

COSTA RICA · FIRST LIGHT



MODERN PRIMAL LIVING

The Reawakening

*You're not lazy. You're
depleted. Here's how to
start coming back to life.*

Six foundational shifts for feeling more grounded, supported, and
connected in modern life — plus a personal rhythm map you can score
again in thirty days.

James Passatore

HOLISTIC HEALTH & LIFESTYLE COACH
20 YEARS COACHING · 13 YEARS OFF-GRID, COSTA RICA

SUN THROUGH THE UNDERSTORY

You do not need to overhaul your life.

If life has felt full, scattered, or disconnected lately, you are not alone.

Maybe you are holding a lot together on the outside — work, responsibilities, relationships, a household, a full calendar — while quietly feeling as though you have drifted away from the rhythms that help you feel most like yourself.

You may already know many of the things that support your wellbeing. You know that rest matters. That time outside helps. That food, movement, and moments away from screens can make a difference.



“You Are Not Behind” — a short welcome from James

A two-minute introduction: who I am, and why I made this for you.

IN YOUR COMPANION HUB · I'LL SEND THE LINK WHEN IT'S RECORDED

But knowing is not always the difficult part.

The difficult part is turning those ideas into practices that can exist inside a real life: a busy week, an unpredictable schedule, family responsibilities, travel, low-capacity days, and everything else that asks for your attention.

That is where Modern Primal Living begins.

This is not a guide to doing everything perfectly. It is not a list of rules, an ideal routine, or another reason to feel behind. It is a short, practical experience designed to help you:

- Notice where your life may be asking for more support
- Choose one small, realistic practice
- Try it within the next 24 hours
- Discover what it might look like to make that practice your own

Start with what is available to you. Your version may look different — and that is exactly the point.

At the end of this experience, I will show you the next step if you would like support turning one small beginning into a more sustainable rhythm.

For now, take a breath. There is nothing to catch up on. You are simply beginning where you are.

A NOTE FROM

James Passatore



For many years, I have been drawn to a simple question:

What helps a person feel more supported, present, and at home in their own life?

My path has taken me through years of fast-paced international work and travel, two decades of coaching, and thirteen years of living off-grid in Costa Rica.

Living closer to nature has taught me a great deal. But the most important lesson has not been how to build a perfect lifestyle.

It has been learning how to return.

- To return to a supportive morning when life feels rushed.
- To return to nourishing food when the day gets busy.
- To return to movement, sunlight, quiet, and meaningful connection when the modern world pulls us toward urgency and constant input.

That is what Modern Primal Living is about.

It is not about escaping your life, copying mine, or following a rigid set of rules. It is about taking timeless, nature-aligned principles and translating them into forms that work in your actual circumstances.

Your life may be in a city apartment, a busy family home, an office, a season of travel, or a period that feels especially demanding.

You do not need a different life to begin creating more support within the one you have. You only need one practice that feels possible enough to return to.

*With you on the journey,
James Passatore*

HOLISTIC HEALTH & LIFESTYLE COACH · MODERN PRIMAL LIVING
20 YEARS COACHING · 13 YEARS OFF-GRID LIVING, COSTA RICA

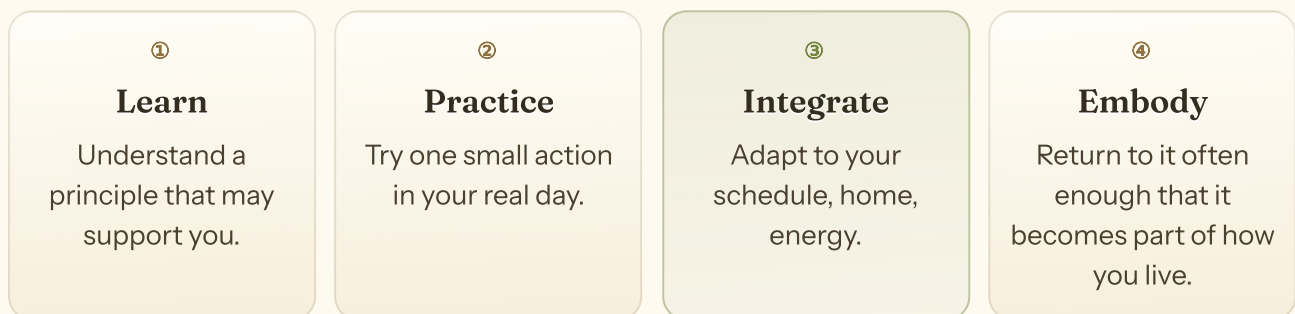


Supportive change is built through practice — not pressure.

Modern Primal Living is built on a simple belief: you do not need more wellness information. You need practical ways to live what you already know.

Most people do not struggle because they do not care about their wellbeing. They struggle because many routines are designed for ideal conditions — not the reality of a full, imperfect life.

That is why this approach follows four simple stages:



③ **Integrate is the stage most approaches skip. It is the difference.**

This guide will give you a small experience of that process. You will not be asked to transform your whole routine. Instead, you will identify one area that may need support, choose one practice, and learn how to make the smallest version of it possible.

The goal is not a perfect routine. The goal is a rhythm you can return to.

A gentle note. This experience will help you find a meaningful place to begin. If, after completing it, you want a clearer structure for building supportive rhythms across your week, I will introduce you to **The Reset** — seven days of practising these foundations inside the Modern Primal Living app.

LIGHT THROUGH THE CANOPY

The six foundations of Modern Primal Living

A more supportive life is not built from one perfect habit. It is built through small, repeatable rhythms that work together over time.

The six foundations below offer a simple way to notice where support may be most needed right now. You do not need to work on all of them. You only need to notice what is true for you.

① FOUNDATION

Daily Rhythm

Creating supportive patterns around how your day begins, flows, and closes — so life is not entirely led by urgency or reaction.

② FOUNDATION

Light & Rest

Reconnecting with natural light, evening transitions, and rest-supportive practices that help your day feel more settled.

③ FOUNDATION

Nourishment

Building simpler, more intentional food and hydration rhythms without rigid rules, perfection, or overwhelm.

④ FOUNDATION

Natural Movement

Bringing accessible movement back into everyday life in ways that feel supportive, realistic, and connected to your actual capacity.

⑤ FOUNDATION

Environment & Nature

Creating more calming surroundings and moments of connection with the natural world, wherever you live.

⑥ FOUNDATION

Presence & Connection

Making room for quiet, reflection, transitions, meaningful rituals, and genuine connection amid a world of constant input.

None of these foundations require perfection. They simply offer places to return to when life begins to feel less supportive than you want it to be.

Next: The Return Tracker — the same twenty-four statements that named your Depletion Type, laid out so you can score them again in thirty days and see what moved.

The Return Tracker

Your map today. And your map thirty days from now.

These are the same twenty-four statements as **The Depletion Map** — the ones that named your Type. They are here for a different reason:

so you can come back and score them again.

A shift in how your days feel is hard to notice from the inside. It arrives slowly, and by the time it has arrived you have already forgotten what the old normal felt like. Two columns, thirty days apart, in your own handwriting, is the simplest honest record there is.

HOW TO USE THIS

Already taken The Depletion Map? Then column one is largely done — score it now anyway, on paper, while it is fresh. It takes three minutes and it is yours to keep. Then write today's date below, and the date you will return.

Haven't taken it? Then this is your first map. Score column one, and the section that follows will name your Type. *You can also take it online in two minutes, and it does the scoring for you: thedepletionmap.com*



“A Moment to Arrive” — a 90-second grounding

A short pause before you begin, to help you answer from your actual experience rather than from the pace of the day.

IN YOUR COMPANION HUB · I'LL SEND THE LINK WHEN IT'S RECORDED

For each statement, mark the number that is most honest for your current season. Not the version of you that you are working toward — the one reading this.

- 0 Rarely me
- 1 Sometimes
- 2 Often
- 3 That's me

There are no good or bad scores. A high number is not a failing — it is simply the foundation that has been carrying the most weight without enough support. That is useful information, and nothing more.

Date I scored column one:

Date I'll return and score column two (thirty days from today):

Continue your map

Foundation 1 — Daily Rhythm

- 1. My days feel reactive — I'm putting out fires more than living on purpose.
☐ 0 ☐ 1 ☐ 2 ☐ 3
- 2. I have no real morning or evening rhythm; every day is different.
☐ 0 ☐ 1 ☐ 2 ☐ 3
- 3. I'm always a little behind, rushing from the moment I wake.
☐ 0 ☐ 1 ☐ 2 ☐ 3
- 4. I can't remember the last time a day felt calm and intentional.
☐ 0 ☐ 1 ☐ 2 ☐ 3

DAILY RHYTHM — TODAY / 12 DAY 30 / 12

Foundation 2 — Light & Rest

- 1. I'm exhausted during the day but wired and restless at night.
☐ 0 ☐ 1 ☐ 2 ☐ 3
- 2. I wake up tired even after a “full” night's sleep.
☐ 0 ☐ 1 ☐ 2 ☐ 3
- 3. I'm on bright screens late, and rarely see morning light.
☐ 0 ☐ 1 ☐ 2 ☐ 3
- 4. My energy crashes hard in the afternoon.
☐ 0 ☐ 1 ☐ 2 ☐ 3

LIGHT & REST — TODAY / 12 DAY 30 / 12

Foundation 3 — Nourishment

- 1. I eat on the run, skip meals, or graze without really noticing.
☐ 0 ☐ 1 ☐ 2 ☐ 3
- 2. My energy and mood swing with what and when I eat.
☐ 0 ☐ 1 ☐ 2 ☐ 3
- 3. I rely on coffee or sugar to get through the day.
☐ 0 ☐ 1 ☐ 2 ☐ 3
- 4. I can't remember the last meal I ate slowly and actually enjoyed.
☐ 0 ☐ 1 ☐ 2 ☐ 3

NOURISHMENT — TODAY / 12 DAY 30 / 12

Continue your map

Foundation 4 — Natural Movement

- 1. I sit for most of the day.
☐ 0 ☐ 1 ☐ 2 ☐ 3
- 2. My body feels stiff, tight, or older than it should.
☐ 0 ☐ 1 ☐ 2 ☐ 3
- 3. Movement feels like one more chore I “should” do, so I skip it.
☐ 0 ☐ 1 ☐ 2 ☐ 3
- 4. I go from sitting to lying down with little in between.
☐ 0 ☐ 1 ☐ 2 ☐ 3

NATURAL MOVEMENT – TODAY / 12 DAY 30 / 12

Foundation 5 — Environment & Nature

- 1. I'm rarely outside in nature; I go days barely touching the ground or the air.
☐ 0 ☐ 1 ☐ 2 ☐ 3
- 2. My space feels cluttered, noisy, or draining.
☐ 0 ☐ 1 ☐ 2 ☐ 3
- 3. I'm overstimulated — too many screens, notifications, inputs.
☐ 0 ☐ 1 ☐ 2 ☐ 3
- 4. I can't remember the last time I felt genuinely calm in my own space.
☐ 0 ☐ 1 ☐ 2 ☐ 3

ENVIRONMENT & NATURE – TODAY / 12 DAY 30 / 12

Foundation 6 — Presence & Connection

- 1. I'm physically here but mentally somewhere else most of the time.
☐ 0 ☐ 1 ☐ 2 ☐ 3
- 2. I go through the motions of my days without really feeling them.
☐ 0 ☐ 1 ☐ 2 ☐ 3
- 3. I feel disconnected — from people, from myself, or from any sense of meaning.
☐ 0 ☐ 1 ☐ 2 ☐ 3
- 4. I can't remember the last time I felt truly present with someone I love.
☐ 0 ☐ 1 ☐ 2 ☐ 3

PRESENCE & CONNECTION – TODAY / 12 DAY 30 / 12

You are not looking for the “worst” area. You are looking for where one small shift might offer the greatest relief.

GREEN RIDGES FALLING TO THE SEA

Your map at a glance

FOUNDATION	TODAY	DAY 30	SHIFT
Daily Rhythm	___ / 12	___ / 12	___
Light & Rest	___ / 12	___ / 12	___
Nourishment	___ / 12	___ / 12	___
Natural Movement	___ / 12	___ / 12	___
Environment & Nature	___ / 12	___ / 12	___
Presence & Connection	___ / 12	___ / 12	___

WHAT TO NOTICE

Circle your **highest** score. **That is not a problem to fix. It is simply a clue.** It names the foundation that has been receiving the least support in your current season — and the one where a small, realistic practice is likely to make the greatest difference to how your days feel.

If two foundations are tied, choose the one that feels most relevant to your life right now, or easiest to experiment with this week. If every score is high and close together, that has its own name and its own way in — you'll find it at the end of the next section.

You do not need to work on everything. Choose one place to begin — and let that be enough.

My foundation to begin with — this week, I am choosing:

THE FALLS AND THE TURQUOISE POOL

Your Depletion Type

Not a label. A clue about where support may matter most right now.

Your scores are not a verdict. They do not define you, explain everything about you, or predict what is possible. They simply offer a compassionate snapshot of what life may feel like in this season.

HOW TO READ YOUR SNAPSHOT

The foundation with your highest score names your **Type**. If several are high and close together, or the whole picture feels heavy, you are **The Overextended** — and that has its own way in, at the end of this list.

Already taken **The Depletion Map**? It named your Type for you — and it uses these exact statements, so your paper score should agree with it. Find yours below and carry on.

① The Unanchored DAILY RHYTHM

“Every day is reactive; I’m always behind, never on purpose.”

Your days are shaped by urgency, incoming demands, screens, and everyone else’s needs before your own. You may be moving constantly, yet rarely feel settled.

Your invitation: You do not need a more demanding routine. You need one dependable anchor — something small that helps you pause before the day carries you away.

FIRST PRACTICE Set one fixed anchor point in your day — the same wake time, or ten quiet minutes each morning.

② The Wired-and-Tired LIGHT & REST

“Exhausted all day, wired at night; sleep doesn’t fix it.”

Your energy and your clock have drifted apart. The day asks for alertness you don’t have, and the evening offers a second wind you didn’t want.

Your invitation: You do not need to try harder at sleeping. You need your body to receive the signals that tell it when the day begins and ends.

FIRST PRACTICE Sixty seconds of morning light — outside, before your phone.

Your Depletion Type

Continued.

③ The Running-on-Empty NOURISHMENT

"I run on coffee and momentum; my energy is a rollercoaster."

You are fuelling on whatever is fastest, and paying for it in peaks and crashes. Food has become logistics rather than nourishment.

Your invitation: You do not need a perfect way of eating. You need one steady point in the day that actually feeds you.

FIRST PRACTICE Eat one steady, real meal a day — slowly, without a screen.

④ The Stiff-and-Stagnant NATURAL MOVEMENT

"I sit all day; my body feels stuck and older than it is."

Your days ask your body to hold still for hours. Stiffness has become the baseline, and movement has become something scheduled rather than lived.

Your invitation: You do not need a training plan. You need your body to move a little, often, in the day you already have.

FIRST PRACTICE Weave small movement through the day — stand and stretch once an hour.

⑤ The Overstimulated ENVIRONMENT & NATURE

"Too much noise and screen; starved of nature and calm."

Your surroundings ask a great deal of your attention and give little back. Life may feel overly indoor, overly digital, and removed from anything that settles you.

Your invitation: You do not need to escape your life. You need small moments of calm and contact within it.

FIRST PRACTICE Daily contact with nature — and one calm corner that is yours.

Your Depletion Type

Continued.

⑥ The Disconnected

PRESENCE & CONNECTION

"I'm here but not here — going through the motions, half-gone."

You are getting through your days without enough moments that help you feel grounded in your body, your relationships, or the present.

Your invitation: You do not need more time. You need a few moments that you are actually inside of.

FIRST PRACTICE One minute of true presence a day — fully with one person, or one breath.

⑦ The Overextended

ALL SIX AT ONCE

"I'm empty on every front and don't know where to start."

You are carrying a great deal. Your own needs receive whatever time and energy is left after everything else has been handled. You are not lacking commitment — you may simply be trying to support yourself with routines that ask more than this season allows.

Your invitation: Do not fix everything. Pick rhythm, build one anchor point, and protect only that.

FIRST PRACTICE One anchor point, same time daily — and permission to ignore the rest for now.

The Type I most recognise in this season is:

The part of that description that feels most true for me is:

One kind of support I would like to create more of is:

Your Type is not a label. It is simply a compassionate clue about where support may matter most right now — and it is allowed to change with the season.

The practice that works is the one you can return to.

Meet your Minimum Effective Practice.

When people struggle to maintain supportive habits, it is rarely because they do not care enough. More often, the version of the habit they believe they “should” do requires more time, energy, money, motivation, or ideal conditions than their current life can offer.

That is why Modern Primal Living begins with a different question:

What is the smallest version of this practice that could still support me on a full or difficult day?

MINIMUM EFFECTIVE PRACTICE

The smallest version of a supportive habit that still helps you **return to yourself** on a full or difficult day.

It is not about doing the bare minimum forever. It is about building trust with yourself first.

A practice that takes two minutes and actually happens can become the foundation for something more meaningful over time. A perfect plan that only happens occasionally cannot.

INSTEAD OF BELIEVING YOU NEED...	YOUR MINIMUM EFFECTIVE PRACTICE COULD BE...
A long morning routine	Two quiet minutes before checking your phone
A perfect nutrition plan	One meal eaten sitting down, without multitasking
A full workout	Five minutes of walking, stretching, or mobility
An ideal evening routine	One phone-free transition before sleep
Hours in nature	A few intentional minutes outside, by a window, or near fresh air
A complete home reset	One calmer, clearer surface in the space you use most

When life is full, I do not need to give up completely. I can return to the smallest version of support available to me.

The smallest version still counts.

Your 24-Hour Modern Primal Experiment

One small rhythm. One real day. Notice what becomes possible.

You have identified one foundation that may need more support right now. Now, instead of trying to improve everything, choose **one** small practice to try within the next 24 hours.

This is not a challenge to complete perfectly. It is an experiment. Your only job is to notice what happens when one supportive action is given a small, intentional place in your real day.

IF YOU CHOSE · DAILY RHYTHM

Practice: Before checking your phone tomorrow, pause for two minutes. Drink water, look outside, or simply ask yourself: *“How do I want to move through today?”*

MY SMALLEST VERSION:

IF YOU CHOSE · LIGHT & REST

Practice: Spend two intentional minutes near daylight early in your day — outside, on a balcony, at an open door, near a window, or during the walk from your car to work.

MY SMALLEST VERSION:

IF YOU CHOSE · NOURISHMENT

Practice: Choose one meal or drink today to have with more intention: seated if possible, without scrolling, working, or multitasking.

MY SMALLEST VERSION:

IF YOU CHOSE · NATURAL MOVEMENT

Practice: Take five minutes for supportive movement before the middle of your day. Walk, stretch, use stairs, move gently, or step outside.

MY SMALLEST VERSION:

FERNS AT THE FOREST FLOOR

Choose one practice only.

IF YOU CHOSE · ENVIRONMENT & NATURE

Practice: Create one small moment of environmental support today. Open a window, step outside, clear one small surface, bring in a natural element, or sit somewhere calmer for two minutes.

MY SMALLEST VERSION:

IF YOU CHOSE · PRESENCE & CONNECTION

Practice: Choose one transition in your day and take three slower breaths before moving into what comes next.

MY SMALLEST VERSION:

The goal is not to do more. The goal is to notice what one small rhythm can feel like when it has a place in your real life.

MAKE YOUR PRACTICE REAL

A supportive rhythm becomes more likely when it has a clear place in your day. This is the part most people skip. They choose a good intention, but never decide *when, where, or how* it will happen when life becomes busy.

Modern Primal Living is not about hoping you will remember. It is about gently designing a practice that can meet you where you already are.

LATE SUN THROUGH THE TRUNKS

My 24-Hour Practice Plan

The foundation I am supporting:

The one practice I am choosing:

I will try it within the next 24 hours at approximately:

The cue that will remind me is:

After I make coffee · before I open my laptop · when I arrive home · after lunch · before I get into bed.

The smallest version I can do if my day becomes difficult is:

The place or moment where this practice fits best is:

You are not trying to create a perfect routine. You are creating one small point of return.

ONE SIMPLE COMMITMENT

I will not judge this experiment by whether I did it perfectly. I will simply notice what helped, what got in the way, and what might make it easier to return to tomorrow.

I will complete my experiment by:

Signed:

Choose

Place

Practice

Notice

WHERE THE FOREST MEETS THE SEA

Your version might look like this.

Nature-aligned living does not need to look one specific way.

Modern Primal Living is not about recreating someone else's routine, home, environment, or lifestyle. The principle matters more than the appearance. A supportive rhythm can look different depending on your schedule, living situation, family responsibilities, budget, location, energy, and current season.

DAILY RHYTHM

The principle: Create one small point of intention before your day becomes entirely reactive.

- Drinking a glass of water before checking your phone
- Sitting for two quiet minutes before the household wakes up
- Choosing one word for how you want to move through the day
- Writing down the one thing that would help your day feel more supportive
- Creating a short “beginning of work” cue before opening your laptop

LIGHT & REST

The principle: Begin the day with more connection to light and less immediate input.

- Standing outside for two minutes before opening social media
- Drinking coffee or tea near an open window
- Taking the longer path from your car to work in daylight
- Stepping onto a balcony, porch, doorstep, or shared outdoor space
- Opening curtains before checking messages

NOURISHMENT

The principle: Create one moment of nourishment with more presence and less pressure.

- Eating lunch away from your laptop
- Packing one simple food option before a busy day
- Pausing for a drink of water before beginning your morning
- Sitting down for part of a meal, even if the rest of the day is full
- Choosing one familiar, uncomplicated meal that feels easy to repeat

Your version might look like this.

NATURAL MOVEMENT

The principle: Let your body move in ways that fit your actual capacity.

- Taking a five-minute walk between meetings
- Stretching while the kettle boils or dinner cooks
- Walking with a child, partner, friend, or dog
- Using stairs, parking a little farther away, or taking a short lap around the block
- Moving gently before a shower or before getting into bed

ENVIRONMENT & NATURE

The principle: Create one small point of calm or connection with the natural world.

- Opening a window for fresh air
- Sitting outside for a few minutes
- Clearing one surface that is always in your line of sight
- Bringing in a plant, branch, stone, natural scent, or simple natural object
- Taking a short pause in a park, garden, courtyard, or shaded outdoor space

PRESENCE & CONNECTION

The principle: Create a brief pause between the demands of one part of your day and the beginning of the next.

- Taking three slow breaths before walking through the door after work
- Sitting in your car for one quiet minute before entering your home
- Putting your phone down for five minutes before dinner
- Stepping outside briefly between tasks or meetings
- Creating a small evening ritual — lighting a candle, making tea, stretching, reading, or simply sitting without input

Your life does not need to look like mine — or anyone else's — to be more supportive.

The practice only needs to make sense in your life, your season, and your circumstances.



THE PATH BACK IS ALWAYS OPEN

Notice. Adapt. Return.

This is how a supportive practice begins to become your own.

After you complete your 24-hour experiment, pause for a few minutes before moving on.

You are not evaluating whether you were “good” at the practice. You are gathering information about what support looks like in your real life. **This is the beginning of integration.**

What did I notice when I tried this practice?

You might notice something about your attention, pace, environment, mood, energy, sense of presence, or the reality of your schedule.

What made this practice easier to do?

What made it more difficult?

Where did this practice fit naturally in my day?

What would make it easier to repeat tomorrow?

What is the smallest version I could return to on a demanding day?

You are not testing whether you can be perfect. You are learning what support looks like in your real life.

THE DAY ENDS ON PURPOSE, NOT BY COLLAPSE

You found your place to begin.

Now build the rhythm that can carry you forward.



“Pause With Me” — a 3-minute return to your rhythm

A short guided pause to help you settle, reflect, and choose your next small step.

IN YOUR COMPANION HUB · I'LL SEND THE LINK WHEN IT'S RECORDED

In this experience, you did something most wellness content skips. You did not just read a tip. You paused long enough to notice what your life may need. You chose one small practice. You considered how it could fit into your real day. And you began to discover what it might take to return to it again.

That is how meaningful change begins. Not by doing everything at once. By creating a small rhythm that feels possible — and then learning how to build from there.

You have already done something meaningful here. You paused. You noticed. You chose.



“One Small Step Forward” — a personal note from James

Not a sales pitch. Just what I have seen happen when people take one small rhythm and begin to build from there.

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IF YOU'D LIKE TO KEEP GOING

The Reset

Seven days of practising these foundations — one thing a day, inside the app.

- One foundation a day, sized to the kind of day you're having
- A minimum effective version of every practice, for the hard days
- Miss a day and you're met with a welcome back, not a broken streak
- A place to notice, adapt, and return — with company

Start The Reset — 7 days free →

[APP.THEDEPLETIONMAP.COM/PRACTICAL-GUIDE](https://app.thedepletionmap.com/practical-guide)

Not ready for the next step? Keep your one practice for the next seven days. Notice what helps. Return to the smallest version on difficult days. Let yourself begin without pressure. *You are already on the path.*

A final thought.

Whatever you do next — whether you continue with The Reset, sit with your one practice for a week, or simply return to this guide on a day when life feels less supported — you have already begun.

The path of Modern Primal Living is not a straight line. It is a return.

Again and again. With gentleness. In your own time.

Thank you for spending this time here.

James Passatore

HOLISTIC HEALTH & LIFESTYLE COACH · MODERN PRIMAL LIVING



Educational Disclaimer. This guide is for educational and general wellness purposes only. It is not intended as medical advice, diagnosis, or treatment. The practices and information shared here are lifestyle-based and experiential in nature. Always consult a qualified healthcare professional before making changes to your health regimen, particularly if you have a pre-existing health condition, are pregnant, or are taking medication. Individual circumstances vary. Results are not guaranteed.

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