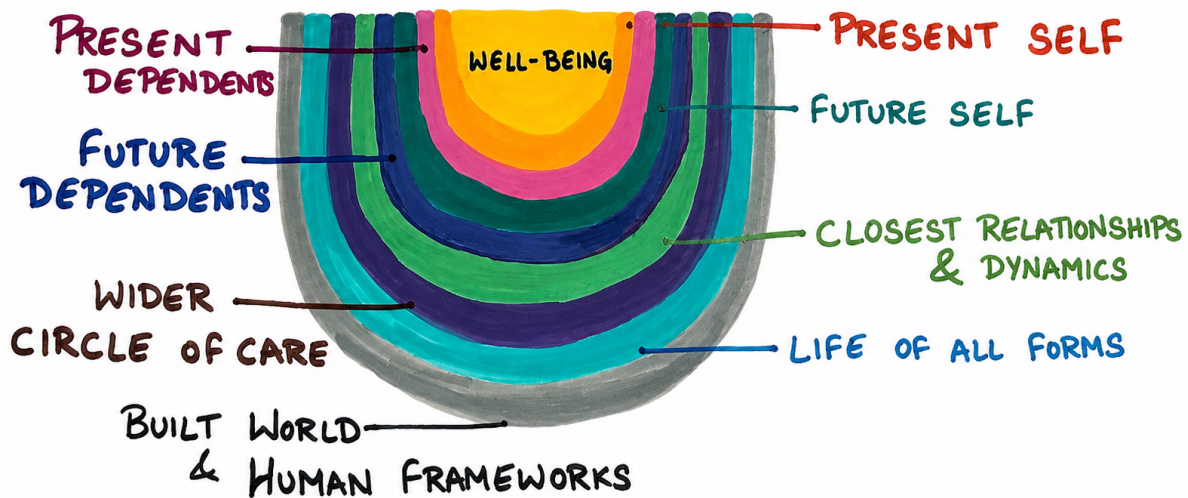


The Life-Centered Bowl of Well-Being

A decision framework for figuring out what needs you first - not by what matters most, but by what's closest to breaking.



**Care radiates outward from capacity.
Capacity is protected inward.
Worth is equal across layers.
Urgency is not.**

A need belongs closer to well-being when leaving it unmet would compromise your capacity to function, remain regulated, or safely show up for the layers around it - right now.