

THE STABILITY BASELINE AUDIT

Rate each category from 1–5

Weak / Inconsistent  Strong / Stable

Mark one point per row.

PHYSICAL

Sleep consistency	
Hydration	
Movement routine	
Energy stability	

COGNITIVE

Ability to focus	
Decision clarity	
Information boundaries	
Reduction of mental noise	

EMOTIONAL

Emotional recovery time	
Trigger sensitivity	
Capacity for pause	
Self-regulation skill	

STRUCTURAL

Daily routine stability	
Task completion consistency	
Environmental order	
Financial predictability	

Scoring

Mostly 4–5 → Strong baseline

Mostly 3 → Vulnerable under stress

Mostly 1–2 → Chronic instability

Spikes are loud. Baselines are quiet. Build the quiet.

Life.Understood.

The Stability Baseline Audit

What is your normal?

Stress reveals cracks that were already present.

Before crisis, assess foundation.

Rate each 1–5 (low → strong):

Physical

- **Sleep consistency**
- **Hydration**
- **Movement routine**
- **Energy stability**

Cognitive

- **Ability to focus**
 - **Decision clarity**
 - **Information boundaries**
 - **Reduction of mental noise**
-

Emotional

- **Emotional recovery time**
- **Trigger sensitivity**
- **Capacity for pause**
- **Self-regulation skill**

Structural

- **Daily routine stability**
 - **Task completion consistency**
 - **Environmental order**
 - **Financial predictability**
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Scoring

Mostly 4–5 → Strong baseline

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Anchor

Spikes are loud.

Baselines are quiet.

Build the quiet.