



The Rut Assessment

A quick neuroscience-informed scan to identify where you feel most stuck, what matters most, and where to start for the biggest impact.

1. Life Areas Scan

Rate each area based on how stuck you feel right now and how important it is to you (0–10).

Life Area	Stuck (0–10)	Importance (0–10)
Career / Work		
Energy & Physical Health		
Mental & Emotional Well-Being		
Relationships & Connection		
Purpose / Meaning		
Personal Growth / Creativity		
Daily Structure & Habits		

2. High-Leverage Focus

Circle up to two areas that are both highly important and highly stuck. These are your best starting points.

3. Energy Check

What drains my energy in these areas?

What small change could give me energy back?

4. First Small Step (Next 7 Days)

Area I'm starting with:	
My first small step:	
When I will do it:	
How I'll know it's done:	

Progress isn't feeling motivated. Progress is showing your brain that effort leads to reward.