

Yellow Lights Check

FIELD TOOL

The Yellow Lights Check. Once a week, read the questions for each area and circle a color: green (steady), yellow (slipping), or red (needs attention now). Then write one action for any area that is yellow or red.

1. Inner Life or Faith How connected do I feel to my purpose and inner life? When did I last feel real peace?	Circle one: Green Yellow Red
2. Family How healthy do things feel at home? Am I carrying the emotional weight for everyone?	Circle one: Green Yellow Red
3. Closest Relationship How connected and safe do I feel with the person closest to me? When did we last talk about something other than logistics?	Circle one: Green Yellow Red
4. Friends Do I have friends who tell me the truth? When did a friend last check on me without me reaching out?	Circle one: Green Yellow Red
5. Career Does my work still line up with my values? When was I last energized by what I do?	Circle one: Green Yellow Red
6. Finances Does money keep me up at night? Do I have a plan, or am I in survival mode?	Circle one: Green Yellow Red
7. Health and Movement Do I wake up rested? Does my movement restore me or drain me?	Circle one: Green Yellow Red

8. Fun

Circle one: Green Yellow Red

When did I last do something just because it brought me joy?

What is on my calendar that is not work or obligation?

READING YOUR COLORS

Mostly green: Keep doing what works. Name the one area most likely to slip in a busy season.

One or two yellow: Pick one action for each this week. Small is fine.

Three or more yellow, or any red: Tell one person you trust, and talk with your supervisor about your load.

Two or more red for two weeks in a row: That is not a bad week. It is a pattern. Act now, and talk with your doctor.