

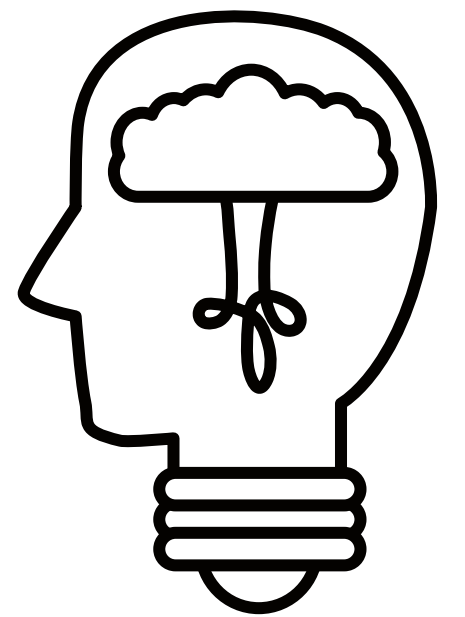
THE SUSTAINABLE DRIVE™ SCAN

A signature self-scan by Meagan Yarmey, PhD — helping driven professionals sustain success without sacrificing wellbeing

You've built momentum and credibility. Yet stress can creep in as over-thinking, under-feeling, or over-doing. The **Sustainable Drive™ Scan** helps you see how stress is shaping your **Mindset Currents**, **Inner Climate**, and **Action Patterns** — the three areas where meaningful change starts.

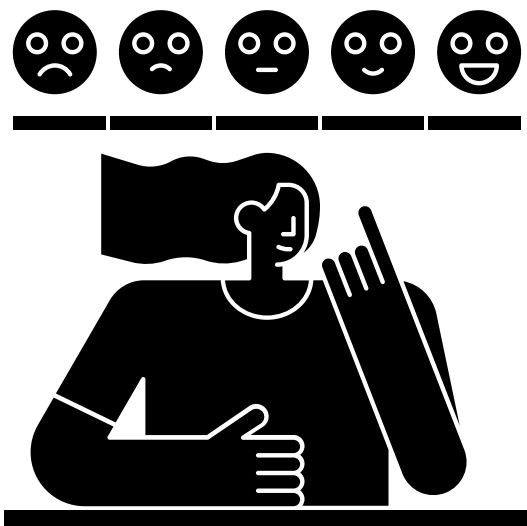
Mindset Currents — How You Frame & Interpret

- ☐ My inner commentary is often critical, doubting, or harsh even after successes.
- ☐ I dwell on mistakes or replay conversations long after they're over.
- ☐ I measure myself by what's unfinished rather than what's achieved.
- ☐ Saying no or pausing feels like letting people down.
- ☐ Speaking up or disagreeing feels risky or "too much."



Inner Climate — What You Sense & Feel

- ☐ I carry tension in my shoulders, jaw, gut, or experience stress headaches.
- ☐ I feel anxious, irritable, or emotionally flat even when things look fine on paper.
- ☐ There's a gap between my outer confidence and my inner sense of security.
- ☐ Shame, guilt, or fear regularly accompany my performance or identity.
- ☐ I only recognise my stress after I crash or overreact.



Action Patterns — What You Actually Do

- ☐ I over-prepare, over-commit, or "over-deliver" as my default.
- ☐ I avoid tasks, people, or decisions that might lead to criticism.
- ☐ I sacrifice rest, relationships, or personal goals to keep pushing.
- ☐ Boundaries are hard to set or maintain at work or home.
- ☐ Self-care is sporadic — something I earn after everything else is done.



What This Reveals

If you're checking multiple boxes, your current habits are optimised for constant output, not sustainable performance. Upgrading starts with:

- Identifying hidden stress drivers and inner-critic scripts
- Building skills to regulate your nervous system
- Practising boundaries, assertive communication, and self-trust
- Re-aligning goals with your evolving values and identity