

the culture gardener.

The Four Pillars Wheel

A check to see where your life stands today. By The Culture Gardener

How to Use This Tool

Rate each statement below from **1 to 5** using this scale:

- **1** = Rarely true
- **2** = Sometimes true
- **3** = About half the time
- **4** = Often true
- **5** = Almost always true

Add up your scores for each section. Each pillar scores between **4 and 20**.



Pillar 1: UNMASK (Truth & Identity)

A low score here often reveals how much hidden energy you spend managing how others perceive you.

1. I can say what I really think without rehearsing it first.
Score (1 to 5): _____
2. I act the same way at work, with family, and with friends.
Score (1 to 5): _____
3. I rarely feel I am performing a version of myself.
Score (1 to 5): _____
4. I can name the beliefs that hold me back.
Score (1 to 5): _____

Unmask Total: _____ / 20



Pillar 2: RESTORE (Health & Vitality)

A low score points to an energy leak where routine and burnout are outpacing your recovery.

- 5. I wake up with energy most days.
Score (1 to 5): _____
- 6. I move my body regularly in a way I enjoy.
Score (1 to 5): _____
- 7. I switch off properly and rest without guilt.
Score (1 to 5): _____
- 8. Joy and curiosity have a real place in my week.
Score (1 to 5): _____

Restore Total: _____ / 20



Pillar 3: CONNECT (Presence & Relationships)

A low score highlights where isolation or performative relationships are keeping you armored.

9. I have people I can be completely honest with.

Score (1 to 5): _____

10. I feel I belong in at least one community or group.

Score (1 to 5): _____

11. My close relationships feel honest and two-way.

Score (1 to 5): _____

12. I am kind to myself when things go wrong.

Score (1 to 5): _____

Connect Total: _____ / 20



Pillar 4: DESIGN (Alignment & Action)

A low score means you are reacting to life's demands rather than steering your own path.

13. I can describe the life I want in a few clear sentences.

Score (1 to 5): _____

14. I know my top values and use them to decide.

Score (1 to 5): _____

15. I follow through on the changes I decide to make.

Score (1 to 5): _____

16. I have a clear next step for the next 90 days.

Score (1 to 5): _____

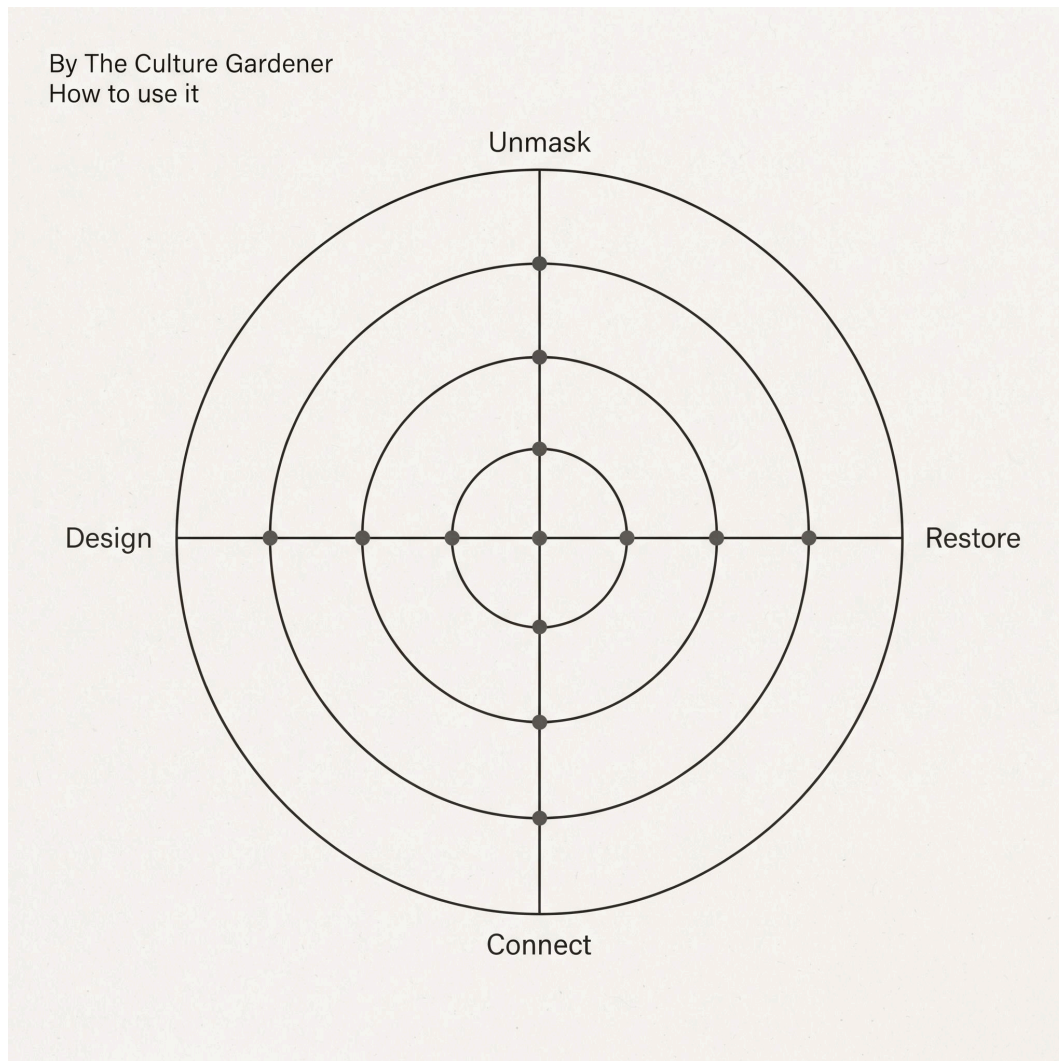
Design Total: _____ / 20

What Your Scores Mean

- **4 to 9 (An Energy Leak):** This is a critical friction point. It's where your armor or exhaustion is costing you the most daily momentum. This is your primary starting place.
- **10 to 15 (Developing):** The foundation is there, but consistency fluctuates under pressure or corporate stress.
- **16 to 20 (A Strength):** This pillar is currently supporting you and serving as an anchor in your life.

Plot Your Wheel

Mark each pillar total on its corresponding spoke below, then connect the four points to map your current life shape. Use a scale of **4 at the center**, moving outward to **8, 12, 16, and 20 at the rim**.



Deep Reflection & Integration

Take your time with these prompts. Growth begins where awareness meets honesty.

1. **The Core Contrast:** Looking across all four pillars, where is the greatest disconnect between how you want to live and how you are actually operating right now?

2. **The Price of Performance:** Which specific statement or score surprised you the most, and what is maintaining that pattern costing your daily energy?

3. **Unexamined Armor:** Where in your professional or personal life are you currently working the hardest to keep up appearances, and what would happen if you dropped that armor for just one day?

4. **Honest Connection:** Who in your life currently sees the unfiltered version of you, and where are you feeling the most isolated or guarded?

5. **The 90-Day Horizon:** If you could only shift one habit or pattern over the next three months to radically alter your baseline vitality, what would it be?

6. **What I Need to Bring to Coaching:** Looking at your lowest pillar and these reflections, what is the core truth you are ready to stop carrying alone?

Ready to Turn Insight Into Action?

Your lowest scoring pillar and what you wrote down in your reflection above is the exact friction point we should start with. You don't have to carry the weight of masking or figure out the architecture alone.

This check is designed to give you clarity, not a diagnosis. If you'd like to talk through what your wheel is revealing, bring this completed sheet to a conversation.

Book your FREE Discovery session [here](#).