



★ *Livelihood Resilience Scorecard — A Reflective Toolkit*

*Use this scorecard to **self-assess how resilient your livelihood system is** — not just economically, but ecologically, culturally, and mentally. Each section has reflective indicators and simple scoring (0–5), where **0 = not present, 5 = fully present.***

Part A — Income Diversity

Objective: Measure how many independent income sources sustain your economic life without reliance on a single employer or market.

Indicator	Score	Notes
Multiple income streams (e.g., crop + livestock + processing)	<input type="checkbox"/> 0–5	
Seasonal income adaptation (different income per season)	<input type="checkbox"/> 0–5	
Capability to produce essentials without cash (food, fodder, fuel)	<input type="checkbox"/> 0–5	
Access to local markets or direct-to-consumer channels	<input type="checkbox"/> 0–5	
Use of digital tools to widen customer access	<input type="checkbox"/> 0–5	

Reflection:

A total of 20–25 = Strong income resilience; 10–19 = Moderate; <10 = High dependency on single income.

Part B — Alignment With Self-Reliant Skills

Objective: Assess whether your livelihood is anchored in skills that remain valuable even when markets fluctuate.

Indicator	Score	Notes
Soil ecology & fertility knowledge	<input type="checkbox"/> 0–5	
Seed saving / nursery / propagation skills	<input type="checkbox"/> 0–5	
Livestock & animal husbandry competence	<input type="checkbox"/> 0–5	
Value-added processing skills (ex: dairy, pulping, drying)	<input type="checkbox"/> 0–5	
Forest / agroforestry / perennial systems knowledge	<input type="checkbox"/> 0–5	

Reflection:

Skills that remain valuable regardless of employment status are true livelihood capital.

Part C — Soil–People–Profit Balance

Objective: Evaluate how balanced your decisions are across ecological health, human dignity, and economic viability.

Soil Health Indicators

Indicator	Score	Notes
Regular soil testing & feedback loops	<input type="checkbox"/> 0–5	
Organic matter & cover cropping presence	<input type="checkbox"/> 0–5	
Regeneration practices (mulch, trees, diversity)	<input type="checkbox"/> 0–5	

People & Community Indicators

Indicator	Score	Notes
Fair labour practices & community involvement	<input type="checkbox"/> 0–5	
Shared risk mechanisms (CSA, cooperative pricing)	<input type="checkbox"/> 0–5	
Knowledge sharing & youth engagement	<input type="checkbox"/> 0–5	

Economic Indicators

Indicator	Score	Notes
Value capture (processed vs raw sale margin)	<input type="checkbox"/> 0–5	
Reduces dependency on external inputs	<input type="checkbox"/> 0–5	
Resilience to shocks (market or climate)	<input type="checkbox"/> 0–5	

Reflection:

Sum soil + people + profit (maximum 45).
40–45 = Highly regenerative livelihood; 25–39 = Balanced but improvable; <25 = risk of dependency.

Q *Final Reflective Questions*

1. **Where does most of my income come from?**

Could that source disappear tomorrow? What happens next?

2. **What skills do I have that are independent of employers or external markets?**

How can I deepen them?

3. **Does my livelihood improve soil health and community capability over time?**

Or does it trade short-term revenue for longer-term depletion?

4. **Is profit circulating locally (multiple hands) or concentrated externally?**

5. **What is one action this season that would improve my resilience score by ≥ 5 points?**