



THE CURRENT THEORY

Wellness Guide

UNDERSTAND YOUR ENERGY • SUPPORT YOUR HEALTH • LIVE WITH MORE CLARITY

Notice what drains your current, what restores it, and which supports make everyday life more sustainable.

1. HYDRATION HABITS

Nourish Your Current

Use this space to notice the hydration habits that support how you feel.

- ☐ Morning hydration goal: _____
- ☐ Electrolyte source I use: _____
- ☐ My water reminder system: _____
- ☐ How hydration affects me: _____

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4. HIGH-CURRENT PLANNING

Use Good Days Wisely

When more energy is available, plan intentionally without borrowing too much from tomorrow.

- ☐ Tasks I batch on high-current days: _____
- ☐ What I prepare ahead: _____
- ☐ My pacing strategy: _____
- ☐ Planning tool or method: _____
- ☐ Rest buffer I build in: _____

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2. COMFORT KIT

Your Personalized Toolkit

Create a go-to collection of practical comforts for lower-current or flare days.

- ☐ Heat/cold therapy: _____
- ☐ Comfort item (texture/sensory): _____
- ☐ Easy snacks or essentials: _____
- ☐ Calming sensory tools: _____
- ☐ Where I rest: _____

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5. SUPPORTIVE ENVIRONMENT

Design Your Space

Small shifts in your surroundings can lower the current load.

- ☐ Lighting adjustments: _____
- ☐ Sound adjustments: _____
- ☐ Easy-access station: _____

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3. GROUNDING RITUALS

Come Back to Center

Grounding practices can help you settle, reconnect, and make room for what you need.

- ☐ Morning grounding habit: _____
- ☐ Go-to breathwork or body scan: _____
- ☐ Nature/outdoor practice: _____
- ☐ Evening wind-down ritual: _____

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THE INFINITY CONNECTION

The infinity symbol reflects the ongoing, non-linear nature of living with chronic illness - where rest, flares, healing, progress, and hope can all exist at the same time.



Same journey. More clarity. Always forward.

NOTES & REFLECTIONS

