

QUICK-START

For Adults (Self-Use)

Welcome. Here is the five-minute way to take your first self-reflection for yourself — and to notice your own growth over time.

1 Open the site

Go to architectureofgrace.org.

2 Take it for yourself

Begin Self-Reflection → For grown-ups & teams, then Quick or Thorough.

3 Answer honestly

Nothing is shared; your responses stay on your device.

4 Catch your breath

Read your results, and try a tool from Calm & Regulation Tools (breathing, Take 5) if you like.

5 See it over time

Reflect each season and watch your own trajectory across the three domains — growth, gently, not a grade.

6 Make it yours

Use Personalize (sliders icon) to set the Word of Grace to Adult — and pick an accent color from the Accessibility menu.

TRY THESE — new and worth it

- **The “What helps me” picker**

Your results screen now lets you save what steadies you — it comes back next time as a gentle anchor.

- **Your path from here**

The results launchpad lays out your next steps — resources, calming tools, and reflecting again over time.

This is a mirror, not a report. Use it on a device you trust.