

# PROSPER Cheat Sheet

## **P – Purpose**

Purpose isn't about pressure to achieve or perform—it's about feeling connected to what truly matters to you and letting that guide your decisions. When you're aligned with your purpose, your actions feel meaningful and your energy feels well-invested. You don't have to have it all figured out, but your internal compass starts pointing toward resonance, not just responsibility.

Real-Life Examples of Purpose Alignment:

- Choosing work or projects that feel aligned with your values
- Saying no to things that don't feel meaningful, even if they're "impressive"
- Feeling energized by a sense of contribution or impact
- Letting clarity (not obligation) guide your calendar or priorities
- Feeling a deep "yes" in your body when something feels right

## **R – Response-Ability**

This pillar is about owning your power of choice. Instead of reacting from stress or old patterns, you practice responding with awareness and intention. Even when things feel chaotic, this is the part of you that can pause, ground, and respond in a way that supports your future self.

Ways Response-Ability Might Show Up:

- Pausing to breathe before answering a triggering text or email
- Choosing to move your body or rest instead of numbing out
- Shifting your tone or approach in a tough conversation
- Noticing your old pattern... and gently choosing something new
- Taking responsibility for how you show up (not for everything and everyone)

## **O – Openness**

Openness is the opposite of rigidity. It invites curiosity, wonder, and grace—toward yourself and others. When you're open, you can see new perspectives, evolve your story, and meet life with more possibility than protection.

Openness in Action Might Look Like:

- Catching judgment and replacing it with curiosity
- Listening to someone's experience without jumping to advice
- Letting go of "shoulds" and exploring what you actually want
- Admitting when something you believed no longer feels true
- Allowing a plan to shift because something better emerged

## **S – Self-Worth**

Self-worth is about knowing—deep in your bones—that you are inherently valuable. It's not earned, proven, or conditional. When you're rooted in your worth, you create boundaries, honor your energy, and stop outsourcing your value to what others think.

Signs of Rooted Self-Worth:

- Saying no without guilt
- Letting yourself rest without "earning it"
- Making choices that support your well-being, even if others don't get it
- Releasing the need to prove your value through productivity
- Feeling secure even when someone else doesn't validate you

# PROSPER Cheat Sheet (contd.)

## **P – Pleasure & Play**

This pillar reminds you that joy is a source of vitality and creativity—not just a reward for hard work. Pleasure and play regulate your nervous system, open your heart, and remind you that you're alive. When you welcome them in, everything becomes more sustainable.

Pleasure & Play Might Show Up As:

- Laughing with friends or taking a silly dance break
- Making art or exploring a hobby for no reason
- Wearing something soft, cozy, or expressive
- Creating rituals of delight—tea, baths, music, movement
- Letting yourself enjoy life now, not just when the to-do list is done

## **E – Embodied Alignment**

This is about coming home to your body's wisdom—using your felt sense and inner cues to navigate life. Embodied alignment honors your Human Design, your nervous system, and your emotional truth. It helps you move from force to flow.

Examples of Embodied Alignment:

- Making a decision by noticing how your body feels—not just what your brain says
- Tracking signs of contraction vs. expansion
- Choosing rest or movement based on your energy, not a schedule
- Letting your emotions guide you to insight instead of overriding them
- Feeling more “yourself” after saying yes—or no—from the body, not pressure

## **🌟 R – Resonance (The Natural Outcome)**

Resonance is the magic that emerges when you're living in alignment with the other PROSPER pillars. It's not something you chase—it's what finds you when you're being the most real, integrated, and alive version of yourself.