

FREE RESOURCE

The Leadership Body Audit

10 questions your body is already answering.
Are you listening?

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Your body is keeping score. This audit helps you read it.

Most leaders know when something is off. The sleep is broken. The jaw is tight. The patience is thin. But the default response is to push through, add another productivity tool, or wait until the next holiday.

This audit is different. It asks you 10 honest questions about how stress, pressure and leadership are showing up in your body right now. Not theoretically. Not someday. Right now.

There are no right answers. Just honest ones. Score yourself, read what your total means, and decide if it is time to do something about it.

How to use this audit

1. Find 10 quiet minutes. No phone. No email. Just you.
2. Read each question and circle the answer that is most true right now.
3. Add up your score at the end.
4. Read what it means. Be honest with yourself about what comes up.

This is not a diagnosis. It is a mirror. What you do with what you see is up to you.

10 questions. Total honesty.

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- 1.** How would you describe your sleep most nights?
- Deep and restorative. I wake up ready. (1)
 - Decent, but I often wake in the night. (2)
 - Restless. My brain won't switch off. (3)
 - Broken or almost non-existent. I dread bedtime. (4)
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- 2.** When was the last time you took a full day off without checking your phone for work?
- This week. (1)
 - Sometime this month. (2)
 - I honestly cannot remember. (3)
 - I do not think I have ever done that. (4)
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- 3.** How does your body feel at the end of a typical work day?
- Tired but good. I can still enjoy my evening. (1)
 - Tense. Shoulders, jaw, or lower back are always tight. (2)
 - Exhausted. I have nothing left for anyone. (3)
 - I do not really notice my body anymore. I just push through. (4)
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- 4.** When someone on your team brings you a problem, what is your first internal reaction?
- Curiosity. I want to understand. (1)
 - Slight frustration, but I manage it. (2)
 - Irritation. Why can they not figure this out? (3)
 - Overwhelm. I cannot take one more thing. (4)
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THE AUDIT (CONTINUED)

5. How often do you move your body in a way that is not about productivity or burning calories?

- Several times a week. I genuinely enjoy it. (1)
 - Occasionally, when I can fit it in. (2)
 - Rarely. Exercise feels like another task. (3)
 - Never. My body is just the thing that carries my brain to meetings. (4)
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THE AUDIT (CONTINUED)

- 6.** How would the people closest to you describe your stress levels right now?
- They would say I seem calm and present. (1)
 - They would say I am busy but managing. (2)
 - They would say I am clearly stressed and it is affecting things. (3)
 - They have stopped asking because I get defensive. (4)
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- 7.** When you sit in silence for 60 seconds with no input, how does it feel?
- Peaceful. I welcome it. (1)
 - Uncomfortable but manageable. (2)
 - My mind races. I reach for my phone. (3)
 - Intolerable. I avoid silence completely. (4)
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- 8.** Do you feel like you are leading your business, or is your business leading you?
- I am leading. I set the pace. (1)
 - Mostly leading, but some days it runs me. (2)
 - It is running me most of the time. (3)
 - I am just trying to survive each week. (4)
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- 9.** How connected do you feel to the people around you, at work and at home?
- Deeply connected. I have people I trust. (1)
 - Connected enough, but I feel alone with the hard stuff. (2)
 - Isolated. Nobody really understands my world. (3)
 - Completely alone. I have no one to be honest with. (4)
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THE AUDIT (CONTINUED)

10. If your body could talk, what would it say to you right now?

- Keep going. We are good. (1)
 - Slow down a little. I need a break. (2)
 - I have been trying to tell you something for months. (3)
 - Please stop. I cannot keep doing this. (4)
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Add up your numbers.

My total score: _____

Minimum: 10 | Maximum: 40

10 to 16: Grounded

You are in a strong place. Your body and your leadership are aligned. You have capacity, connection and calm. The question is not whether you need help, but how you protect what you have built. This is rare. Honour it.

17 to 24: Coping

You are managing, but the cracks are showing. The stress has not broken anything yet, but your body is sending signals. This is the stage where most leaders stay for years, telling themselves it is fine. It is not fine. It is the perfect time to intervene before it gets harder.

25 to 32: Depleted

Your nervous system is running on fumes. The stress is no longer contained to work. It is in your sleep, your relationships, your patience, your health. You know something needs to change but you do not know where to start. You are not broken. You are depleted. There is a difference, and it is fixable.

33 to 40: In Crisis

This is your body asking you to stop. Not slow down. Stop. The level of stress you are carrying is unsustainable and it is affecting everything. This is not a willpower problem. This is a nervous-system problem. You need support, and you need it now.

Your score told you something. Here is what to do with it.

Whatever your score, the fact that you completed this audit means you are already paying attention. That is the first step. Most leaders never take it.

If you scored 10 to 16

You are in a strong position. Consider how you can maintain this. The MOVEMENT, Wendy's embodied leadership collective for CEOs and founders in Indianapolis, is designed for leaders who want to stay regulated, not just those who need to get there.

If you scored 17 to 24

This is the intervention window. You still have capacity, but it is shrinking. The MOVEMENT offers bi-weekly in-person sessions with a small group of peers who understand exactly where you are. Movement, regulation, peer truth. No sitting in a room for 8 hours.

If you scored 25 to 40

You need individualised support. Soul & Strategy is Wendy's private mentorship for leaders who need bespoke, one-to-one work. 3, 6 or 12-month engagements built entirely around you. No group. No curriculum. Just the work that needs doing.

Ready to talk about what came up?

Visit wendycooperwellness.com or email
wendy@wendycooperwellness.com

No pressure, no pitch. Just an honest conversation about where you are.

Movement is the medium. Feeling resourced is the outcome. Calm. Certain. Unshakable.