

## **EverGuide 4Ms-Plus™ — Enjoyment Summary**

Participant: Mary H.

Client #: 12345

Facilitator: James Kraft, Ph.D.

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*Sample EverGuide Dashboard Content – For Demonstration Purposes Only*

### **What Mary Shared**

When we talked about enjoyment, Mary spoke warmly about small, familiar pleasures. She described enjoying quiet mornings, reading the paper, and sitting by the window with a cup of tea. “I don’t need a lot,” she said. “I just like when the day feels settled.”

Mary shared that she enjoys visits that feel natural rather than planned. “If someone stops by just to talk, that means more to me than an outing,” she said. She noted that her energy varies, and she prefers activities that don’t leave her feeling rushed or tired.

### **Facilitator Observations**

Mary became more animated when talking about simple routines and familiar company. Her enjoyment appeared closely tied to predictability, calm, and a sense of being known.

### **Key Insights**

- Enjoyment comes from small, steady routines.
- Social connection is meaningful when it feels unpressured.
- Energy level influences what feels enjoyable.

### **Encouragement for Family**

Protecting Mary’s quiet pleasures helps preserve her sense of contentment.

### **Suggested Next Steps**

- Notice which parts of the day Mary enjoys most.
- Keep visits and activities flexible.
- Hold space for simple routines that bring comfort.