



👉 👉 Nervous-System Friendly Farming Scorecard

Is your livelihood regulating or dysregulating you?

🌟 Introduction

*This scorecard measures how well your farming or land-based livelihood regulates your nervous system instead of dysregulating it. It doesn't rank profitability alone — it assesses **rhythm, connection, ecological alignment, and regenerative impact**.*

Use it as a self-diagnostic tool to deepen your practice, refine your farm design, and align your lived work with a nervous-system-supportive rhythm instead of industrial speed.

1) Rhythm vs. Speed Audit

(Rate each item 0–5; higher is better)

Daily Rhythm & Body Alignment

- My daily work follows natural environmental cues (sunrise, temperature, crop needs) instead of fixed clock schedules.
- I have scheduled periods of physical labor → rest → reflection each day.
- My work cycle allows for periods of rest and low stimulation (no screens, no deadlines) daily.

Seasonal & Ecological Rhythm

- My farm plan is organized according to seasons, not solely markets.
- Crop cycles are diversified to spread attention and labor across seasons.
- I adapt work according to weather and ecological feedback rather than rigid production plans.

Speed vs Rhythm Insight

- I am conscious of not rushing processes that cannot be rushed (soil biology, growth).
- The pace of my work feels *embodied and calm*, not *hasty and anxious*.

Score Guidance:

0–15 → High speed, low regulation

16–30 → Moderate regulation

31–45 → Strong rhythm alignment

2) Soil-to-Self Connection Checklist

Touch & Sensory Engagement

- ☒ Do you physically interact with soil daily or weekly?
- ☒ Do you walk the fields without digital devices on you?
- ☒ Do you notice soil smell, texture, moisture as part of your decision process?

Biological Presence

- ☒ Your farm prioritizes living soil (microbial activity, earthworms, organic matter).
- ☒ Composting & soil building are regular practices.
- ☒ You check soil health with tactile and observational cues, not just lab results.

Somatic Regulation

- ☒ Repetitive tasks (weeding, planting, watering) feel calming, not draining.
- ☒ Work intensity follows your body's energy patterns, not external pressure.

Score Guidance:

0–7 → Low grounding

8–14 → Moderate grounding

15–21 → Strong sensory and body-based connection

❁ 3) Regenerative Livelihood Indicators

These are **ecosystem + human system indicators** that show how your farming supports **both soil and nervous-system health**.

❁ Social & Community Indicators

- You are engaged with a local farming community or CSA (shared schedules, labor, harvest).
- Labor conditions on your farm foster dignity (fair compensation, safety, rest).
- Knowledge is shared regularly with apprentices, neighbors, or youth.

❁ Ecological Indicators

- The farm uses crop diversity, green manures, or multi-species systems.
- Chemical inputs are minimized or replaced with biological practices.
- Water is managed through natural cues (rain cycles, soil moisture sensing).

❁ Nervous-System Support Indicators

- Daily tasks include **multi-sensory engagement** (touch, smell, balance).
- You and your farm workers report lower stress during regulated cycles.
- Tools and machines **support human pacing**, not replace embodied activity.

Score Guidance:

0–9 → Extractive pattern

10–18 → Transitioning toward regeneration

19–27 → Regenerative and nervous-system supportive

4) Interpret Your Total Score

Score Range	Interpretation
0-30	Dysregulating Livelihood — Your farm may be functioning more like an industrial workplace than a regulatory one. Reflect on rhythm and connection first.
31-60	Transitioning — You are partly regulating rhythms, but parts of the system still follow extractive logic (speed, optimization, abstraction).
61-90	Regulatory & Regenerative — Your livelihood is aligned with biological rhythm and nervous-system health while producing sustainable value.

5) Reflection

- *What part of your daily farming feels most regulating?*
- *Where does your nervous system show signs of stress during farm work?*
- *What small, practical change can you make this season to improve rhythm?*

Use these reflections as journaling leads or conversation starters with your community or team.