

THE SURVIVAL MODE AUDIT™

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ChroniclesofAlexis



Are You Living or Just Surviving?

Many women spend years operating in **survival mode** without even realizing it.

We keep going. We keep showing up. We keep taking care of everyone else.

But underneath the surface, we're exhausted.

Take this audit to discover where you are, what may be keeping you stuck, and where your rebuild journey should begin.



Rate Yourself

For each statement, choose:

1. 1 = Never
2. 2 = Rarely
3. 3 = Sometimes
4. 4 = Often
5. 5 = Almost Always



PHYSICAL HEALTH

- ☐ I struggle with energy levels.
- ☐ My sleep is inconsistent.
- ☐ I experience frequent stress-related symptoms.
- ☐ I neglect my own health needs.
- ☐ I often feel physically depleted.
- ☐ I know what I should do but struggle to do it consistently.

Score: _____

 SELF-TRUST AND CONFIDENCE

- ☐ I second-guess myself.
- ☐ I struggle to keep promises to myself.
- ☐ I fear failure or disappointment.
- ☐ I compare myself to others.
- ☐ I feel stuck between who I am and who I want to become.
- ☐ I don't fully trust myself to follow through.

Score: _____

 CONNECTION AND COMMUNITY

- ☐ I feel lonely even when surrounded by people.
- ☐ I don't feel fully supported.
- ☐ I carry most things alone.
- ☐ I hesitate to ask for help.
- ☐ I wish I had stronger friendships.
- ☐ I want more meaningful connections.

Score: _____

 Your Results

Score Range	What This Means
30-60	You may be stressed, but you're generally managing well.
61-90	You are carrying more than you realize and may be entering survival mode.
91-120	Survival mode is impacting your health, mindset, and wellbeing.
121-150	Your body, mind, and spirit are asking for a rebuild.

This is not failure.

This is information.



Reflection Questions

What area of your life needs the most attention right now?

What are you most tired of carrying?

What would change if you chose yourself for the next 90 days?

My Rebuild Commitment

The next version of me requires:

- ☐ Better boundaries
- ☐ Better sleep
- ☐ More movement
- ☐ Better nutrition
- ☐ Stress reduction
- ☐ Community support
- ☐ Accountability
- ☐ Self-care
- ☐ Therapy or professional support
- ☐ Choosing myself consistently

The Chronicles isn't about perfection.

It's about progress.

It's about women choosing themselves again.

Heal. Build. Become.

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