for self-care, reflection, hobbies, planning, relaxation or exercise, etc.?



How do you rate the effectiveness of your boundaries & time-management on a scale from 1 (very low) – 10 (very high)?



# Success Habits and Routines

**“Motivation is what gets you started.  
Habit is what keeps you going.”**

**- Jim Ryun**

Your daily habits shape the trajectory of your life and career, your routines can either propel you forward or hold you back. Establishing success-oriented habits is key to achieving your goals.

This section explores your routines and if they align with your professional goals. By cultivating intentional habits, you can set the tone for success and maintain momentum throughout your day





How do you rate the effectiveness of your success habits and routines on a scale from 1 (very low) – 10 (very high)?

Let's take a closer look at your habitual routines.

1. What is your morning / evening routine?
2. Which of your habits contribute most to your daily success?
3. What habits would you like to eliminate or improve on?
4. How often do you take breaks during the workday?
5. If you could change one habit that could improve your life, health, or work, what would it be?



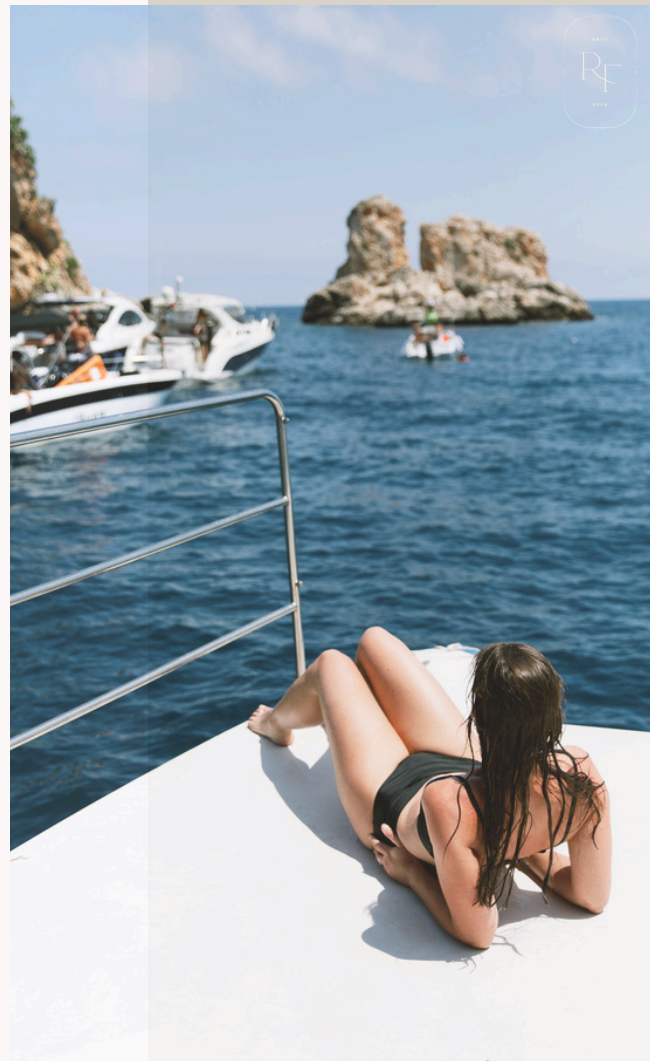
# Fun, Recreation, and Hobbies

**“We don’t stop playing because we grow old;  
we grow old because we stop playing.”**

**-George Bernard Shaw**

Taking time for fun and hobbies isn’t a luxury—it’s a necessity to keep you going and feeling at your best!

Recreation helps recharge your energy and sparks creativity and grit. Hobbies and recreation are essential for mental rejuvenation, focus, performance and overall well-being. By prioritizing leisure, you recharge your energy, prevent mental and literal burnout, and spark fresh ideas.





Let's take a closer look at your recreational habits.

1. What activities or hobbies bring you joy and relaxation?
2. How often do you make time for fun or recreational activities?
3. What hobbies or activities have you been wanting to try but haven't?
4. How easy/difficult is it for you to maintain a good balance between work and leisure activities?
5. How would the optimal balance look like for you?



How do you rate yourself in the fun, recreation, and hobbies section on a scale from 1 (very low) – 10 (very high)?

# Professional Expansion & Growth

**“Leadership and learning are indispensable to each other.”**

**- John F. Kennedy**



Continuous growth is key to staying engaged and fulfilled in your career. By investing in your development, you can unlock new opportunities and achieve greater levels of success.

Let's explore your habits to expand your skills and opportunities and advance your professional journey, including mentorship, skill-building, and strategic goal-setting.



How do you rate your professional expansion and growth on a scale from 1 (very low) – 10 (very high)?

1. What are your top professional goals for the next 1-3 years?
2. Do you feel respected and fulfilled – or excessively challenged – in your current role?
3. What skills or areas of knowledge do you want to develop?
4. What (if anything) is holding you back from reaching your professional goals?
5. Do you have a mentor, coach, or advisor for professional development?



# Work-Life Balance

**“You will never feel truly satisfied by work until you are satisfied by life.” - Heather Schuck**

Striking a balance between personal fulfillment and professional success is essential for long-term well-being, happiness, and success.

This section delves into the importance of maintaining harmony in your life and provides actionable strategies to help you prioritize what matters most. By creating balance, you can thrive both at work and at home.

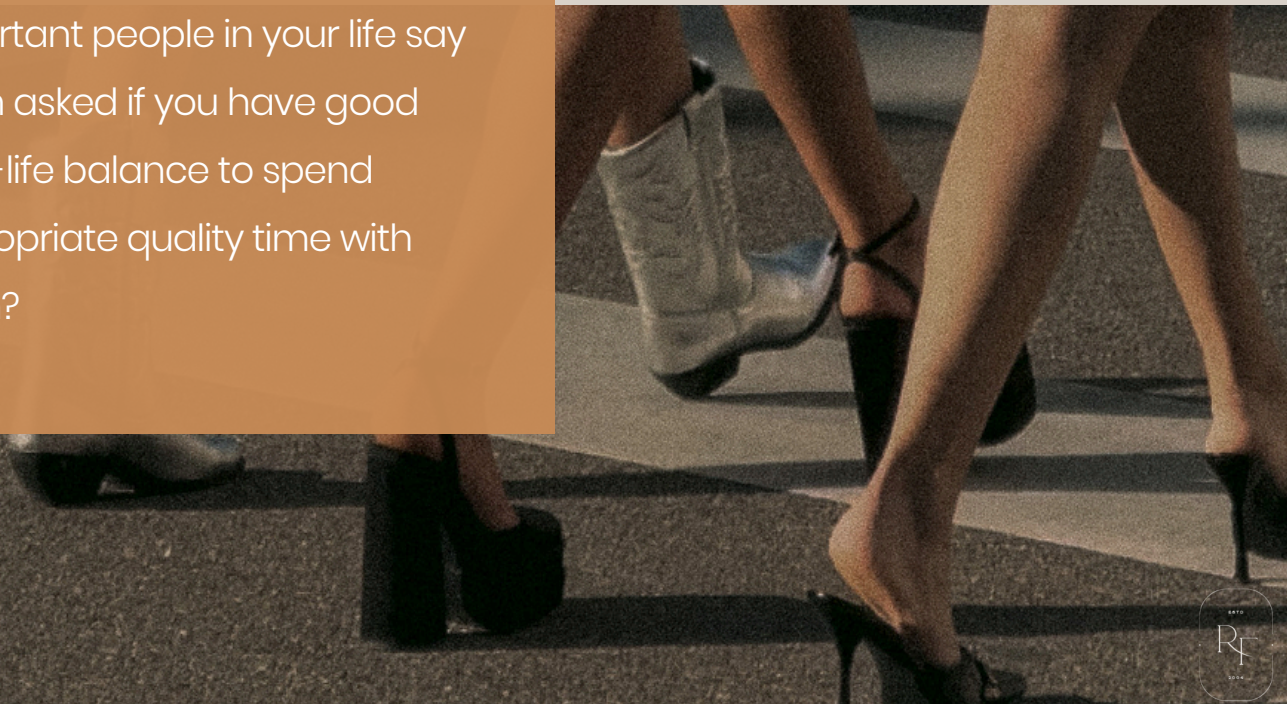


Let's take a closer look at your work-life balance.

1. How satisfied are you with your current work-life balance?
2. What barriers prevent you from achieving a better work-life balance?
3. What personal activities do you prioritize outside of work?
4. Do you take vacations or regular time off?
5. What would the most important people in your life say when asked if you have good work-life balance to spend appropriate quality time with them?



How do you rate your overall work-life balance on a scale from 1 (very low) – 10 (very high)?



# About Me

Hi, I'm Regina Fasold. As an executive coach, and licensed psychologist with over 20 years of experience, I empower high achievers to create transformative growth. My expertise spans leadership development, stress and health management, and navigating organizational change. The Vitality Blueprint invites you to join me on a journey to unlock your full potential, enhance your skills, and cultivate a life and career defined by health, vibrancy, and success. If you have any questions or wish to explore these areas further, please reach out – I look forward to connecting with you!



Regina  
♡

# Take the Next Step Toward Your Best Life



These insights are just the beginning. To turn these reflections into real progress, pick a section you can easily improve on, and do it! Small but consistent changes lead to big impactful results. Focus on one area for as long as it takes to develop a new habit before moving on to tackle the next goal. Clarity, a plan, and small and consistent action are key to a successful transformation.

Consider a free call with Regina to discuss some of the bigger challenges. Tackling bigger, more transformative changes often requires the guidance of a trained professional. As your coach, I can help you identify the right steps, develop tailored strategies, and provide a safe space to bounce off ideas. Together, we'll create a clear plan of action, and I'll hold you accountable while offering support through difficult transitions.

With the right mentor by your side, those big, overwhelming changes become manageable—and lasting transformation becomes achievable.

**Congratulations on  
completing the  
Vitality Blueprint!  
You've taken an important  
step in understanding  
your needs and priorities,  
and whether you're in the  
driver's seat of your life.**



Let's take the next step together  
to:

- Build a customized plan for sustained energy and focus
- Improve your overall health, clarity, and well-being
- Achieve your professional goals while maintaining a balanced life

**Book Your  
Complimentary Call  
Today!**





*Schedule a free call*


## And let's discuss your best first step!

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In our 30-45 minute consultation, we'll determine if we're a good fit. We'll discuss your current situation, goals, and how we can achieve sustainable change together. I combine empathy with a direct, solution-oriented approach and seek clients ready to embrace the truth for real progress. We'll outline the path forward, timeline, and investment needed.

**SCHEDULE YOUR CALL**

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