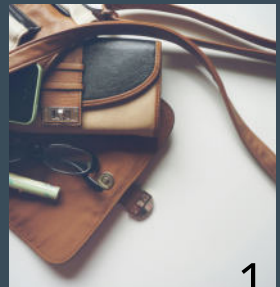
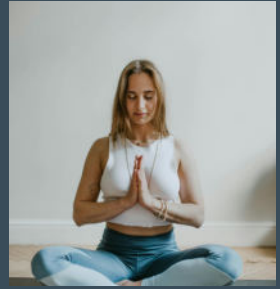
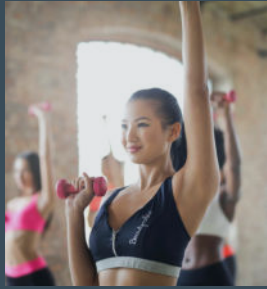
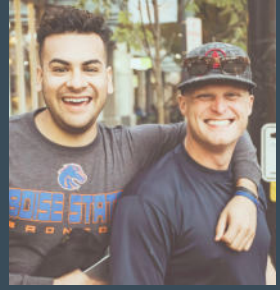


A HOW-TO GUIDE

# Analyzing the 5 Pillars of Life

Kyra A. Asic

[www.ChangeToBeFree.com](http://www.ChangeToBeFree.com)



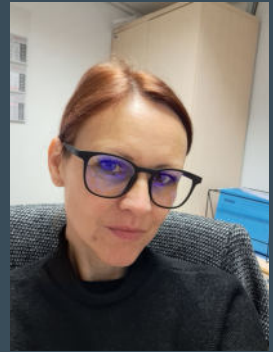
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NICE TO MEET YOU!

# Hi! I'm Kyra A. Asic

I am a social worker and a mother of two nearly grown children. Throughout my career, I have been dedicated to helping people enhance their quality of life. My mission is to support them in asking themselves the deep, honest questions and exploring what they genuinely want. I offer guidance and encouragement to help them pursue and achieve their goals.



After my divorce, I found myself at a crossroads where I needed to take a hard look at my own life and make meaningful changes. Going through that journey of self-reflection and transformation has deepened my understanding and commitment to helping others do the same. In this free eBook, I will guide you through analyzing your life, identifying areas for improvement, and envisioning the life you truly want to live.

*- Kyra A.  
Asic*

# Introduction

Since you have chosen this book, I assume you want more out of life. Perhaps you feel unsatisfied, unhappy, or that something is missing. Maybe a major chapter of your life has closed, and you're ready to start fresh, to open a new one.

Let me assure you that you have the power within you to create exactly the life you desire. While finances play a role, true change is about much more. Yes, it is essential to work within your means and stay realistic, but despite any challenges, you can uplift your life and improve its quality.

In this book, we embark on a thought-provoking journey of self-reflection and analysis, exploring the core aspects that shape our lives—family, health, career, hobbies, and home.

Through introspection and careful examination of each of these areas, you will gain deep insights and valuable wisdom. This process will empower you to align your goals and values with your current situation, setting you on a path to a fulfilling and purposeful life.

Change can feel intimidating. We often live in a familiar comfort zone, even when it does not make us happy, because it feels safe and predictable. We fear change because it represents the unknown, a place where the dynamics and rules are unfamiliar. But that is all it is—unknown. When we begin to make changes and step into this unfamiliar space, we will slowly start to know this new life, adapting to it. Soon, it will not feel “frightening and risky” anymore.

# Uncertain?

If you are uncertain about starting a new chapter, consider asking yourself:

- On a scale of 1 to 10, how satisfied are you with your life overall?
- How often do you wake up wanting to stay asleep and keep dreaming?
- Do you start each day with dread, or with excitement?
- How would you rate your energy and motivation levels?
- Are you feeling unfulfilled without fully understanding why?
- Does each day feel repetitive, lacking any sense of uniqueness?
- Are you stuck in a routine that feels limiting?
- Do you constantly feel burdened by responsibilities?
- Do you often feel overwhelmed, overshadowing your everyday experiences?
- Do obligations prevent you from finding moments to relax?
- How frequently do you reflect on whether you are on the right path?
- Have you ever imagined your ideal life in detail? Have you been able to make it a reality? Have you achieved your dreams?

The questions in this book are not a magic wand that will change your life just by reading them. You will need to act—but the rewards will be worth it.



# The 5 Pillars of Your Life

In life, you have five pillars representing the core areas of your life:

## 1. Family & Partner, Friends

This pillar encompasses your relationships with loved ones and close friends. It reflects the strength, quality, and support you receive and give in these connections.

## 2. Health & Fitness

This includes both physical and mental well-being. It reflects your habits around exercise, nutrition, rest, and stress management. A solid health foundation allows you to manage life's challenges effectively. Into this area, I have also included personal style and appearance.

## 3. Career & Finances

Your professional life, whether it is a job, business, or any form of work that contributes to your personal growth and financial stability. This pillar is about satisfaction, progress, and balance in your career pursuits.

## 4. Hobbies & Leisure Activities

These are your personal passions and interests outside of work and routine. Hobbies are essential for relaxation, creativity, and experiencing joy beyond responsibilities.

## 5. Organize Home

Your living environment and how it supports your well-being. A clean, organized, and comfortable home can positively impact your mindset and provide a space for relaxation and renewal.

Each of these pillars contributes to a balanced, fulfilling life. Evaluating and nurturing each pillar ensures that they work together to support your goals and sense of well-being.

# Action Plan

After you have answered all the questions, rate each area or “pillar” of your life on a **scale from 1 to 10**, where 1 means the area is highly depleted, and 10 means it’s vibrant, fulfilling, and needs no improvement.

Once you have rated the five pillars of your life, you have a foundation to honestly assess what kind of life you want, what might still be missing, and what steps are needed to create the life you envision. From this evaluation, specific steps and goals naturally begin to emerge.

**As you pursue these goals, always remember you are the creator of your life. You decide what works best for you.**

For a balanced, fulfilling life, each life-area must genuinely exist in your life, hold meaning, exist in the right measure, and it must be balanced with the others. In today’s fast-paced world, it is easy to let responsibilities push out these life-areas if you are not careful. Gradually, without noticing, you might find yourself letting go of hobbies, friendships, or other passions, either unconsciously or with the excuse that it is “temporary”—only to find they never return. This leads to a loss of opportunities for relaxation, creativity, and the “Feel Good” moments that balance daily routines.

Let us take a closer look at each life-area and analyze where you currently stand. In this book, I refer to these areas as the Pillars of Your Life.



## 1ST PILLAR: FAMILY, FRIENDS, PARTNER

1. What role does family play in my life, and how does it influence my decisions and happiness?
2. What meaningful connections and relationships do I have with my family members?
3. How can I strengthen and nurture these relationships?
4. Do I strike a healthy balance between personal aspirations and family commitments?
5. What lessons can I learn from my family's history and experiences?



This is your social network, your safety net that you can rely on for support and help when you need it. It is the circle of people with whom you can celebrate, have fun, share happy and sad moments, confide, and spend leisure time. They are an essential part of your existence. You do not need a vast circle if you are more introverted or prefer solitude, but you still need a social circle, even if it is smaller.

There is a lot of talk these days about how globalized our world has become, about how social media connects us across time and space. Yet, people are becoming more isolated, struggling with loneliness, lacking friendships, and often unable to have face-to-face conversations.



*In today's hectic world, it's easy to drift apart from loved ones. Take charge of your life and reconnect.*

*- Kyra A. Asic*



## Reflection Questions: Family and Friends

- ✔ What type of family do I have? Who are my family members?
- ✔ Which family members do I stay in touch with?
- ✔ Who are the family members that I find important to stay connected with, and who are not as essential?
- ✔ Which family members are good for me and have my best interests at heart? Which ones are toxic?
- ✔ Do I maintain connections with those who are good for me and who I wish to stay close to?
- ✔ How could I maintain regular contact with them? When? On holidays? Weekends? Through outings, visits, vacations?



## Reflection Questions: Parenting and Friends

- ✔ Do you have children? Are they young or grown up? What is your relationship with them like? Is it accepting, understanding, kind, with clear boundaries?
- ✔ Who are your friends?
- ✔ When was the last time you reached out—called a friend, colleague, acquaintance, or family member?
- ✔ When did you last meet up with them?

Take control of your social connections by creating a schedule for different types of gatherings (coffee, hobbies, parties, etc.) and invite your friends. Make a list of your friends, the ones you know personally, who bring joy to your life, and with whom you enjoy spending time. Include friends from high school, college, or past jobs, even if you have not seen them in a while. Reconnecting is always an option! A simple, “It’s been so long—let’s grab a coffee and catch up” is all it takes. Even if the reconnection is a one-time thing, that meeting can be truly valuable. While writing your list, feel free to add to it over time. You likely will not remember everyone all at once.

- ✔ Which friends are suited for which activities? Not everyone is interested in all your interests. Consider the following:
  - Friends for conversation
  - Friends for drinks
  - Friends for parties
  - Friends for picnics
  - Friends for family gatherings
  - Friends for hobbies
  - Friends for museum or gallery visits
  - And so on...

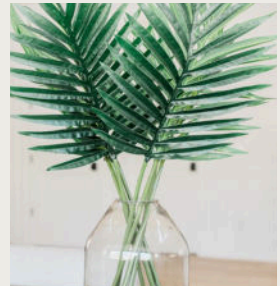
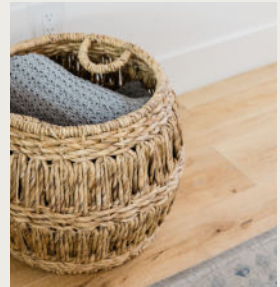
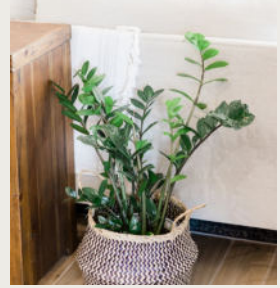
**Rate the pillar on a scale of 1 to 10:**  
1 indicates the area is highly depleted, while 10 means it is vibrant, fulfilling, and requires no improvement.

## Analyzing the 5 Pillars of Life

You can have many friends, colleagues, and acquaintances; they do not all have to have deep, intimate connections. Some can simply be companions for shared interests, allowing you to create enjoyable “Feel Good” moments together.

Given today’s busy pace, it is easy to lose touch with friends. Take control of your life—Take your power back!

Do not get hung up on whether someone else initiates or not. This is about you and your “Feel Good.” You may even be doing them a favor by inviting them out, giving them a break from their own unsatisfying routines, and offering a chance for them to enjoy a “Feel Good” moment as well. If someone consistently declines invitations for no valid reason, consider removing them from your list, they likely do not value the connection as much.



*Building connections with others  
enriches our lives and brings joy,  
support, and a sense of belonging.*

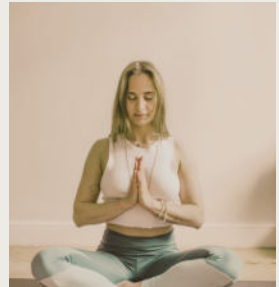
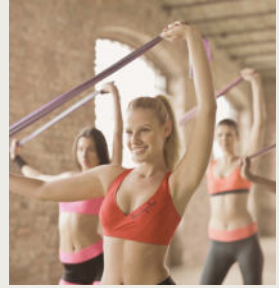
*— Kyra A. Asic*



## 2ND PILLAR: HEALTH, EXERCISE, NUTRITION

1. How do I prioritize my physical, mental, and emotional well-being?
2. What habits and routines contribute to a healthy lifestyle?
3. Am I satisfied with my current level of physical fitness and overall health?
4. What steps can I take to improve my well-being and prevent burnout?
5. How does my health impact other areas of my life, such as relationships and career?

Health is the foundation that allows you to live life fully—to go to work, care for your children, go on vacation, enjoy "Feel Good" activities, and lead life on your terms. As you are getting older, a healthy body will continue to be essential, as life does not stop with age. Without health, however, aging can bring frailty and potentially become a "burden" to family members—a situation most people wish to avoid. How can you support your health? Through diet, physical activity, and inner peace—the "holy trinity."



*Prioritize your health today, because a strong and vibrant body is the foundation for a fulfilling life.*

*— Kyra A. Asic*



## Reflection Questions: Diet

- ✔ What kind of food do you eat? Junk food, pre-prepared meals, fresh fruit, vegetables?
- ✔ How many meals do you eat a day?
- ✔ Are your meal portions large or small?
- ✔ Do you have a set time for meals or eat on the go?
- ✔ What food do you typically buy?
- ✔ Do you prepare a grocery list in advance?
- ✔ Do you plan your meals for the week ahead?
- ✔ How do you feel after meals?
- ✔ Do you have any food intolerances? Are you aware of them?
- ✔ Which foods support your health, and which ones do not?

Rate the pillar on a scale of 1 to 10:

1 indicates the area is highly depleted, while 10 means it is vibrant, fulfilling, and requires no improvement.

## Reflection Questions: Exercise

The human body is designed for movement, yet many people have jobs that require sitting for 8–10 hours a day, which can be harmful over time. Regular physical activity provides the body with oxygen, improves blood circulation, ensures cells receive nutrients, and helps release tension. It keeps muscles active, preserving their strength and flexibility, while also maintaining joint mobility.

I often joke that when I was twenty, I exercised to look good and stay slim. Now, I exercise to feel good and remain vital as I grow older.

- Do you move your body every day?
- If you have a desk job, do you take breaks to stretch?
- Do you go for walks?
- Do you walk to nearby locations, like the store or work?
- Do you use the stairs?
- Do you stretch regularly?
- Do you strengthen your muscles through resistance training?

Rate the pillar on a scale of 1 to 10:  
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**Is weight loss one of your goals? A vital body is a healthy body.**

- ✔ What steps are you taking to lose weight?
- ✔ What do you do to maintain your ideal weight?
- ✔ How much weight do you need to lose?
- ✔ What is a healthy diet?
- ✔ How can you combine meals in a way that supports your health?
- ✔ When was the last time you allowed yourself to take a full-body photo?

L<sub>1</sub> O<sub>1</sub> S<sub>1</sub> E<sub>1</sub>

W<sub>4</sub> E<sub>1</sub> I<sub>1</sub> G<sub>2</sub> H<sub>4</sub> T<sub>1</sub>

## Reflection Questions: Rest

Just as important as exercise and diet is getting enough rest. Being well-rested allows you to stay focused, active, creative, and efficient throughout the day. You are less irritable, with more willpower, motivation, and energy. Adults typically need 7–9 hours of sleep per night. If you struggle with sleep, try going to bed and waking up at the same time each day. For those of you with shift work, aim to create a regular sleep routine that best suits your schedule.

How developed is your sleep routine?

When do you go to bed?

When do you wake up?

How many hours do you sleep?

Do you wake up feeling rested?

Rate the pillar on a scale of 1 to 10:

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## Reflection Questions: Medical Concerns

- ✔ Are there any health issues you avoid addressing, even though it would benefit you?
- ✔ Or are there symptoms you have noticed that might indicate a health problem, but you have not gone for a checkup?



## Reflection Questions: Mental Health

The importance of mental health care is increasingly recognized. People face challenges such as depression, anxiety, and burnout more frequently.

- How do you take care of your mental health?
- Do you go for nature walks?
- Do you take full-day trips?
- Do you go on vacation?
- Do you meditate?
- Do you practice breathing techniques?
- Do you engage in mindfulness techniques?
- Do you spend time alone, enjoying your own company?
- Do you have hobbies?
- What is your self-love routine?

Do you allow yourself to cry when you feel the need to? The only way out is through. This phrase means that the only way to overcome or escape a difficult feeling is to face it head-on and work through it, rather than avoiding or bypassing it. So, Feel the feeling when it arises.

**Rate the pillar on a scale of 1 to 10:**  
**1 indicates the area is highly depleted, while 10 means it is vibrant, fulfilling, and requires no improvement.**

## Reflection Questions: Personal Style and Appearance

Whether or not appearance matters to you, expressing yourself through clothing can impact your mood and confidence. Even in the privacy of your home, wearing an old, stretched tracksuit can negatively affect your self-perception. This is like negative self-talk. It is not self-love. A worn-out outfit does not make you feel confident or valued. Even when you are alone, it's important to dress in a way that makes you feel good because you're important—especially to yourself.



Do your clothes reflect your essence?



Do you wear everything in your wardrobe?



Can you mix and match your clothes into stylish combinations?



Is your wardrobe full, yet you feel like you have nothing to wear? If so, it might be time to declutter and identify basic pieces that can be easily combined.



Do you wear accessories? They can significantly elevate the style of your outfit combinations.



How do you care for your hair, nails, and skin? What does your routine look like?

Rate the pillar on a scale of 1 to 10:

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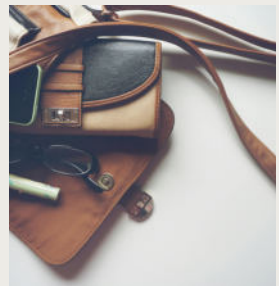
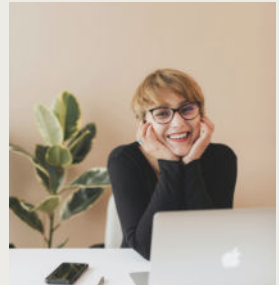
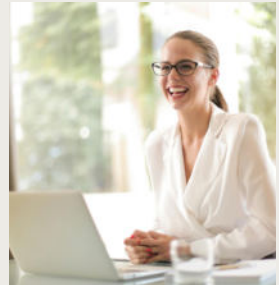
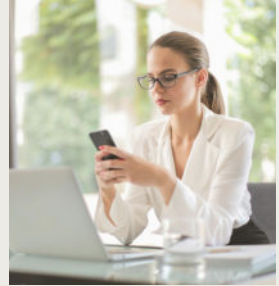
### 3RD PILLAR: CAREER, FINANCES

1. Am I satisfied with my current career path, and does it align with my passions and values?
2. What motivates me in my work, and how can I find greater fulfilment in my professional life?
3. Are there opportunities for growth and advancement in my current job or industry?
4. How do I strike a healthy work-life balance and avoid excessive stress?
5. What steps can I take to achieve my career goals and find greater meaning in my work?

Your job or business is an important part of your life, as you spend at least half of your time there. Key elements include:

- The team you work with
- The nature of work
- Salary
- Commute distance

For most people, work is a necessity due to the income it provides for essentials like food and bills. However, while salary is essential, your satisfaction often depends on the team you work with and the leadership in place. Even if your colleagues are not your closest friends, they are the people you spend more time with than family or friends. Commute distance can also be a significant factor. If you spend three hours commuting each day, it can impact your quality of life. That is why it is important to evaluate all four of these elements when analyzing this area of your life.



*The effort you invest in your work today lays the foundation for a stronger tomorrow*

*- Kyra A. Asic*

## Reflection Questions: Career, Finances

- ✔ What do I do for work?
- ✔ Do I enjoy the work I do?
- ✔ Does my salary cover my living expenses?
- ✔ Am I satisfied with my job?
- ✔ Do I have a good team to work with? Do we get along well?
- ✔ Am I on the verge of burning out? Am I chronically tired because of work?  
(Chronic fatigue can also come from home and family dynamics.)
- ✔ Do I have good working conditions?
- ✔ What are my expectations of this job?

If you are not doing what you want, consider what you want to pursue. If you have a job, you do not enjoy, remember that you can always seek another one. And, when you are currently employed, it is easier to search for a new, better job at your own pace. This allows you to calmly review job listings and consider what you would enjoy. You can connect with employers who interest you; even if they are not hiring now, they may be in the future. If they already know you, they will be more likely to consider you in the future.

Rate the pillar on a scale of 1 to 10:  
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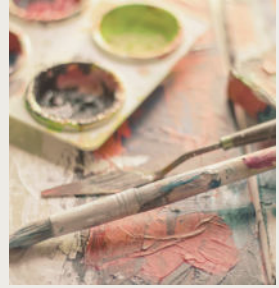
## For those who are unemployed and in need of work, create a structured job search plan and actively pursue opportunities.

- ✔ What type of job am I looking for?
- ✔ What skills and qualifications do I already have, and how can I highlight them? -Do I need to improve or acquire new skills for the job I want?
- ✔ What industries or companies align with my values and career goals?
- ✔ Am I open to relocating for the right opportunity, or do I need a job nearby?
- ✔ What is my minimum salary requirement to meet my financial needs?
- ✔ What work schedule suits me best (e.g., full-time, part-time, remote)?
- ✔ Do I prefer working independently, in a team, or a combination of both?
- ✔ How do I feel about the type of leadership or company culture I want to work in?
- ✔ Do I have a clear, updated resume and a compelling cover letter tailored for the positions I want?
- ✔ How will I organize my job search? (e.g., using job boards, networking, contacting recruiters)
- ✔ What is my strategy for networking and reaching out to potential employers?
- ✔ Am I prepared for job interviews? How can I improve my confidence and answers?
- ✔ What are my short-term and long-term career goals, and how is the job I am seeking align with them?
- ✔ What can I do to maintain motivation and resilience during the job search process?

## 4TH PILLAR: HOBBIES

1. What activities and interests bring me joy and fulfillment outside of work?
2. How do I make time for my hobbies and ensure they are an integral part of my life?
3. Are there any new hobbies or skills I want to explore?
4. Do my hobbies contribute to personal growth, relaxation, or self-expression?
5. How can I incorporate my passions into my daily routine to enhance my overall well-being?

Creativity is a significant part of life. Humans are inherently creative beings who crave creative expression. Even clothing, as mentioned before, is a form of self-expression. Creativity is the essence of our existence. It is the driving force that propels us forward. The type of creativity you pursue depends on what you enjoy: painting, drawing, music, video-making, building, fashion, makeup, film, theater, poetry, dancing, writing, photography, reading, architecture, design, crafting, editing, graphic design, and many more. Hobbies are “Feel Good” activities, a counterbalance to routine and responsibilities. They offer relaxation and stress relief. Hobbies can also be athletic, like climbing, fishing, golfing, rowing, hiking, and so on.



*We are inherently creative beings  
who crave creative expression.*

*- Kyra A. Asic*

## Reflection Questions: Hobbies

- ✔ What do I enjoy doing?
- ✔ What interests me?
- ✔ What hobbies have I pursued in the past and stopped?
- ✔ What did I enjoy as a child? What hobbies did I have?
- ✔ What hobbies do I admire in others?
- ✔ What do I need to start engaging in a hobby?
- ✔ How much time do I need to dedicate to my hobby?
- ✔ How much time do I have to dedicate to my hobby?
- ✔ When could I make time for my hobbies? How will I organize my time?
- ✔ Do I want to pursue my hobby alone, with a partner, or in a group?
- ✔ Where can I find a place or organization that offers my hobby of interest (e.g., a dance studio for salsa lessons)?
- ✔ How much money am I willing to spend monthly on my hobby? If money is an issue, look for hobbies that are not financially demanding or are free.

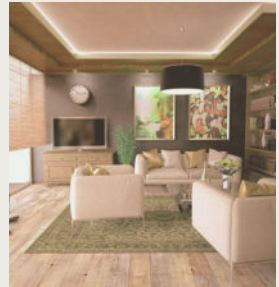
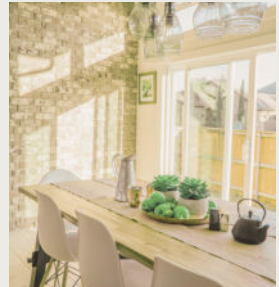
Rate the pillar on a scale of 1 to 10:

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## 5TH PILLAR: ORGANIZE HOME

1. What does home mean to me, and how does it reflect my values and personal style?
2. Do I feel a sense of comfort and sanctuary in my living space?
3. How can I create a harmonious and organized environment that supports my goals and aspirations?
4. Does my home facilitate positive relationships and a sense of belonging?
5. What changes or improvements can I make to enhance the overall atmosphere and functionality of my home?

A home should be a sanctuary—a safe haven to return to after a long day or even a short walk. It is also a space for self-expression, reflecting who we are and showcasing our unique characteristics.



*Home is our sanctuary, a place where we recharge and find peace, fueling our strength to face each new day with purpose and energy.*

*— Kyra A. Asic*



## Reflection Questions: Organize Home

- ✔ Am I happy when I come home? Do I feel good when I enter my home?
- ✔ Do I have a designated place to put my bag?
- ✔ Is there a comfortable spot to sit when I am tired?
- ✔ Do I have a cozy nook where I can retreat and relax?
- ✔ Take a tour of your home as if you were a guest visiting for the first time, starting from the front door, and going through each room. Do I like what I see? Is it clean, organized, and visually pleasing? Does the setup feel functional? Is there any clutter?

If your finances are limited, focus on what is feasible within your budget:

- ✔ What bothers me about my home?
- ✔ What would I like to add to my space?
- ✔ How do I envision my bedroom, living room, kitchen, children's room, or bathroom?
- ✔ What minor changes could make my space more enjoyable?

Rate the pillar on a scale of 1 to 10:

1 indicates the area is highly depleted, while 10 means it is vibrant, fulfilling, and requires no improvement.

If you are not fully satisfied with your home's functionality or aesthetic, and if finances allow, consider:

- Buying a new place
- Hiring an interior designer to collaborate with you on creating your ideal space
- Employing housekeeping helps to maintain a clean and tidy home.

## Reflection Questions: Decluttering and Simplifying

- ✔ What items do I no longer need or use? Declutter by removing things that are not necessary, functional, or loved.
- ✔ Walk through each room, identifying excess items that may be in the way.
- ✔ Check kitchen cabinets for dishes or utensils you rarely use. Consider organizational products that can maximize cabinet space.
- ✔ Sort through your clothes and shoes. What no longer fits, suits you? Donate gently used items to a second-hand shop. Clear out worn-out or damaged clothes—toss or recycle them.
- ✔ How can I declutter and simplify my home, so that it feels more spacious and organized for me and my family?
- ✔ Would painting the walls refresh the look of my home and create a more inviting atmosphere?
- ✔ How can I rearrange my furniture to give the space a fresh, new feel?  
·Have I done thorough cleaning of every area in my home lately?
- ✔ How can I organize and tidy storage spaces like basements or attics to make them more functional and accessible?
- ✔ What decorative touches can I add to my home to bring warmth and personality—such as candles, vases, picture frames, pillows, throws, lights, flowers, or decorative candleholders?

By making intentional changes, you can create a home that truly feels like your own sanctuary.

Rate the pillar on a scale of 1 to 10:

1 indicates the area is highly depleted, while 10 means it is vibrant, fulfilling, and requires no improvement.

# Change Your Life to be Free

## CONCLUSION

# Moving Towards a More Fulfilled and Authentic Life

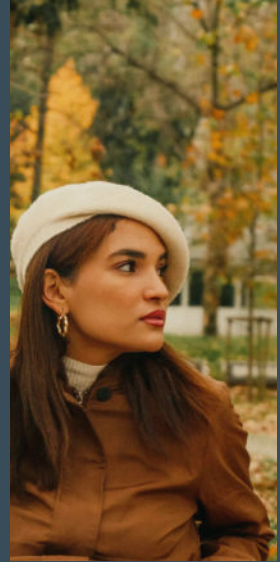
By exploring and analyzing the five pillars of family, health, career, hobbies, and home, we gain valuable insights into our lives and uncover areas for growth and improvement. The questions provided serve as a starting point for self-reflection and as catalysts for positive change. Through introspection and intentional action, we can align our lives with our deepest aspirations and build a more meaningful and fulfilling existence. Remember, the journey of self-analysis is ongoing, and by continually reassessing and adapting, we can lead a life of purpose and fulfillment.

Enhancing your quality of life and adding Feel Good activities does not mean you won't face challenges anymore; it means you'll minimize and prevent unnecessary obstacles right from the start. Life's hurdles and challenges will be easier to overcome, with support and guidance at your side. You'll experience joy and satisfaction, having regular Feel Good moments, and feel financially empowered.

### Remember!

- You are the creator of your life. Be initiative-taking.
- Operate within the realm of what is possible—forget the dream of “winning the jackpot”, and focus on building a life you love, step by step.

— Kyra A.  
Asic





*Kyra A. Asic*

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