

Granary Inventory Self-assessment



Dear Beautiful Human,

Whether you've arrived here feeling exhausted, excited, or simply curious—whatever your reason, a warm welcome. We're glad you're here.

DOO U's tools are designed to support your journey of self-awareness and sovereignty. It all begins with taking an honest, kind look at the landscape of your life.

Please remember:

1. This is a reflective educational tool, not a diagnostic test.
2. There are no wrong answers—only honest ones.

This tool recognizes that your energy is shaped by your inner world, your relationships, and the larger systems you navigate. Be gentle with yourself. If any question brings up painful/ overwhelming feelings, you are always welcome to skip it and consult your health professional. Your well-being is the top priority.

Our goal is not to find what's "wrong," but to understand the systems that hold your energy. Are your Structures (your foundation) strong? Are your Exchanges (your relationships) fair? Is your Governance (your personal leadership) clear?

Your results are a snapshot of your current energy landscape, not a permanent diagnosis. They reflect the dynamic dance between your inner world and outer circumstances.

By simply showing up with curiosity, you are taking the first and most profound step toward sustainable well-being. Thank you for gifting yourself this moment of attention. Let's begin.

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English

5min

Daily

Assess Your Energy Capacity, Leaks & Patterns Across 6 Energy Leak Dimensions

Think about how things feel generally (you can also isolate how things have felt in the past 7 days and rate each statement based on the following scale:

1 = Not true / rarely

2 = Somewhat true / sometimes

3 = Very true / often



DIMENSION 1 BODY & SPACE

Dimension Total

x2

Weighted
Dimension Total

DIMENSION 1: BODY & SPACE

How your body and physical environment affect your energy..

1	2	3	
			My body feels tired, sore or sick.
			I find it difficult to get enough restorative food, movement, water, breath, and/or sleep.
			My body often feels tense, jumpy, or "on edge."
			My living or workspace feels cluttered, chaotic, or uninspiring.
			I feel often physically or sensorially overwhelmed.



DIMENSION 1 BODY & SPACE

Dimension Total

x2

Weighted
Dimension Total

DIMENSION 2: FEELINGS & EMOTIONAL WEIGHT

How your emotions and deeper feelings affect your energy

1	2	3	
			I've have feelings I don't have space to deal with.
			I feel lonely or disconnected frequently
			I often feel heavy, irritated, sad, or weighed down without a clear reason.
			When I'm not ok, I tend to pretend I'm fine
			My feelings often feel heavier than my actual problems.



DIMENSION 3

Mind & Thoughts

Dimension Total

X1.5

Weighted
Dimension Total**DIMENSION 3: Mind & Thoughts***How your thoughts and self-talk affect your energy*

1 = Not true / rarely	2 = Somewhat true / sometimes	3 = Very true / often	
			My mind is generally busy or hard to quiet.
			I often find myself caught in loops of repetitive thinking (replaying conversations, worrying about the future, analysing past mistakes).
			I'm distracted or overwhelmed easily
			My inner voice tends to be critical, punitive, or harsh when I made a mistake or felt tired.
			I find it difficult to quiet a sense of underlying anxiety or background dread, even without a clear cause.



DIMENSION 4

Behaviour & Pace

Dimension Total

X1

Weighted
Dimension Total**DIMENSION 4: Behaviour & Pace***How your actions and speed of life affect your energy*

1 = Not true / rarely	2 = Somewhat true / sometimes	3 = Very true / often	
			I tend to push myself even when I am tired.
			I tend to say yes when I don't have the energy.
			My days generally feel rushed or too full.
			My days generally feel more reactive (responding) than proactive (following my own plan).
			I frequently spend time on tasks that feel misaligned with what is important to me.



DIMENSION 5

Relationships & Community

Dimension Total

X2

Weighted
Dimension Total**DIMENSION 5: Relationships & Community***How relationships and expectations affect your energy*

1 = Not true / rarely	2 = Somewhat true / sometimes	3 = Very true / often	
			I often give more emotional support or energy in my relationships than I receive.
			I don't feel connected to any community or people
			I carry mental or emotional load for others (worrying, managing, planning).
			Family or community expectations/ culture place a heavy demand on my energy.
			I don't or rarely get the support I need.



DIMENSION 6 SYSTEM PRESSURES

Dimension Total

X2.5

Weighted
Dimension Total

DIMENSION 6: SYSTEM PRESSURES

How money, identity, and systems affect your energy

1 = Not true / rarely	2 = Somewhat true / sometimes	3 = Very true / often	
			I feel my financial situation limits my life choices and creates chronic stress
			I modify my behaviour, appearance, or speech to avoid discrimination, violence or judgment.
			I feel uneasy or on alert in my home or neighbourhood.
			The systems I rely on (transport, government, utilities) feel unreliable and add to my daily strain.
			The world around me (news, politics, workplace, rules) tires me out.

Map Your Results

Use one of if not both these assessments.

Be kinder to yourself than you think you need to be. You are learning and wonderfully human.

STEP 1: SCORE EACH DIMENSION

- Add your scores for all 5 questions in that dimension.
Dimension Score (out of 15):
 - 5–8 → *Light Drain*
 - 9–12 → *Medium Drain*
 - 13–15 → *Strong Drain*
- Circle the **THREE dimensions** with the highest scores.
- Optional additional step:** To see the biggest leak dimensions, multiply each dimension's raw score by its weight.

These are your biggest energy leaks this week.

STEP 2: FIND YOUR ENERGY OPERATING LEVEL

Add all raw scores (before weight). **TOTAL RAW SCORE** (out of 90):

- 5–25 → **Stable:** You're holding steady. Small leaks.
- 26–45 → **Stretched:** You're functioning but getting tired.
- 46–65 → **Draining:** You're losing energy faster than you're replacing it.
- 66–80 → **High Leak Mode:** Your system is struggling to keep up.
- 81–90 → **Collapse Zone:** You need rest, support, or a boundary ASAP.

STEP 3 — ASK YOURSELF

- Are there any connects? How do they influence each other?
- What is within my control or scope of influence? What small shifts can I make today?
- Where am I well resourced?
- Are there drain type unlisted here and add them.