



Burnout Coherence Audit

Self-Assessment for Energetic Integrity, Nervous System Stability & Inner Alignment

Instructions:

Rate yourself on a scale of 1 to 5 for each statement. **1 = Never | 2 = Rarely | 3 = Sometimes | 4 = Often | 5 = Always**

1. Nervous System Stability

- I feel grounded and calm even under pressure.
- I can recognize when I'm dysregulated and know how to self-soothe.
- I wake up feeling rested and restored.
- I have tools to prevent emotional overwhelm.

Subtotal: _____ / 20

2. Emotional Congruence

- I express what I truly feel without guilt or suppression.
- My external reactions match my internal truth.
- I no longer perform or mask to maintain peace.
- I can identify and move through emotions consciously.

Subtotal: _____ / 20

3. Energetic Integrity

- I can tell when my energy has been "leaked" or drained by others.
- I honor my own needs without overextending.
- I cleanse and protect my energetic field daily.
- I can distinguish between what is mine and what I've absorbed.

Subtotal: _____ / 20

4. Cognitive Coherence

- My thoughts feel aligned with my values and inner vision.
- I don't spiral into over-analysis or mental exhaustion.
- I feel mentally clear and focused throughout the day.
- I make decisions from a place of calm, not urgency.

Subtotal: _____ / 20

5. Embodied Alignment

- My body feels supported, not sacrificed, in my daily choices.
- I can access pleasure, rest, and creativity without guilt.
- I feel present in my body, not dissociated or tense.
- Movement and breath are part of my regular regulation rituals.

Subtotal: _____ / 20

SCORING GUIDE

0–40	41–60	61–80	81–100
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<i>Critical Incoherence</i> Your system is signaling collapse. Prioritize restoration and energetic healing immediately.	<i>Burnout Warning Zone</i> You are navigating from dysregulation. It's time for recalibration and support.	<i>Phase of Integration</i> You are growing in awareness and balance. Fine-tune where depletion still lingers.	<i>Resonant Leadership</i> You are aligned, sovereign, and coherent. Refinement over repair.
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