



🌿 Quiet Grounding Scorecard: Are You Forcing Clarity Too Soon?

Self-Reflection Checklist — Pause, Notice, Ground

Instructions:

*Set aside 5–10 quiet minutes. Read each statement slowly, then **circle your answer** honestly. This is not about **right or wrong**—it's about awareness.*

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Uncertainty feels different under open sky. Nothing was solved that day — but something settled.

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1. Pace of Life

✿ Notice how speed shows up in your body and decisions. ✿

1. I feel rushed even when nothing is urgent.

Always Often Sometimes Rarely Never

2. I slow down only after exhaustion forces me to.

Always Often Sometimes Rarely Never

3. Silence or empty time makes me uncomfortable.

Always Often Sometimes Rarely Never

✍ **Reflection (1–2 lines):**

Insight:

If you circled **Always/Often** in 1.1 and 1.3, you may be living in speed mode — constantly chasing **outcomes** instead of noticing **being**.
Pace matters more than productivity.

2. Rest Guilt

✿ Rest reveals what we believe about worth. ✿

4. I feel guilty resting before tasks are complete.

Always Often Sometimes Rarely Never

5. I treat rest as a reward, not a necessity.

Always Often Sometimes Rarely Never

6. I mentally justify rest instead of allowing it.

Always Often Sometimes Rarely Never

 **Reflection:**

Reflection:

*Rest is not **payment for productivity** — it is part of healthy living. If guilt dominates, you may be forcing clarity instead of allowing presence.*

3. Uncertainty Tolerance

✿ Clarity pressure is often nervous-system pressure. ✿

7. Not knowing what's next feels unsafe to me.

Always Often Sometimes Rarely Never

8. I believe I must “figure it out” before acting.

Always Often Sometimes Rarely Never

9. I judge myself for being between phases.

Always Often Sometimes Rarely Never

 **Reflection:**

Insight:

If uncertainty frequently feels like failure, you could be prioritizing quick answers over embodied patience — a common modern default.

4. Embodied Work & Presence

✿ The body often knows before the mind. ✿

10. Physical work or movement calms my thoughts.

Always Often Sometimes Rarely Never

11. Time with land, nature, or simple tasks steadies me.

Always Often Sometimes Rarely Never

12. I notice my breath and body when stressed.

Always Often Sometimes Rarely Never

 **Reflection:**

Reflection:

If you recognize nourishment through embodied action, your grounding capacity is strong. If not, consider small practices that connect body and environment.

5. What Does Your Score Suggest?

- Mostly Rarely/Never:** You are comfortable with presence and grounding — you don't force clarity; you allow life to unfold.
- Mostly Sometimes:** You're in the middle — aware of pressure to figure things out, yet open to slowing down.
- Mostly Always/Often:** You may be pushing for clarity too soon — your nervous system is racing ahead of your lived experience.

Final Invitation

You don't need answers yet—just enough ground to stand on.

Pause with this checklist again in a week and notice any shifts.