

EverGuide 4Ms-Plus™ — Health Challenges Summary

Participant: Mary H.

Client #: 12345

Facilitator: James Kraft, Ph.D.

Date: February 10, 2025

Sample EverGuide Dashboard Content – For Demonstration Purposes Only

What Mary Shared

When discussing health challenges, Mary spoke pragmatically and without drama. She acknowledged living with ongoing issues but emphasized that they do not define her. “I have my aches and days that are harder,” she said, “but I don’t wake up thinking about being sick.” Mary shared that she pays attention to her body and rests when needed. “If I push too much, I feel it later,” she said. She described wanting to manage challenges quietly and maintain as much normalcy as possible.

Facilitator Observations

Mary framed health challenges as part of life rather than a central focus. She demonstrated awareness of her limits and a preference for balance over endurance.

Key Insights

- Health challenges are acknowledged but not foregrounded.
- Listening to her body guides daily decisions.
- Normalcy is an important coping strategy.

Encouragement for Family

Mary’s balanced perspective supports steadiness in the face of ongoing challenges.

Suggested Next Steps

- Check in about how health challenges affect daily routines.
- Notice changes in energy or comfort over time.
- Keep conversations grounded in Mary’s lived experience.