



VisionTorch's Pyramid of Needs Self-Check-in

Which Layer of Your Life Needs Attention Right Now?

Growth rarely stops because of motivation. More often, it stalls because one layer of your life isn't stable enough yet.

This quick self-check helps you identify where your attention can make the biggest difference right now.

You will rate different areas of your life from **1 to 3**, compare your scores, and choose **one layer to strengthen for the next week**.

Step 1: Rate Each Area

Use this simple scale:

1: Weak or neglected

2: Present but inconsistent

3: Stable and supportive

Fill the three boxes or write down the number that best represents your current situation.

Do not overthink your answers. Your **first honest instinct** is usually the most accurate.

Layer 1: Physiological (Energy)

Sleep quality:

Hydration:

Food / nutrition:

Movement / exercise:

Layer score: _____ / 12

Layer 2: Safety & Stability (Structure)

Daily routine / structure:

Financial breathing room:

Emotional safety in your environment:

Stress level / nervous system calm:

Layer score: _____ / 12

Layer 3: Connection & Belonging (Support)

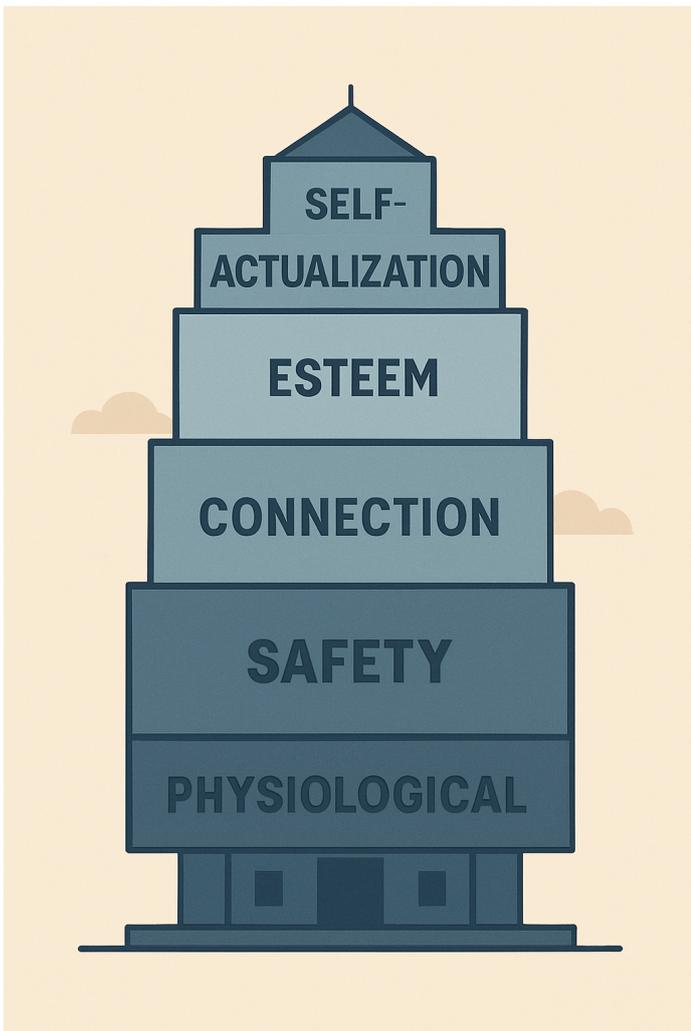
Supportive friendships:

Family connection:

Community / belonging:

People who encourage your growth:

Layer score: _____ / 12





If Your Lowest Layer Is:

- **Physiological: Strengthen Your Energy**

Sleep at least **7–8 hours per night**
 Drink **one glass of water every few hours**
 Avoid skipping meals
 Take a **20-minute walk daily**
 Exercise **2–3 times this week**

Small physical improvements often create **surprisingly large mental changes.**

- **Safety & Stability: Create Structure**

Build a **simple morning or evening routine**
 Review your finances and identify **one improvement**
 Reduce **one recurring source of stress**
 Set **one clear boundary** in your life

Stability allows your nervous system to **stop surviving and start building.**

- **Connection & Belonging: Strengthen Relationships**

Reach out to **one supportive friend**
 Schedule time with someone who energises you
 Join a **community, class, or group activity**
 Reduce time with people who constantly drain your energy

The right connections **multiply your ability to grow.**

- **Esteem & Growth: Build Self-Trust**

Complete **one task you have been avoiding**
 Practice a skill for **20 minutes each day**
 Keep **one promise to yourself daily**
 Share or publish something you created

Confidence grows from **evidence, not intention.**

- **Self-Actualisation: Align Your Direction**

Write down **three values that matter most to you**
 Define **one goal that feels personally meaningful**
 Spend time doing something that **uses your strengths**
 Reflect on how your actions align with the person you want to become

Self-actualisation is not about perfection.
 It is about **moving intentionally toward a meaningful direction.**



Step 4: Reassess After One Week

After your 7-day challenge:

Repeat the assessment.

Notice whether your score improved.

Observe whether another layer now needs attention.

Self-development is **not linear**.

Sometimes the most powerful move is simply reinforcing the right layer at the right time.

A Note From VisionTorch

Thank you for taking the time to work through this self-check.

Awareness is often the first step toward meaningful change, and by completing this exercise you have already done something most people rarely do: pause and reflect on the foundations of your life.

This framework is something I often use with my clients to help them understand which areas of their life need attention before trying to push for more growth or productivity.

In theory, the idea is simple: identify the weakest layer and strengthen it.

In practice, life is rarely that simple.

Responsibilities, habits, past experiences, and daily pressures can make it difficult to clearly see what needs attention or how to move forward.

If you feel like talking about your results and getting some feedback on what your next step could be, you're welcome to reach out.

You can visit my website (www.vision-torch.com) and book a short introductory call where we can look at your situation together and explore whether additional support might be helpful.

Sometimes a simple conversation can bring the clarity needed to move forward with confidence.

See you soon!

Samuele