



Harmonic Scorecard: A Self-Reflection Tool for Coherence & Calibration

Instructions: Rate each item on a scale from 1 (Not At All) to 10 (Fully Aligned). Use this self reflection tool at the beginning of each Phase and every 90 days to assess your alignment, coherence, and conscious embodiment.

Identity & Internal Architecture

1. I know who I am beyond my roles, accomplishments, or trauma.
2. I feel emotionally congruent between my inner world and outer expression.
3. I can name and shift unconscious identity patterns when they arise.

Nervous System & Emotional Field

4. I can return to emotional center within 90 seconds of disruption.
5. My nervous system feels spacious, grounded, and responsive rather than reactive.
6. I consistently use emotional regulation tools that work for me.

Somatic Coherence & Body Wisdom

7. I trust the intelligence of my body and respond to its cues without override.
8. My rituals and rhythms support my energetic restoration and flow states.
9. My body feels like a safe place to inhabit.

Archetypal Integration & Shadow Work

10. I've identified and worked with at least 3 personal archetypes.
11. I can witness my shadow patterns without collapse or over-identification.
12. I've embodied at least one archetypal upgrade in my leadership or relationships.

Higher Self Embodiment & Soul Alignment

13. I feel connected to a Higher Self or inner guidance system.
14. My decisions are led by intuition and resonance rather than urgency or fear.
15. I can clearly discern the voice of trauma vs. the voice of truth within me.

Relational Integrity & Boundaries

16. My closest relationships are aligned with my evolving identity.
17. I practice energetic boundaries without guilt or explanation.
18. I no longer perform for approval or contort for acceptance.

Legacy Leadership & Magnetic Transmission

19. I feel clear about my soul's contribution and legacy expression.
20. I am visible in the world in ways that feel resonant and sustainable.
21. My presence alone shifts rooms, without needing to prove or persuade.

Reflection Questions:

- Which 3 items had the lowest scores? What might they be pointing to?
- Which 3 items had the highest scores? What do they reveal about your current frequency?
- What would a 10 look and feel like for you in the next 90 days?

Total Harmonic Score: ____ / 210

Next Self-Assessment Date: _____

Your Harmonic Scorecard can be used to assess alignment, coherence, and embodiment every 90 days across the core domains of your transformation journey.