

The Is This It? Assessment

12 Questions That Will Tell You What Your Body Already Knows

Courageous Vitality by Jes Brandt · courageousvitality.com

"You heard yourself say it. Maybe out loud. Maybe just in your head. 'Is this it?'"

If you're a high-performing woman in midlife and that question has been whispering in the back of your mind — in meetings, in the school drop-off line, at 10pm with a glass of wine — this assessment is for you.

In 12 questions, you'll find out:

Identity, Biology, or Soul?

Whether what you're feeling is an identity issue, a biology issue, or a soul issue — because the solution is completely different for each.

How Urgent Is It?

How urgent your situation actually is. Some signals can wait; others can't.

Your Next Step

What specific next step your body is asking you to take.

This takes about 4 minutes. Answer honestly. Nobody is grading you. **Let's begin.**

SECTION 1 OF 3

Identity Signals

Who am I without the role?

Check every statement that feels true:

- When someone asks what I do, I lead with my job title — even when I'm not at work.
- I can feel my identity starting to crack, and I'm not sure who I am underneath it.
- I've caught myself saying "it pays the bills" about something I used to be proud of.
- If my job disappeared tomorrow, I'd feel more unmoored than free.

Identity Score: __ / 4

Biology Signals

Is my body keeping score?

Check every statement that feels true:

- I'm training harder, eating cleaner, or working more disciplined than ever — and feeling worse.
- I've been told by a doctor that I'm "healthy" while I'm quietly falling apart.
- I'm experiencing changes in my sleep, weight, mood, or energy that don't match how I'm living.
- I've been told some version of "welcome to menopause, there's nothing you can do."

Biology Score: __ / 4

SECTION 3 OF 3

Soul Signals

Am I running on fumes — or running on purpose?

Check every statement that feels true:

- I've fantasized about blowing up my job, my routine, or my whole life more than once in the past 6 months.
 - I'm going through the motions of a life that used to feel like mine.
 - I've stopped making time for the things that used to light me up — and I've started calling that "being responsible."
 - The version of me I'm performing at work doesn't match the woman I am at home.
-

Soul Score: __ / 4

Count Your Checkmarks

Tally up your responses from each section below. Be honest — this is just for you.

__ /4

Identity

Who am I without the role?

__ /4

Biology

Is my body keeping score?

__ /4

Soul

Am I running on fumes?

__ /12

Total

Your full picture

"The section where you scored highest is the door you're being invited through."

Your Results

Find the section where you scored highest. That's where your body is asking you to begin.



Highest in IDENTITY?

Your sense of self has outgrown the role you're playing. This isn't a crisis; it's an invitation to figure out who you are underneath the title. The work here is **reconnection, not reinvention.**



Highest in BIOLOGY?

Your body is sending signals your mind has been talking over. Perimenopause, nervous system depletion, and hormonal shifts are real, measurable, and addressable. **This is not a willpower problem. It's a biology problem — and biology has answers.**



Highest in SOUL?

You've been running on fumes long enough that you've forgotten what running on purpose feels like. The good news: **that spark isn't gone.** It's waiting for you to make room for it again.

i Scored equally across two or more sections? That's common — and it means your body is asking for a more integrated approach. All three doors may be open at once.

So — is this it?

No. This is the beginning of figuring out what's actually going on — across your body, your identity, and what truly matters to you.

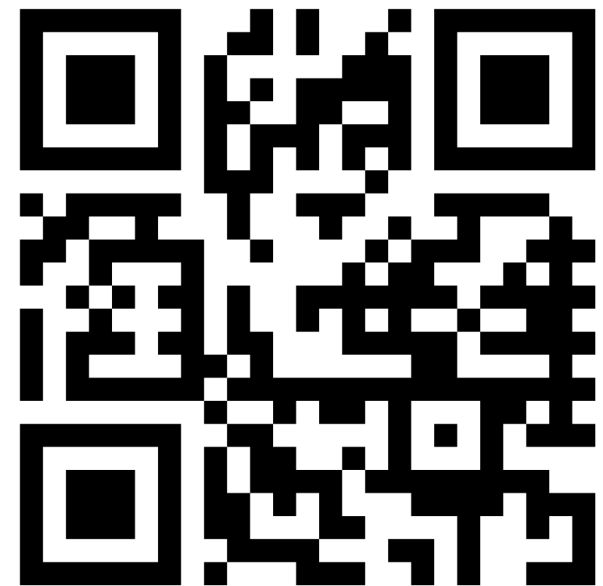
You don't have to blow up your life to feel like yourself again. You just have to understand what your body has been trying to tell you.

"When you're ready to go deeper, I'd love to help."

Ready to Go Deeper?

Visit courageousvitality.com to learn how Jes Brandt works with high-performing women in midlife who are ready to understand what's really going on — and do something about it.

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