



## 👉 👉 *Grounded Life Scorecard*

### 🌟 *Purpose & Core Framework*

*This scorecard is designed to help individuals, communities, and leaders assess **place stability, psychological security, and systemic grounding** — the essential dimensions that go beyond income and directly influence mental health, identity, and long-term flourishing.*

## *Section A — Measures (Key Indicators)*

### **1. Place Stability Index (0–100)**

Assesses the stability of an individual’s living situation and the likelihood of continuity in the same place.

#### **★ Core Elements**

- Length of residence in current home
- Lease or ownership security (years of guaranteed tenure)
- Legal protections from eviction
- Consistency of neighbors and social environment

#### **★ Scoring Guide**

- **80–100:** High stability (long tenure + strong protections)
- **50–79:** Moderate stability (some turnover risk)
- **0–49:** Low stability (high displacement risk)

## 2. Rent Stress Index (0-100)

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Measures the psychological and economic burden of housing costs relative to overall life balance.

### ★ Core Elements

- Percentage of income spent on rent/housing
- Frequency of rent increases
- Stress self-report score (0-10)
- Impact on long-term planning

### ★ Scoring Guide

- **0-25:** Low stress
- **26-55:** Moderate stress
- **56-100:** High stress

### 3. *Community Continuity Scale (0-100)*

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Evaluates the depth of connection between individual and community.

#### ★ Core Elements

- Frequency of neighborhood interactions
- Participation in local rituals or social events
- Existence of support networks
- Investment in local culture

#### ★ Scoring Guide

- **80-100:** Highly rooted community identity
- **50-79:** Moderate community ties
- **0-49:** Weak social continuity

#### 4. Nervous System Load Score (0-100)

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Assesses physiological stress markers and psychological resilience related to place stability.

##### ★ Core Elements

- Sleep quality
- Frequency of anxiety triggers
- Autonomic balance (vagal tone indicators)
- Self-reported calmness level

##### ★ Scoring Guide

- **0-25:** Low stress load
- **26-55:** Moderate stress load
- **56-100:** High stress load

## Section B — Self-Assessment Tools

### Personal Housing Psychology Questionnaire

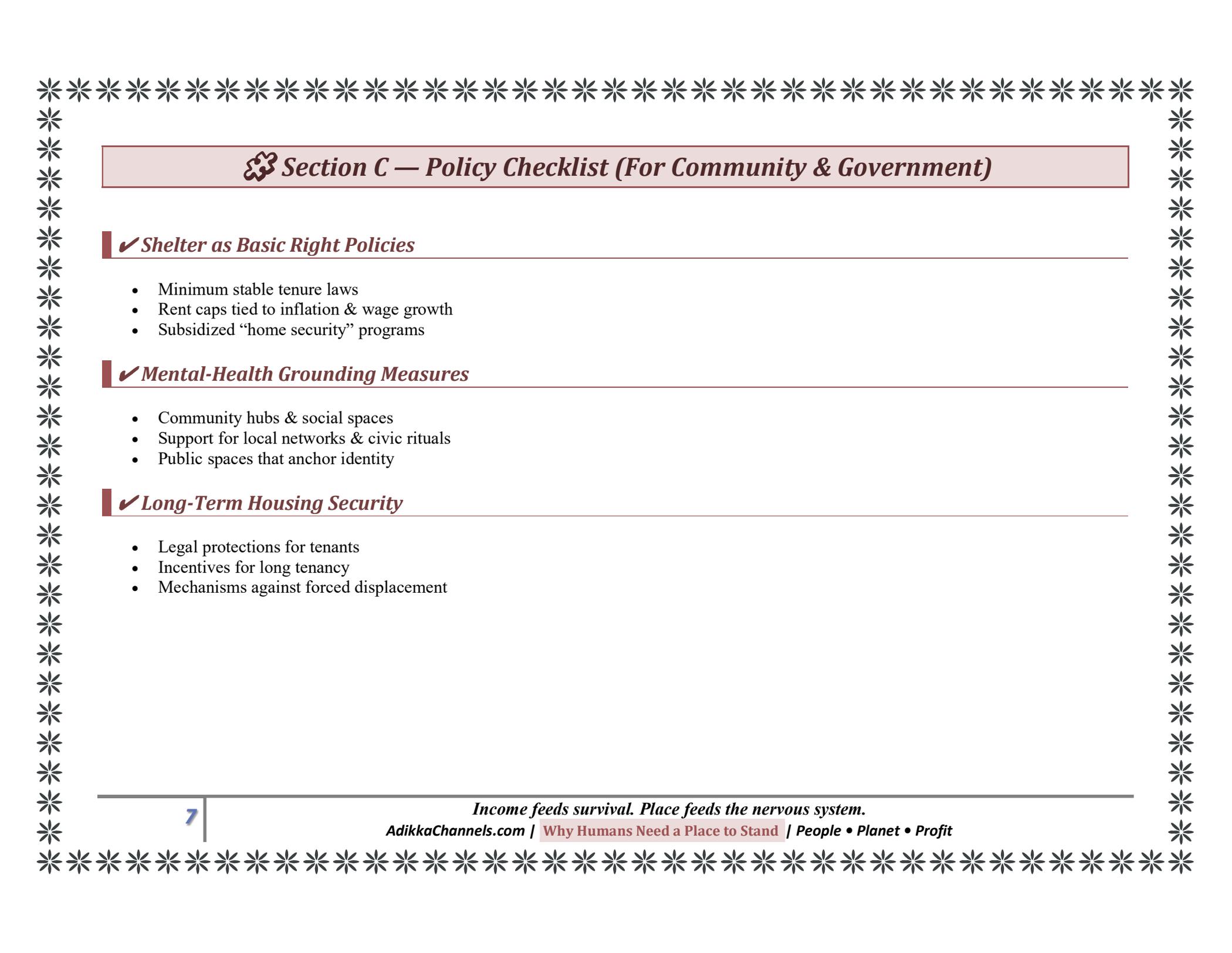
Respond to the following statements on a scale from 1 (strongly disagree) to 5 (strongly agree):

1. I know where I will sleep one year from now.
2. I feel protected from unexpected eviction.
3. I feel like members of my community recognize me.
4. My current housing supports my emotional health.
5. I actively invest in relationships in my area.

#### **Score Interpretation:**

Add the scores:

- **21–25:** High groundedness
- **15–20:** Some dissonance
- **<15:** High instability



## *Section C — Policy Checklist (For Community & Government)*

### *Shelter as Basic Right Policies*

- Minimum stable tenure laws
- Rent caps tied to inflation & wage growth
- Subsidized “home security” programs

### *Mental-Health Grounding Measures*

- Community hubs & social spaces
- Support for local networks & civic rituals
- Public spaces that anchor identity

### *Long-Term Housing Security*

- Legal protections for tenants
- Incentives for long tenancy
- Mechanisms against forced displacement

## *Section D — Leadership Audit (For Institutions & Employers)*

### *Organizational Groundedness*

Does the organization provide any of the following?

- ✓ Employer-backed housing support
- ✓ Assistance with relocation
- ✓ Long-term worker stability programs
- ✓ Remote work support communities

**Yes/No + Comments**

## *Scoring & Insights Summary*

Provide a narrative summary of results:

- ✓ Strengths — Where stability exists
- ✓ Weaknesses — Where stress and instability reside
- ✓ Priority Actions — What changes will reduce risk