

TRIANGLE OF  
LIFE



GROWTH, BALANCE, AND TRANSFORMATION

# The Triangle of Life

Welcome to The Triangle of Life, a transformative journey designed to help you uncover what's truly holding you back, meet your deepest needs, and build the life you deserve. This is more than a journal—it's a conversation with yourself, a mirror for your soul, and a roadmap for long-lasting growth.

## WHY THIS JOURNAL IS DIFFERENT?

Life isn't always straightforward, and neither is growth. We all have areas in life where we feel stuck, unfulfilled, or overwhelmed. The Triangle of Life is here to help you untangle those feelings and reconnect with what really matters.

Inspired by timeless frameworks of human fulfillment, this journal dives into the areas that shape your life—your foundation, your security, your connections, your confidence, and your purpose.

What makes this journal unique is its structured, step-by-step approach to healing and growth. You'll explore the deeper layers of your life in a compassionate way, uncover actionable insights, and develop the tools you need to thrive.

## THE GOALS OF YOUR JOURNEY

In The Triangle of Life, your journey has one focus: to create a life you're proud to live.

Along the way, you'll:

1. Rediscover Your Needs: Gain clarity on what's missing and why it matters.
2. Heal & Rebuild: Address the pain points that keep you stuck and create a foundation for lasting stability.
3. Enhance Emotional Resilience: Learn how to manage challenges with strength and grace.
4. Reclaim Your Confidence: Reconnect with your worth and step boldly into your unique potential.
5. Define Your Purpose: Build a meaningful vision for your future and take steps toward it, one day at a time.

# You're Probably Not Going To Read This

This journal isn't a race—it's a journey. A journey of self-discovery, healing, and growth that is entirely your own. Take your time with it.

Some days, the words will flow easily; other days, it might feel harder to face what's on the page. That's okay. The goal isn't to rush to the end but to honor every moment you spend reflecting, dreaming, and writing.

You've probably heard it said before: "Goals that aren't written down are just wishes." People like Oprah Winfrey and Jim Rohn have stressed the power of writing things out—not just as a habit but as a way to breathe life into your goals and manifestations. Your words have power. Use them.

But here's the truth: most people don't stick with things long enough to see real change. They start strong, but when life gets busy or hard, the journal collects dust, the goals fade, and they fall back into old patterns.

Don't let that be you. And if it has been you in the past, let this be the time you prove yourself wrong.

Consistency is what bridges the gap between where you are and where you want to be. Even when you don't feel like it—even when progress feels slow—keep showing up for yourself. Write it down.

Work through the tough questions. Stay with it, because every step forward, no matter how small, is a step toward the life you deserve.



# You're Probably Going To Need This

And when you need a little reminder to stay on track, we've created something special. Our Faith, Created with Purpose, and Victory hoodies aren't just cozy—they're designed to remind you of who you are and the journey you're on. When you wear them, let them be a symbol of the promise you've made to yourself to keep going.

This is your moment. Don't rush it. Don't abandon it. Write it out. Believe in it. And most importantly, believe in yourself. You've got everything it takes to make this time different.

WARM | COMFORTED | EMPOWERED

WEAR IT TO REMEMBER.

WEAR IT TO FEEL GROUNDED.



I WANT ONE



<https://www.rollpretty.com/see/hoodies>



## MEET THE AUTHOR

**Roll Pretty**  
pretty starts in the mind

You. We're all about you. Our journey explores Metaphysics and Psychology, arming you with dynamic tools to empower your mind and manifest profound changes in your life.





## HOW IT ALL COMES TOGETHER: THE UNIQUE METHODOLOGY

In The Triangle of Life guided journal, we guide you through a step-by-step journey of self-discovery and healing. This isn't a random exploration—it's a carefully designed process that grows deeper with each step. You'll begin by reconnecting with your core self, building a strong foundation of understanding.

From there, you'll gently uncover and release past wounds and suppressed emotions. As you progress, you'll identify practical insights to create meaningful change, strengthen your emotional resilience, and weave these lessons into the fabric of your daily life. Each phase is purposeful, leading you closer to lasting growth and fulfillment.

## HOW TO ENGAGE WITH THIS JOURNAL

Feel free to work through this journal at your own pace, and remember, this is a judgment-free zone. Your level of honesty and engagement will directly influence the outcomes of this transformative journey.

### DISCLAIMER

While this journal aims for emotional growth and self-awareness, it is not a substitute for professional medical or psychological care.

# Initial Self-Assessment

Life can feel like a juggling act, and sometimes it's hard to see where we're thriving and where we need extra care. This self-assessment is a simple way to check in with yourself and uncover the areas of your life that might need a little more love and attention. Think of it as a starting point, a way to gain clarity and set intentions for a more balanced, fulfilling life.

## INSTRUCTIONS

- **Rate Yourself Honestly:** Answer the questions for each category on a scale of 0–10.
- **Shade Your Progress:** Use the bar graph to shade in your score, creating a visual representation of where you are.
- **Reflect:** Notice which areas are thriving and which could use more care.

This is your space—no judgment, just discovery. Take your time and be gentle with yourself.

## DISCLAIMER

Note: This tool is not meant to diagnose or replace professional guidance. It's a personal reflection exercise to help you gain clarity and take actionable steps toward a balanced and fulfilling life. Progress isn't about perfection—it's about awareness and consistent effort. Be kind to yourself as you navigate this journey.

# Understanding the Inspiration

## BEHIND THE TRIANGLE OF LIFE

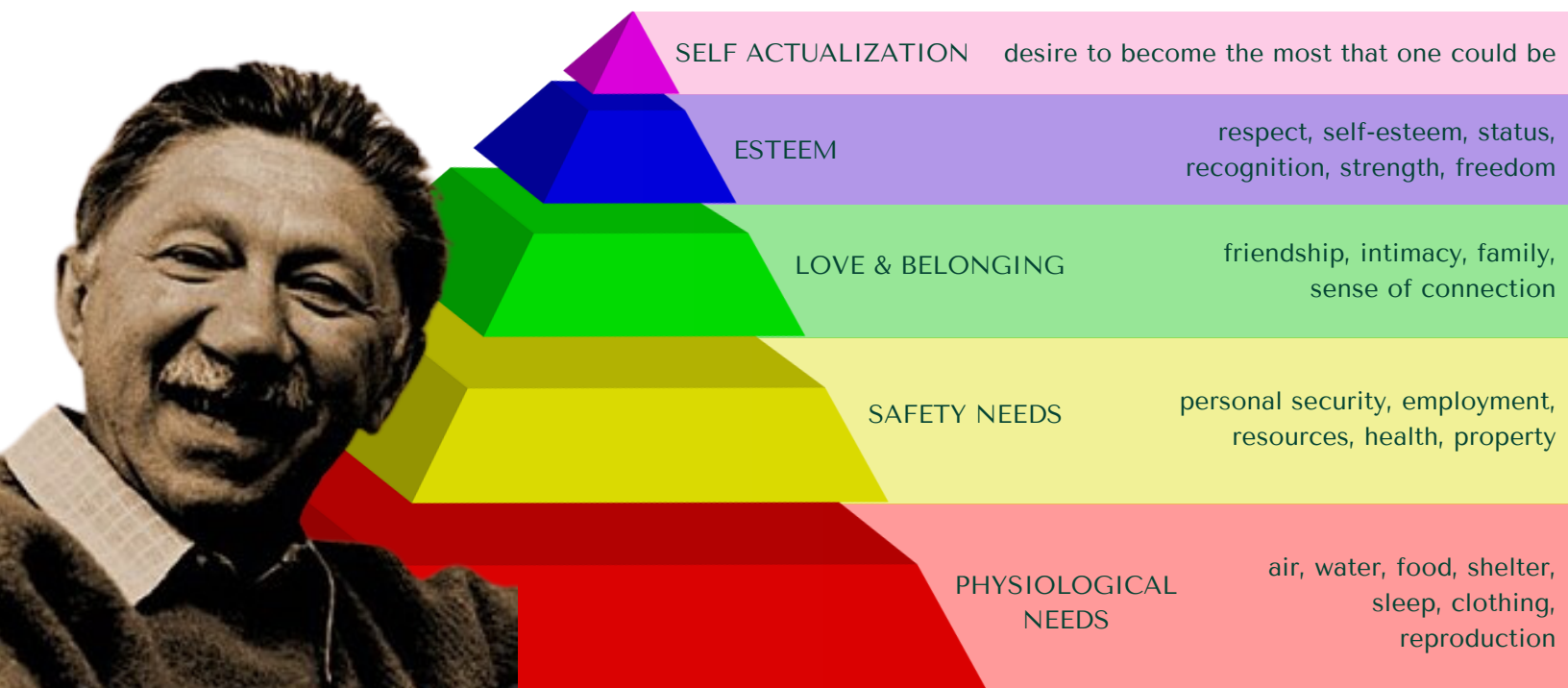
The Triangle of Life guided journal draws its foundation from the groundbreaking work of psychologist Abraham Maslow, who introduced the Hierarchy of Needs in 1943. Maslow's triangle offers a framework for understanding human motivation, showing that our growth is deeply connected to how well our needs are met—starting with the basics and rising toward our highest potential.

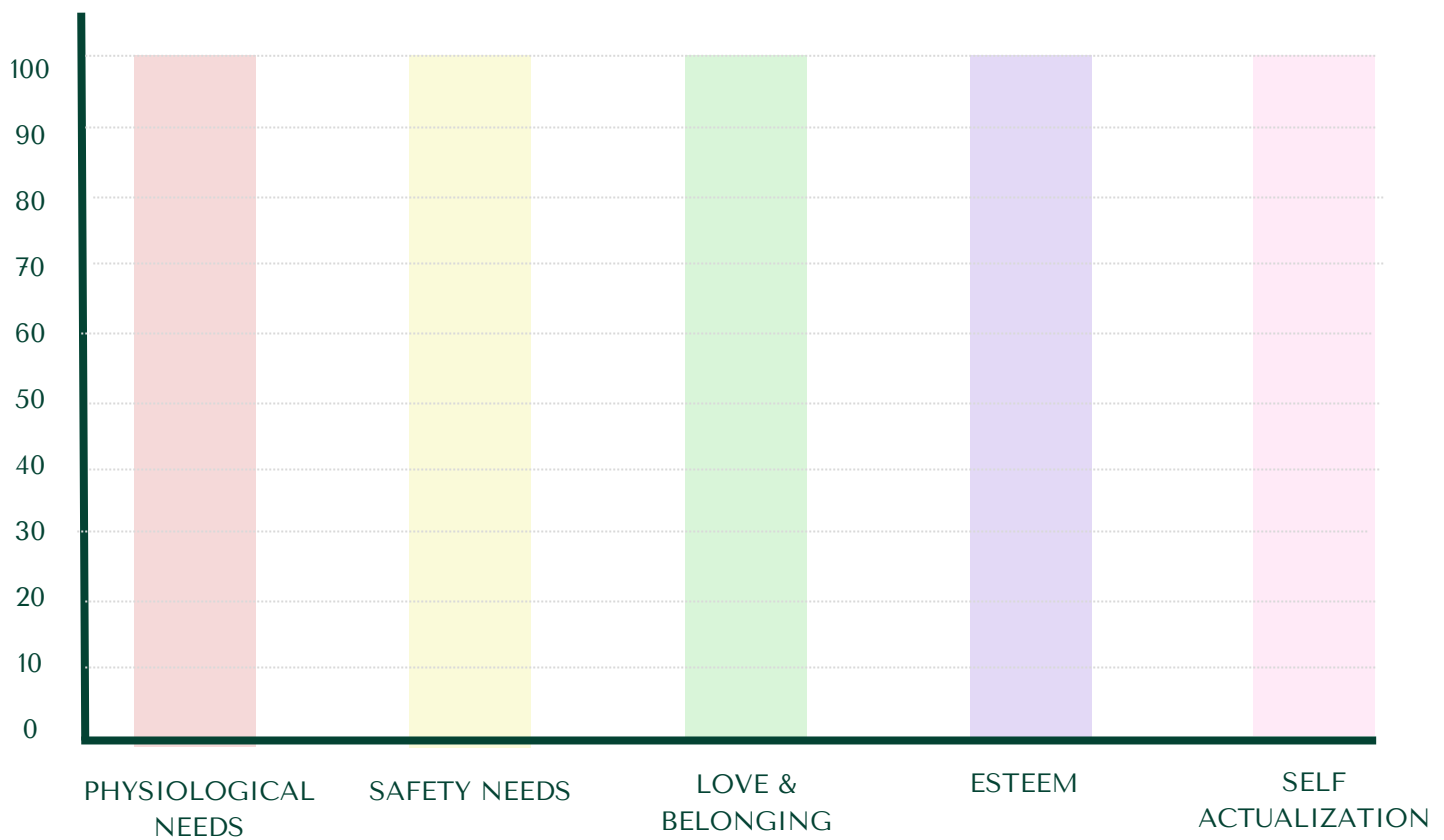
At the base of the triangle, Maslow identifies our physiological needs, like air, water, and food, as essential for survival. As we move upward, we encounter needs for safety, love and belonging, esteem, and ultimately self-actualization—the realization of our fullest potential.

This journal is inspired by Maslow's insight but reimagined for modern life. The Triangle of Life isn't just about meeting needs; it's about creating a space for self-reflection, growth, and intentional living. By breaking down each area into actionable steps, this resource guides you in nurturing your foundational needs and working your way up toward a life that feels balanced, fulfilling, and uniquely yours.

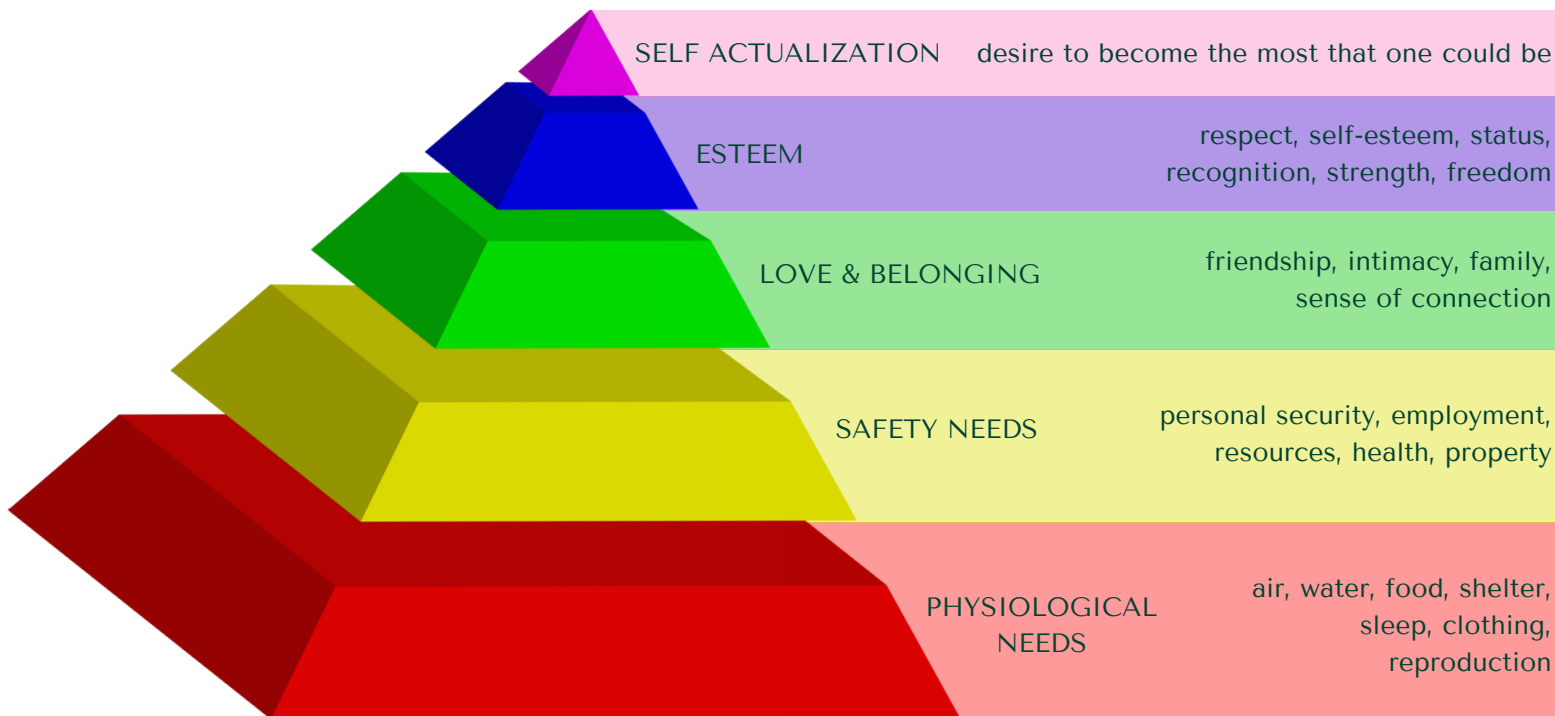
Maslow's work reminds us that growth is a journey, not a destination. And while the Triangle of Life is rooted in his wisdom, it's designed for your personal experience—because your story, your path, and your triumphs are your own.

Use this journal as a tool to take what Maslow started and make it your own. This is your journey to self-discovery, one step at a time.





- Needs a lot of attention (shade up to 20%).
- Some progress, but still room for growth (shade up to 50%).
- Doing well but could use refinement (shade up to 80%).
- Thriving in this area (shade up to 100%).



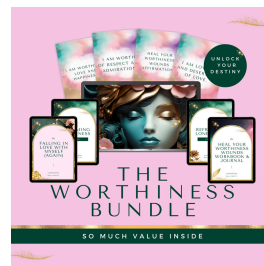
# When You're Ready to Go Further

FOR THE PARTS OF YOU THAT NEED EXTRA CARE

The Triangle of Life touches so many layers of who we are, but sometimes a single layer calls out for more attention, more care, more healing. If you find yourself needing to explore a part of your life more deeply, we've created a growing library of resources designed to meet you right where you are.

This isn't just a collection of tools—it's a space for transformation, a sanctuary for your personal growth. And we're constantly adding to it, inspired by your journey and what you need most.

Here's what others in our community have found most impactful so far.



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**PART 1**  
**PHYSIOLOGICAL  
NEEDS**

**AIR, WATER, FOOD, SHELTER, SLEEP, CLOTHING, REPRODUCTION**







**TAP INTO YOURSELF**

**JOURNAL :**

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## ACTION WORK

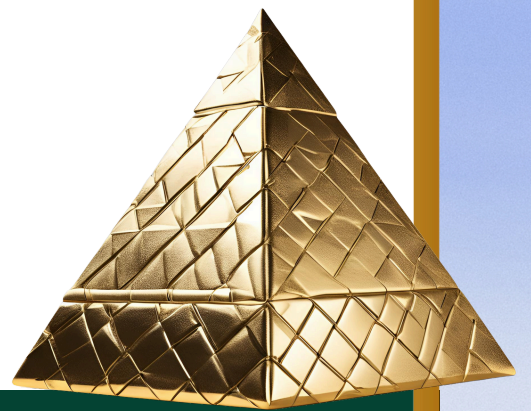
Create a checklist of your physical needs for the week (hydration, rest, meals, etc.). Commit to checking off one item daily.

# Self-Care Checklist

Self-care isn't an act but a loving commitment to oneself.  
How are you going to cherish yourself this week?

	M	T	W	T	F	S	S
Drink a glass of water in the morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercise or move your body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook a healthy, nourishing meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practice mindful meditation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Journal your thoughts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plan out your week in advance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spend time with a loved one	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Attend a workshop or class	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take regular breaks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Watch a light-hearted movie	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go for a long walk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read for pleasure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practice gratitude	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take a long bath or shower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Listen to your favorite music	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No screen time before bed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go to sleep before 10pm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**PART 2**  
**SAFETY**  
**NEEDS**



**PERSONAL SECURITY, EMPLOYMENT,  
RESOURCES, HEALTH, PROPERTY**







## ACTION WORK

Write down one boundary you will set to protect your sense of safety this week (e.g., financial boundary, emotional boundary).

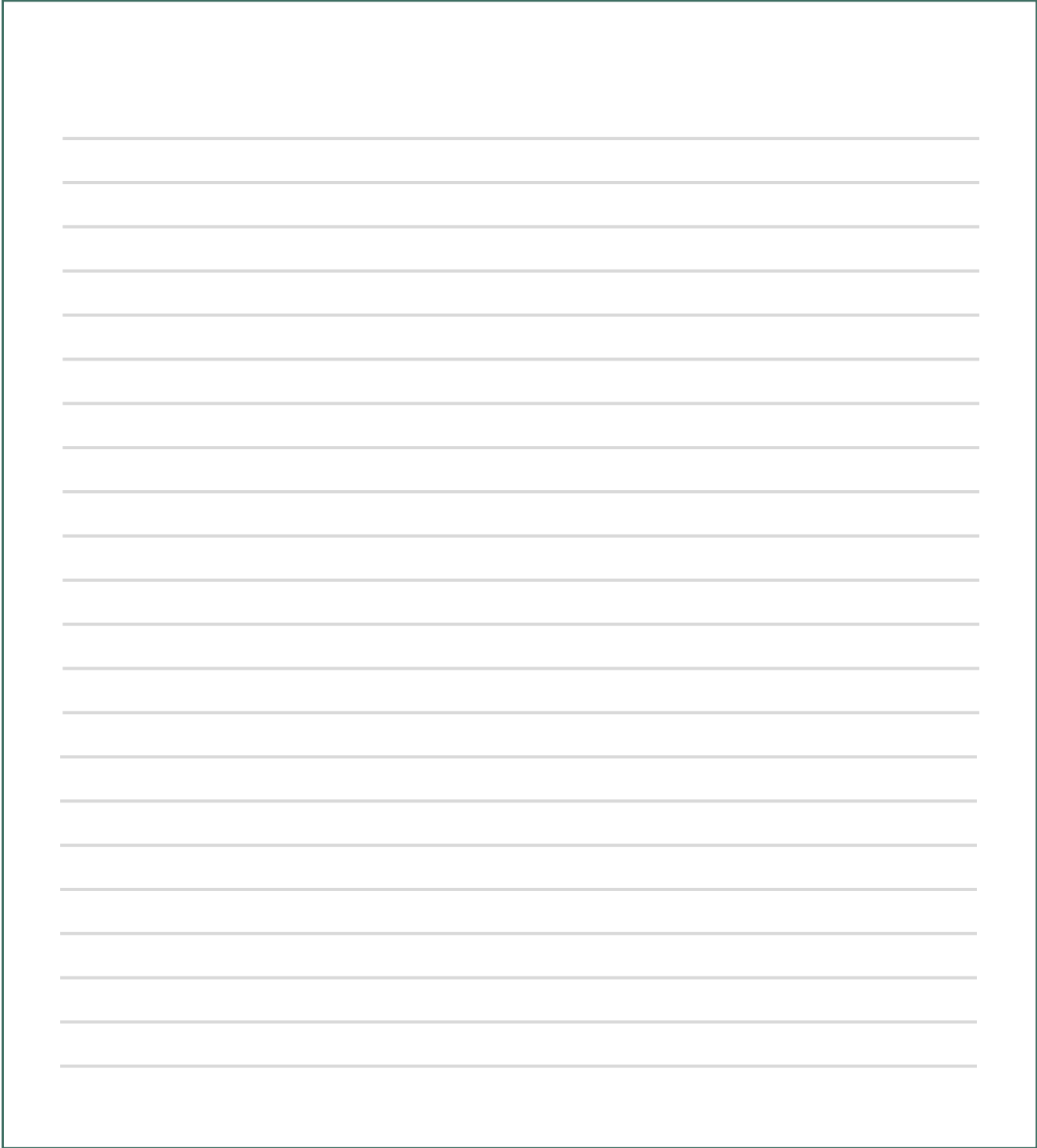
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**TAP INTO YOURSELF**

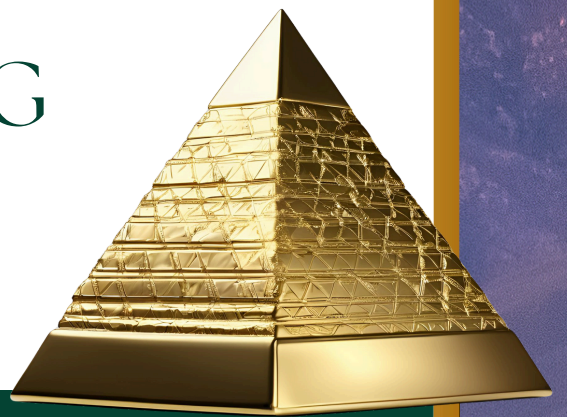
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**PART 3**

**LOVE &  
BELONGING**



**FRIENDSHIP, INTIMACY, FAMILY,  
SENSE OF CONNECTION**





## ACTION WORK

Reach out to someone you love today with a message, call, or gesture that shows your care.

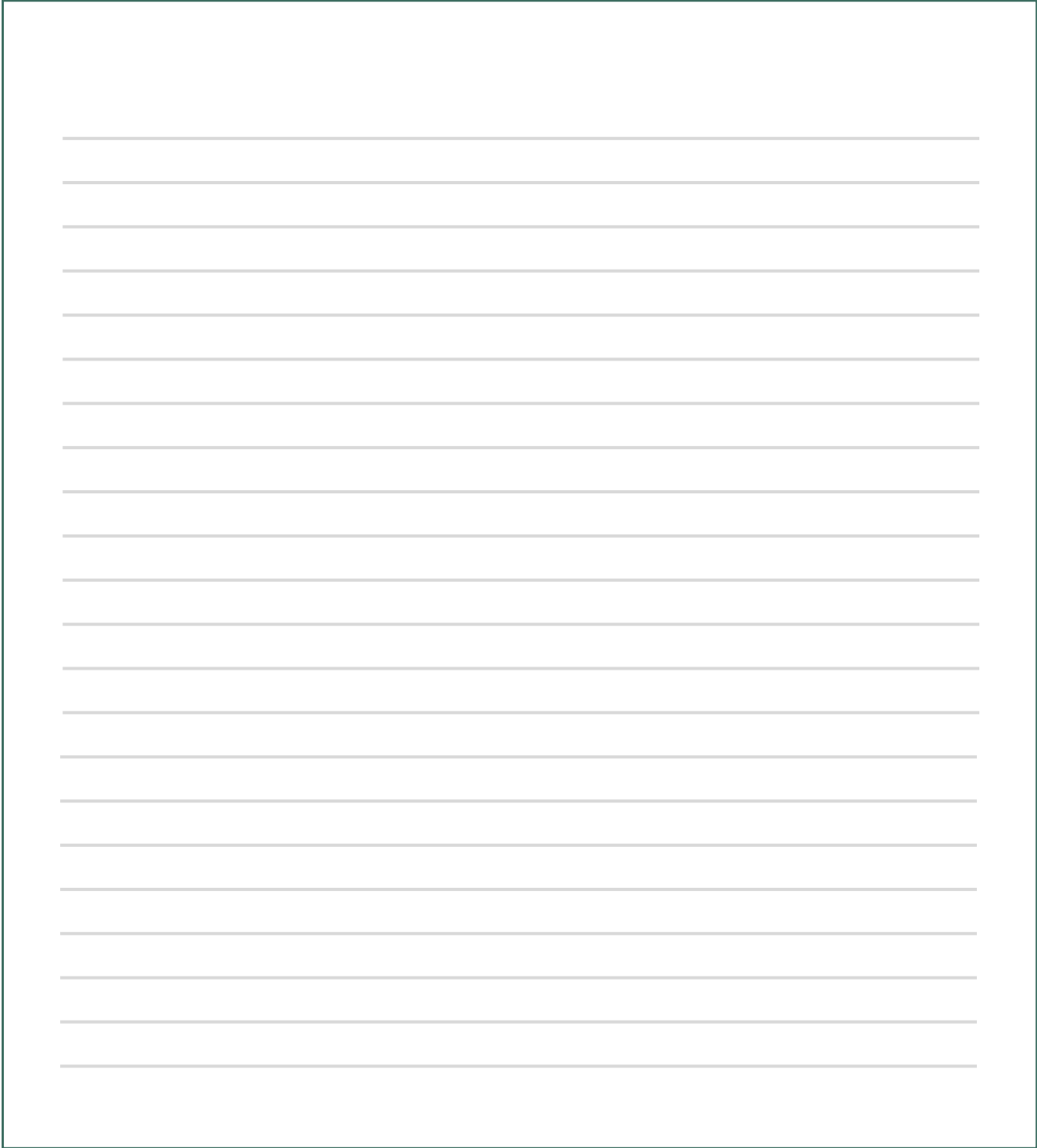
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**TIP** Ladies in our membership found this helpful.

# Self-Awareness

## SELF-AWARENESS EXERCISE: UNDERSTANDING YOUR LOVE AND BELONGING

This exercise helps you reconnect with your identity, desires, and the relationships that matter most. Fill in the blanks honestly and intuitively—this is about exploring who you are and what drives your connections with others and yourself.

After you complete the sentences, take a moment to reflect on what they reveal. What do these insights tell you about the kind of love and connection you need in your life? Are there relationships or situations that could align better with who you are?

This worksheet isn't just about identifying who you are—it's about giving yourself permission to lean into relationships and spaces where you feel valued and seen.



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TRIANGLE OF LIFE: LOVE & BELONGING

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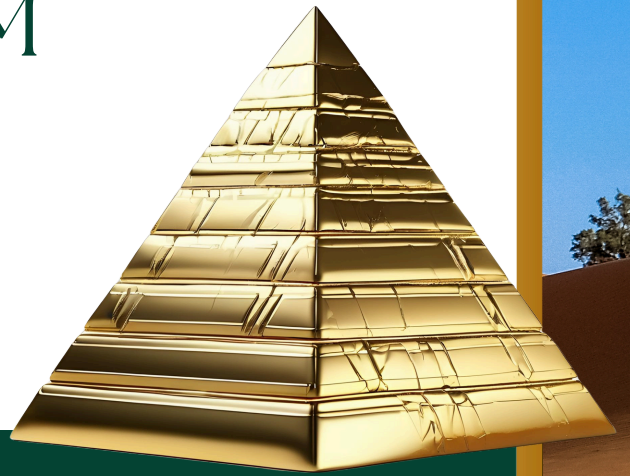
# Love & Belonging

READ THE PROMPTS BELOW AND THINK ABOUT THE FIRST THING THAT COMES TO MIND. FILL YOUR ANSWERS OUT IN THE BLANK BOXES.

I AM A HUMAN BEING THAT...

LOVES	
WANTS TO	
IS DRIVEN BY	
IS INSPIRED BY	
HAS A HABIT OF	
IS HAPPIEST WHEN	
BELIEVES IN	
WOULD GIVE	
WILL ONE DAY	
HAS THE GOAL OF	
WHO NOTICES	
IS AFRAID OF	

**PART 4**  
**ESTEEM**



**RESPECT, SELF-ESTEEM, STATUS,  
RECOGNITION, STRENGTH, FREEDOM**





## ACTION WORK

Write down one daily affirmation to repeat for a week, focusing on building self-trust and confidence (e.g., "I am capable of amazing things.").

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# 5 Way to Improve Self-Esteem

01

## GET RID OF PERFECTIONISM:

One of the main things that holds people back from achieving their full potential is perfectionism. If you're a perfectionist, it's time to let go of that mindset and start embracing your imperfections.



## LEARN TO ACCEPT COMPLIMENTS:

Another way to boost your self-esteem is to learn to accept compliments. When someone pays you a compliment, don't brush it off or try to downplay it. Just say "thank you" and move on.

02

## SURROUND YOURSELF WITH POSITIVE PEOPLE:

Another great way to boost your self-esteem is to surround yourself with positive people. When you're around positive people, their good vibes will rub off on you and make you feel better about yourself.

03



## FOCUS ON YOUR STRENGTHS:

Everyone has weaknesses, but it's important to focus on your strengths. When you focus on your strengths, you'll feel more confident and capable.

04



## DO SOMETHING NICE FOR SOMEONE ELSE:

One of the best ways to boost your self-esteem is to do something nice for someone else. When you make someone else's day, you'll feel good about yourself and your self-esteem will get a major boost.

05





**PART 5**  
**SELF**  
**ACTUALIZATION**

**DESIRE TO BECOME THE  
MOST THAT ONE COULD BE**





## ACTION WORK

Write down one long-term goal and break it into three actionable steps you can take over the next month.

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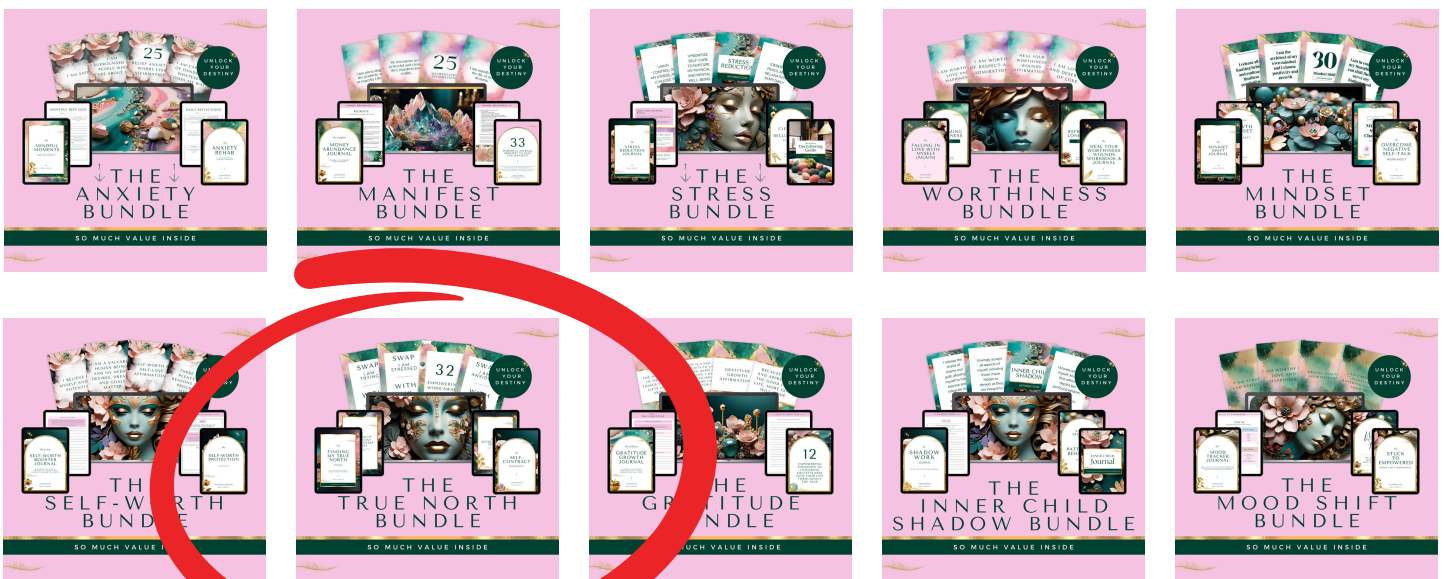
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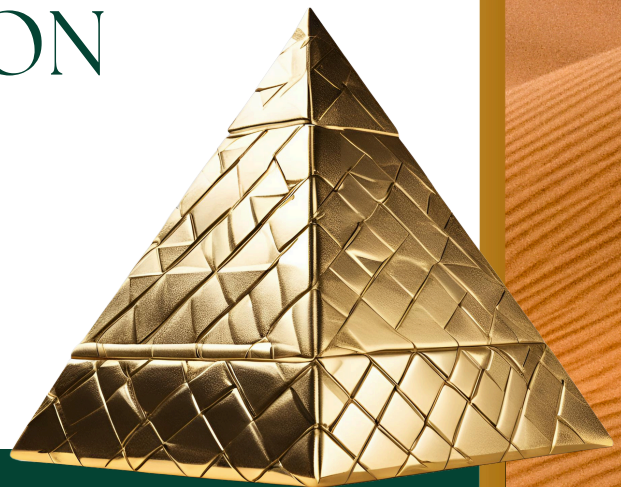


THIS ONE IS A WINNER  
WHEN IT COMES TO  
FINDING YOUR TRUE SELF

**ACCESS NOW** 

<https://www.rollpretty.com/order>

**BONUS**  
**REFLECTION**



**WEAVING IT ALL TOGETHER**





## ACTION WORK

Create a one-sentence commitment to yourself based on your reflections (e.g., "I will honor my safety and seek joy every day.").

## JOURNAL :

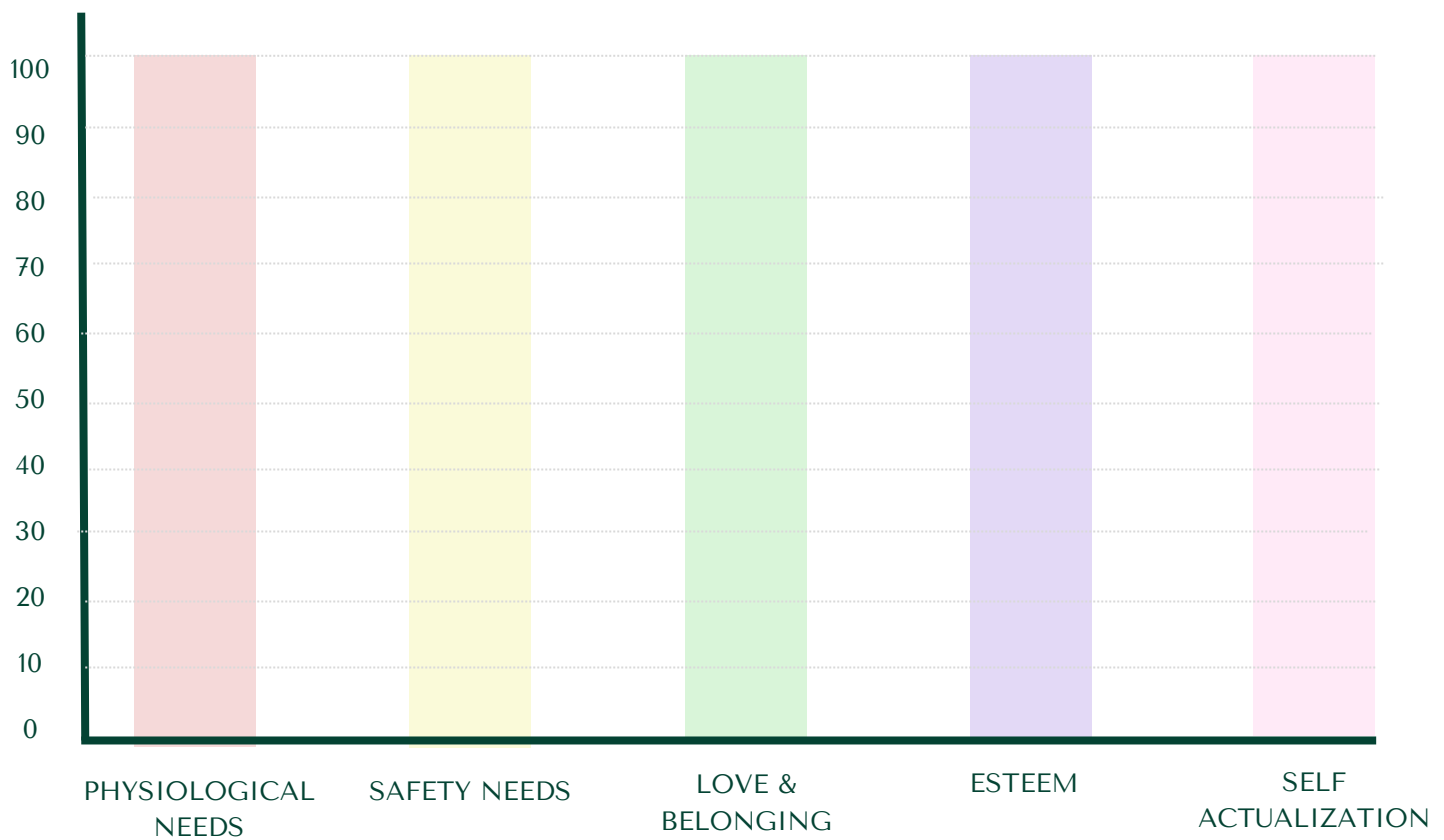
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