

The Electric Life Self-Assessment™

A Whole-Body Awareness Tool for Movement, Energy, Recovery, and Nervous System Health

Your body is constantly adapting to what you do every day.

Not just exercise.

Not just posture.

Not just stress.

But the combination of:

- how you move
- how you breathe
- how you eat
- how you live
- how you process experiences

This assessment helps you identify the patterns influencing how your body feels right now — and where small changes can create meaningful improvements.

Why This Assessment Matters

Many people focus only on where symptoms appear.

But symptoms are often the **result of patterns**, not the starting point.

Your nervous system continuously adjusts based on:

- movement habits
- stress load
- sleep quality
- nutrition patterns
- breathing mechanics
- emotional processing
- environmental demands

When these inputs improve, the body often improves with them.

This worksheet helps you recognize which areas may need support first.

How to Use This Assessment

Move through each section and answer honestly.

There are no “right” or “wrong” answers.

The goal is awareness.

Awareness creates change.

SECTION 1 — Movement Foundations

Why Movement Matters

Movement is how your brain understands your body.

When movement becomes limited or repetitive, the nervous system often increases tension and compensation to maintain stability.

Improving movement variety improves coordination, posture, and resilience.

Which movements feel restricted or uncomfortable?

- ☐ Squatting
 - ☐ Lunging
 - ☐ Reaching overhead
 - ☐ Twisting
 - ☐ Balancing
 - ☐ Walking long distances
 - ☐ Getting up from the floor
 - ☐ Turning your head fully
 - ☐ Sitting comfortably
 - ☐ Standing comfortably
-

Which movements increase tension later in the day?

Which movements feel strongest or easiest?

SECTION 2 — Breathing & Nervous System Regulation

Why Breathing Matters

Your breathing pattern directly affects your nervous system.

Shallow breathing can increase tension and fatigue.

Balanced breathing supports recovery, posture, and coordination.

Breathing is one of the fastest ways to influence how your body feels.

Which patterns apply to you?

- ☐ I breathe mostly through my mouth
 - ☐ My breathing feels shallow
 - ☐ My shoulders rise when I inhale
 - ☐ I hold my breath during effort
 - ☐ I feel tension in my ribs or chest
 - ☐ I rarely notice my breathing
-

When does your breathing feel easiest?

SECTION 3 — Lifestyle & Daily Habits

Why Lifestyle Matters

Your body adapts more to what you do daily than what you do occasionally.

Work posture, sleep habits, screen exposure, and environment all shape muscle tone and nervous system activity.

Small changes in these areas often create large improvements in comfort and recovery.

Which patterns apply to you?

- ☐ I sit for long periods
- ☐ I work at screens most of the day
- ☐ I feel stiff after driving
- ☐ I don't move much during the day
- ☐ My sleep schedule varies often

- ☐ I rarely get time outdoors
 - ☐ I feel rushed most days
-

Which daily habit affects your body the most?

SECTION 4 — Nutrition & Energy Patterns

Why Nutrition Matters

Your body requires consistent fuel to repair tissue, regulate stress chemistry, and maintain stable energy levels.

Irregular nutrition patterns often increase fatigue and muscle tension without people realizing it.

Simple consistency often produces meaningful change.

Which patterns apply to you?

- ☐ I skip meals
 - ☐ My energy drops during the afternoon
 - ☐ I rely on caffeine to stay alert
 - ☐ I don't drink enough water
 - ☐ I eat late at night
 - ☐ My meals are inconsistent day to day
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When does your energy feel best during the day?

SECTION 5 — NeuroEmotional Load & Stress Patterns

Why Emotional Patterns Matter

Your nervous system responds to emotional experiences the same way it responds to physical stress.

When stress accumulates, the body often increases muscle tension and protective patterns automatically.

Recognizing these patterns helps reduce unnecessary strain.

Which patterns apply to you?

- ☐ I hold tension in my jaw
 - ☐ My shoulders feel tight most days
 - ☐ I feel “on” even when resting
 - ☐ I have difficulty relaxing fully
 - ☐ My mind stays active at night
 - ☐ Stress affects my body physically
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Where does stress show up most in your body?

SECTION 6 — Recovery Capacity

Why Recovery Matters

Your body improves between periods of activity — not during them.

Recovery depends on sleep, breathing, nutrition, movement variety, and stress balance.

When recovery improves, tension often decreases naturally.

Rate the following (1–5)

Sleep quality
1 2 3 4 5

Energy consistency
1 2 3 4 5

Stress load
1 2 3 4 5

Movement during the day
1 2 3 4 5

Relaxation time
1 2 3 4 5

SECTION 7 — Tension Pattern Awareness

Why This Matters

Your body often holds stress in predictable locations.

Identifying those patterns helps guide change.

Where do you feel tension most often?

- ☐ Head
 - ☐ Jaw
 - ☐ Neck
 - ☐ Shoulders
 - ☐ Mid-back
 - ☐ Low back
 - ☐ Hips
 - ☐ Chest
 - ☐ Stomach
-

When does tension increase most?

Your Starting Point

After completing this assessment, identify:

Which section stood out most?

- ☐ Movement
- ☐ Breathing
- ☐ Lifestyle habits
- ☐ Nutrition
- ☐ Stress patterns
- ☐ Recovery

This is often the best place to begin making changes.

How This Fits the Electric Life System™

Your body responds best when multiple systems improve together.

Movement improves coordination.

Breathing improves regulation.

Lifestyle improves consistency.

Nutrition improves recovery.

NeuroEmotional Ease improves adaptability.

Chiropractic care helps your body respond to all of them more effectively.

Together, these create lasting change.
