



Seasonal Mind-Land Alignment Scorecard

Is your exhaustion personal — or seasonal?

Is your work out of sync with the land you evolved from?

This scorecard is **not a mental health test**.

It is a **rhythm-alignment diagnostic**, inspired by farming cycles, circadian biology, Ayurveda, and Dharmic economics.

Use it slowly. Honesty matters more than scoring high.

How to Use This Scorecard

- Answer instinctively, not aspirationally
 - Score each question from **0 to 3**
- Total score helps identify **misalignment zones**, not “failure”
 - Repeat this scorecard once every season

Scoring Guide

0 = Not true at all

1 = *Occasionally true*

2 = Mostly true

3 = *Consistently true*

⌚⌚ SECTION 1: Which Season Am I Fighting?

★ Seasonal Resistance Check

1. I feel irritated or guilty when my energy naturally drops
2. I expect myself to perform the same way all year
3. I resist slowing down even when my body signals it
4. I label rest as laziness rather than necessity
5. I feel anxious when nothing “productive” happens

Seasonal Resistance Score (Max 15): ___ /15

🔍 Interpretation

- 0–5 → You are season-aware
- 6–10 → Mild seasonal conflict
- 11–15 → You are actively fighting nature

⌚ High scores here often show **winter resistance, monsoon impatience, or summer overdrive**.

⌚⌚ SECTION 2: Is My Fatigue Seasonal or Systemic?

★ **Fatigue Pattern Recognition**

1. My exhaustion fluctuates with weather and daylight
2. Rest helps — but only when aligned with seasons
3. Weekends don't fully restore my energy
4. I feel tired even without physical exertion
5. My fatigue feels emotional or existential, not muscular

Fatigue Pattern Score (Max 15): ___ /15

🔍 **Interpretation**

- **0–5** → Likely physical fatigue
- **6–10** → Mixed seasonal + systemic fatigue
- **11–15** → Systemic extraction fatigue

⌚ High scores indicate **burnout-style fatigue**, not laziness or weakness.

⌚⌚ SECTION 3: Am I Forcing Output During Fallow Time?

★ **Fallow Violation Check**

1. I push through low-energy phases using stimulants
2. I schedule major decisions during mentally foggy periods
3. I feel pressure to “keep up” even when depleted
4. I treat rest as recovery **for more work**, not as valuable itself
5. I rarely allow guilt-free non-output days

Fallow Violation Score (Max 15): /15

🔍 Interpretation

- 0–5 → You respect fallow cycles
- 6–10 → Partial fallow violation
- 11–15 → Chronic extraction mode

⌚ High scores mirror **overcropping in agriculture** — short-term output, long-term collapse.

⌚⌚ SECTION 4: How Aligned Is My Work With Natural Cycles?

★ **Rhythmic Alignment Assessment**

1. My work intensity changes across seasons
2. I plan learning, execution, and reflection separately
3. I adjust expectations based on daylight and climate
4. My income model allows slow periods
5. My work produces visible, meaningful outcomes

Alignment Score (Max 15): ___ /15

🔍 Interpretation

- 0–5 → Industrial time dominates your life
- 6–10 → Transitional alignment
- 11–15 → Strong seasonal coherence

⌚ High alignment scores correlate with **lower anxiety and higher life satisfaction**, even under pressure.

★ TOTAL SCORE & OVERALL DIAGNOSIS

Total Score (Out of 60): ___ /60

70-20 → High Misalignment

You are living on **industrial time**, not biological or ecological time.
Mental distress is likely **systemic**, not personal.

21-40 → Partial Alignment

You intuitively sense seasons but lack structural permission to follow them.

41-60 → Strong Mind-Land Coherence

Your lifestyle respects rhythm. Focus on protecting it from extraction.

Reflection

- Which season am I currently resisting — and why?
- What would **ethical rest** look like in my life?
- Where am I demanding harvest during fallow time?
- What one rhythm can I restore this month?