



From insight to *action*!

YOUR WAVE

WAVE [noun]

A wave is a rhythmic movement of water: it rises, falls, and carries energy with it. Just like waves in the ocean, our personal energy moves in rhythms of effort and relaxation.

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Real impact doesn't just happen — it's something you build, one step at a time. This program is designed to make meaningful change easier, combining science, data and daily practice.

The questions in this booklet help you apply those insights in your own way. And remember: the best day to start changing is ~~tomorrow~~ *today!*

1 PURPOSE

Why did you sign up? What changes would you like to see in your life or work? Why is it important for you?

Change is most effective when you are clear about what you want to achieve.

2A ANALYSE

What stands out in your energy measurement?

- What causes stress for you?
- When do you recharge?
- Are your energy levels in balance between effort and recovery?

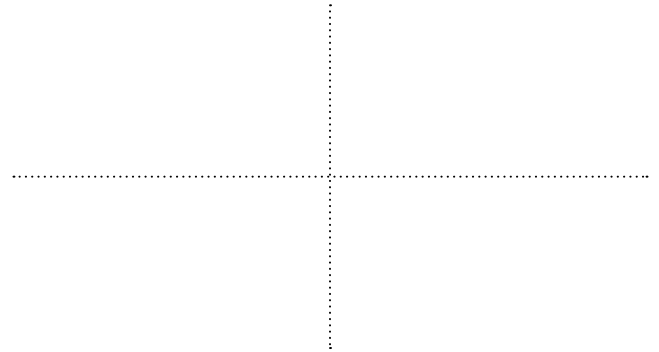
2B DISCUSSION

What do you want to discuss with your Onewave coach?

3B CHANGE

What do you want to change? Think of the 4 energy sources: physical, mental, emotional, and purpose.

✿ www.onewave.agency/en/4-energysources



3A MAINTAIN

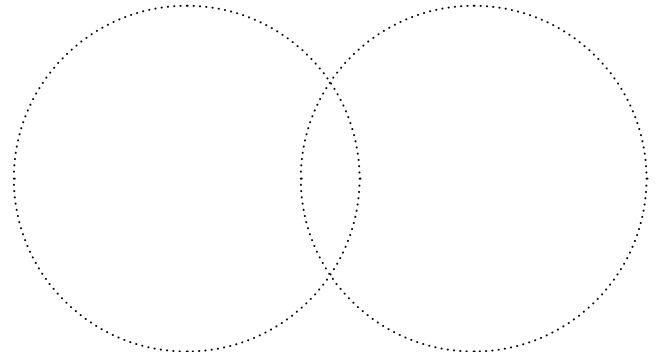
What's already going well? What do you do that positively contributes to your energy levels?

3C TINY HABITS

Which small new habit do you want to start at work? And which one in your private life?

It works best if you make it as concrete as possible.

✿ www.onewave.agency/en/tiny-habits



3D BEHAVIOR = TRIGGER × MOTIVATION × ABILITY*

- Who or what will remind you?
- How can you make it as enjoyable as possible?
- Will you succeed in the coming weeks?
If not, can you make it smaller? If yes, let's go!

* B.J. Fogg
* www.onewave.agency/en/fogg-behavioural-model

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4 EFFECT

What changes or effects are you noticing? What do you see in re-measurements?

Regular reflection helps you discover what truly keeps you energized.

Great job exploring more about yourself by participating in this program. Have fun trying new things and enjoy the little victories along the way. Ride your wave!

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