

The Stagnation Audit

A 3-Part Self-Assessment to Find Out Where You're Stuck

In Chinese medicine, stagnation is at the root of most of what feels bad — the pain, the fatigue, the brain fog, the low-grade sense of just being *off*. This audit helps you figure out where it's showing up for you. Be honest. Nobody's grading this. And remember: you don't need a huge overhaul. **One small shift is enough to get things moving.**

■ AREA 1: Your Physical Body

Check everything that resonates — even a little

- I wake up stiff most mornings and it takes a while to shake off
- I have ongoing digestive issues — bloating, sluggishness, or irregularity
- I feel heavy or foggy, like I'm moving through water
- I have areas of chronic tension or pain that never fully go away (neck, shoulders, jaw, hips...)
- I feel tired after meals even when I haven't overeaten
- My energy crashes in the afternoon
- I get sick more than I used to, or I just never feel fully well

How many did you check? ■ 0–1 ■ 2–3 ■ 4–5 ■ 6–7

What stands out most in your physical body right now?

■ AREA 2: Your Energy & Mind

Check everything that resonates — even a little

- I know I should do things but I can't seem to make myself start
- I feel unmotivated — not just tired, but flat
- Making decisions, even small ones, feels harder than it should
- I wake up between 1am and 3am with my mind running
- I feel anxious or irritable without a clear reason

- Brain fog is a regular experience for me
- I feel emotionally stuck or like my feelings are bottled up

How many did you check? ■ 0–1 ■ 2–3 ■ 4–5 ■ 6–7

About that 1–3am wake-up: In Chinese medicine, this is liver time on the organ clock. The liver governs planning, decisions, and the smooth flow of emotion. When it's stagnant, it wakes you up to process. If you checked this one, pay attention — it's one of the most reliable signs of liver qi stagnation I've seen in 21 years of practice.

What stands out most in your energy or mental state?

■ AREA 3: Your Life

This is the one people don't expect — but the body and the life are not separate things

- There's something I've been meaning to do or change — but it's never the right time
- I feel like I'm going through the motions, on autopilot
- I'm in a cycle of grinding and collapsing — but never fully recovering
- I don't have genuine rest in my life (not collapse, not scrolling — actual rest)
- I feel like I'm watching my life from slightly outside it
- Something feels unlived or unexpressed — a dream, a project, a version of myself
- I know what I need but I can't seem to make it happen

How many did you check? ■ 0–1 ■ 2–3 ■ 4–5 ■ 6–7

What stands out most in your life right now?

YOUR ONE THING THIS WEEK

Look back at your three areas. Where did you check the most — or what jumped out at you most honestly?
Pick **one area** and **one small thing** you can do this week to start moving it.

The area where I feel most stuck:

■ Physical Body ■ Energy & Mind ■ My Life

My one small thing this week:

Need ideas? Here are some starting points:

- Walk 10 extra minutes — outside, not on a treadmill
- Eat lunch away from your desk and actually taste it
- In bed before 11pm for 3 nights — track what happens to that 2am wake-up
- Have the conversation you've been putting off
- Do one thing purely because it brings you joy — no productivity required
- Write down the thing you keep not doing — just write it down

***"Small meaningful changes — it doesn't have to be huge." One thing. One week.
That's enough to get things moving.***