

IDENTIFY THE HIDDEN CHAOS

—○— EQUA



THE EQUA AUDIT

You might feel like you need more discipline, you're not trying hard enough, or you're simply "aging."

But often, there's more beneath the surface.

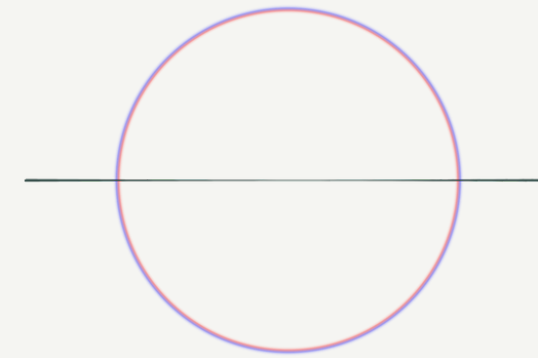
Many people live so close to the stress patterns that they don't recognize the hidden mental, emotional, physical, and environmental overload quietly keeping them stuck in survival mode.

It's possible to look like you're handling everything on the outside... while internally feeling exhausted, disconnected, reactive, anxious, or numb.



In the next 5 sections, read each statement and check the ones that feel true for you.

At the end, you'll add up your score to see where you fit on the Equa scale.



This audit is designed to help you identify the invisible patterns that may be impacting your:

- *energy*
- *nervous system*
- *confidence*
- *focus*
- *relationships*
- *emotional wellbeing*
- *ability to feel like yourself*

Disclaimer: This audit is not designed to diagnose or treat any medical or mental health condition. Its purpose is to increase awareness around the hidden stressors, patterns, and pressures that may be impacting your overall wellbeing.

THE EQUA AUDIT

THE MENTAL CHAOS

- My brain feels like it's always "on"
- I replay conversations or situations long after they happen
- I feel mentally overloaded by constant responsibilities
- I struggle to slow down or fully relax
- I feel guilty when I rest
- I constantly think about what I "should" be doing
- I have difficulty being present

YOUR SCORE: ___ / 7

THE EQUA AUDIT

THE EMOTIONAL CHAOS

- I absorb other people's emotions easily
- I often put other people's needs before my own
- I feel emotionally drained by everyday life
- I avoid disappointing people, even at my own expense
- I overthink how others perceive me
- I struggle to say no without guilt
- I feel pressure to hold everything together

YOUR SCORE: ___ / 7

THE EQUA AUDIT

THE PHYSICAL CHAOS

- I wake up tired, even after sleeping
- My body often feels tense or inflamed
- I experience energy crashes throughout the day
- I rely heavily on caffeine, sugar, or stimulation to function
- My sleep feels inconsistent or disrupted
- I feel "wired but tired"
- I know what to do for my health, but struggle to maintain consistency

YOUR SCORE: ___ / 7

THE EQUA AUDIT

THE SPIRITUAL CHAOS

- I feel disconnected from myself
- I don't know what I truly need anymore
- I feel like I'm operating on autopilot
- I rarely slow down enough to check in with myself
- I've lost connection to joy, creativity, or meaning
- I feel stuck, even though I keep pushing forward
- I crave peace but don't know how to create it

YOUR SCORE: ___ / 7

THE EQUA AUDIT

THE ENVIRONMENTAL CHAOS

- Clutter or disorganization increases my stress
- My environment feels noisy, chaotic, or overstimulating
- I rarely create calm space for myself
- I constantly feel rushed or behind
- My schedule leaves little room to breathe
- I multitask almost all day long
- I don't feel fully settled anywhere

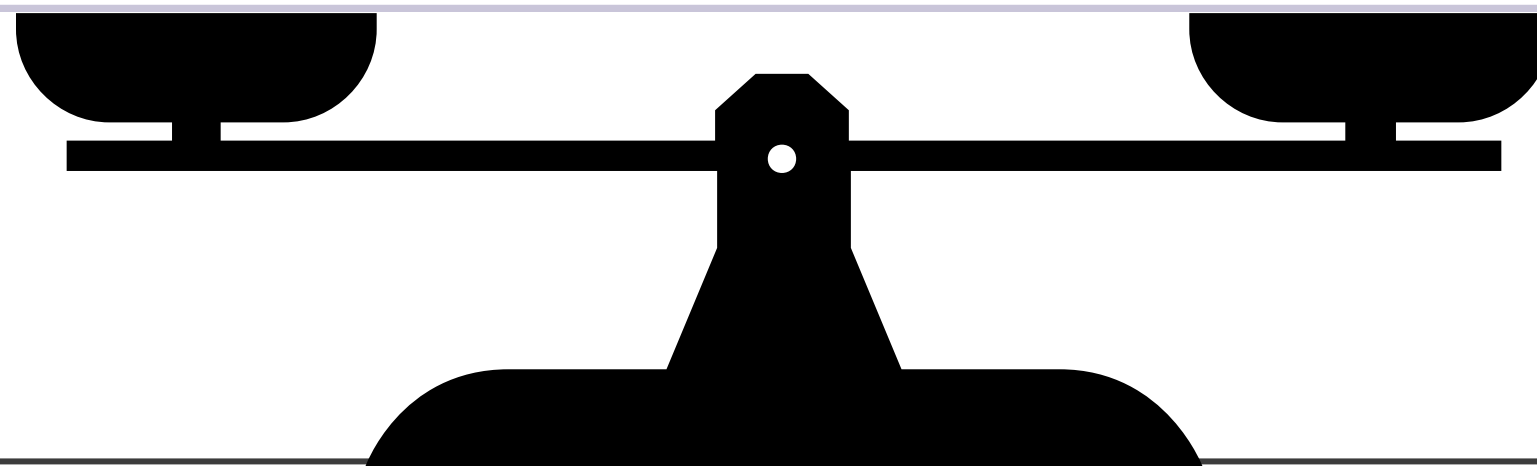
YOUR SCORE: ___ / 7

THE EQUA AUDIT

Your Equa Scale

Add all sections together and slide to the next page to see what your score is telling you.

Total Score: ___ / 35



WHAT YOUR EQUA SCORE MEANS



0-7

CHILL AS A CUKE

You experience stress like everyone else, but you generally have healthy ways of navigating it. You still have access to moments of calm, regulation, clarity, recovery, and balance. You have room to breathe, move, and I'm guessing you eat your cukes with mineral salt.



8-15

SPICY JALAPENO

You're managing life, but your nervous system might be extra caliente. Stress is likely building beneath the surface, even if you are crushing life on the outside. A few intentional shifts could help you move back toward a chill-as-a-cucumber vibe.



16-24

RUNNING ON CAFFEINE

Your mind and body may be operating from chronic stress, pressure, overstimulation, emotional overload, or survival habits for too long. You take on a lot, push through, and keep functioning. But underneath it all, you may feel disconnected from yourself, exhausted, reactive, or constantly "on."



25-35

BURNT TOAST

Your hidden chaos is likely impacting multiple areas of your life. This level of overwhelm affects sleep, energy, confidence, relationships, emotional well-being, and physical health. Eventually, your system starts sending smoke alarms, and if ignored, the house might burn down.



YOUR EQUA POINT

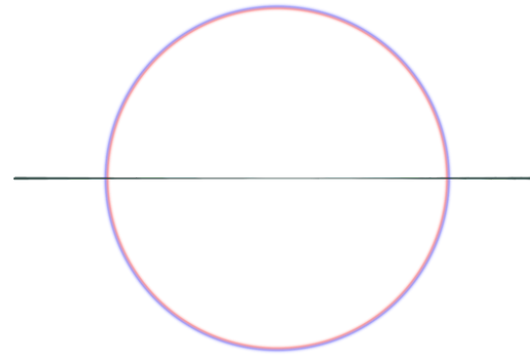
Listen...wherever you landed on the Equa Scale, balance is possible.

You can be sweet *and* spicy.
Enjoy your matcha without running on fumes.
And set the right shade for your toast.

A well-balanced life doesn't require perfection or learning how to balance on your hands.

It's about adapting through life transitions, staying grounded when things get tough, and feeling good with the choices you make throughout the day. That momentum builds confidence and balance.

If your score is high or lopsided in one area, start with one small step.
[Book a free Equa Reset call](#) to explore what may be contributing to your hidden chaos and what balance could look like for you - *your Equa Point.*



EQUA RESET

From survival mode to a healthier you. Find your Equa Point.

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