
THE COHERENCE ASSESSMENT™

Diagnostic Tool for Identifying Internal Fragmentation



FIVE DOMAINS OF PERFORMANCE

● Identity ● Thinking ● Emotion ● Behavior ● Strategy

50 Questions • 5 Domains • 1–5 Rating Scale

Core Principle

Coherence occurs when identity, thinking, emotion, behavior,
and strategy operate in alignment.

PURPOSE & INSTRUCTIONS

Read carefully before beginning

The Coherence Assessment evaluates the five domains of human performance that determine stability and effectiveness: **Identity, Thinking, Emotion, Behavior, and Strategy**. The assessment reveals where fragmentation exists and where integration must occur.

Rating Scale

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

Total Questions	50 questions across 5 domains (10 per domain).
How to Rate	Enter the number (1–5) that best reflects your actual experience.
Be Honest	There are no right or wrong answers. Respond based on reality, not aspiration.
Scoring	Sum your ratings within each domain (max 50). Total all domains (max 250).



Domain 1: Identity Coherence

Identity determines values, priorities, and direction. When identity is unclear, individuals become influenced by e

PARTICIPANT NAME	ASSESSMENT DATE
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	1	2	3	4	5
1. I have clearly defined personal values that guide my decisions.					
2. My professional life reflects what I truly believe in.					
3. I know the type of impact I want my life to create.					
4. My daily actions reflect my deeper principles.					
5. I rarely feel pulled in conflicting directions.					
6. My priorities remain consistent even under pressure.					
7. I know what standards I refuse to compromise.					
8. My goals reflect who I truly want to become.					
9. I feel internally aligned with the direction of my life.					
10. I can clearly explain my purpose and direction.					

Domain 1 Score — Identity Coherence	Total: / 50
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40–50 High Coherence | 30–39 Moderate | 20–29 Low | Below 20 Critical Fragmentation

2

Domain 2: Cognitive Coherence

Structured thinking determines clarity and decision quality. Fragmented thinking leads to confusion and decision fa

PARTICIPANT NAME _____

ASSESSMENT DATE _____

	1	2	3	4	5
1.	I have a clear method for making complex decisions.				
2.	I rarely feel mentally overwhelmed by choices.				
3.	My thinking process is structured rather than reactive.				
4.	I can quickly identify the most important priorities.				
5.	I avoid overanalyzing problems unnecessarily.				
6.	I regularly test my assumptions before making decisions.				
7.	I maintain focus on high-value problems.				
8.	My decisions reflect long-term thinking rather than impulse.				
9.	I am comfortable making decisions with incomplete information.				
10.	My thinking process produces clear direction.				

Domain 2 Score — Cognitive Coherence

Total: / 50

40–50 High Coherence | 30–39 Moderate | 20–29 Low | Below 20 Critical Fragmentation

3

Domain 3: Emotional Coherence

Emotional regulation protects judgment and stability. Unregulated emotions undermine credibility and relationships.

PARTICIPANT NAME _____

ASSESSMENT DATE _____

	1	2	3	4	5
1.	I remain calm during stressful situations.				
2.	I rarely react impulsively during conflict.				
3.	I can handle criticism without becoming defensive.				
4.	I recover quickly from setbacks.				
5.	I understand the emotional triggers that affect my behavior.				
6.	I pause before responding when emotions rise.				
7.	My emotional responses are usually deliberate rather than automatic.				
8.	I maintain composure during professional pressure.				
9.	I rarely allow emotions to distort my decisions.				
10.	Others see me as emotionally stable.				

Domain 3 Score — Emotional Coherence

Total: / 50

40–50 High Coherence | 30–39 Moderate | 20–29 Low | Below 20 Critical Fragmentation

4

Domain 4: Behavioral Coherence

Behavior reveals whether internal alignment truly exists. Trust grows when actions consistently match intentions.

PARTICIPANT NAME _____

ASSESSMENT DATE _____

	1	2	3	4	5
1. My actions consistently reflect my commitments.					
2. I follow through on what I say I will do.					
3. My habits support my long-term goals.					
4. I rarely procrastinate on important tasks.					
5. My daily routines are structured and intentional.					
6. I maintain discipline even when motivation is low.					
7. Others consider me dependable.					
8. My words and actions align consistently.					
9. I rarely abandon commitments once made.					
10. My behavior reflects personal integrity.					

Domain 4 Score — Behavioral Coherence

Total: / 50

40–50 High Coherence | 30–39 Moderate | 20–29 Low | Below 20 Critical Fragmentation

5

Domain 5: Strategic Coherence

Strategic alignment determines leverage and income growth. Many professionals work hard but remain misaligned.

PARTICIPANT NAME _____

ASSESSMENT DATE _____

	1	2	3	4	5
1.	My professional direction is clearly defined.				
2.	I know which opportunities deserve my attention.				
3.	My effort is focused on high-value outcomes.				
4.	I regularly evaluate whether my strategy is working.				
5.	My work aligns with my strengths.				
6.	I avoid wasting time on low-impact activities.				
7.	My career decisions support my long-term goals.				
8.	I know how my current work contributes to my financial growth.				
9.	My strategy reflects both opportunity and personal values.				
10.	My professional direction feels intentional.				

Domain 5 Score — Strategic Coherence

Total: / 50

40–50 High Coherence | 30–39 Moderate | 20–29 Low | Below 20 Critical Fragmentation