

The Menopause Mastery Assessment

Helping You Move From Surviving to Thriving in Midlife and Beyond

Purpose: This assessment is designed to give you a clear picture of your menopause journey — physically, emotionally, and socially — so you can take charge of your well-being, feel confident in your body, and thrive in this season of life.

Section 1: Symptom Severity

Rate each symptom: No (0), Rarely (1), Often (2), A Lot (3).

Symptom	No (0)	Rarely (1)	Often (2)	A Lot (3)
Hot flashes				
Night sweats				
Difficulty getting to sleep				
Difficulty staying asleep				
Fatigue (more than usual)				
Itchy skin				
Breast tenderness				
Heart palpitations				
Changes in body odor				
Joint and muscle aches				
Burning mouth syndrome				
Headaches or migraines				
Electric shock sensations				
Tingling sensations (extremities)				
Feeling of crawling skin				
Increased sensitivity to temperature				
Changes in taste				
Dizziness				
Dry eyes				
Poor coordination or balance				
Tinnitus				
Crying spells				
Urinary leaks				
Pain or burning while urinating				
Bladder infections				
Weight gain (especially around the abdomen)				
Hair thinning or loss				
Dry skin				
Bloating				

Gum issues (bleeding, sensitivity)				
Allergies (new or worsened)				
Osteoporosis or bone loss				
Loss of breast fullness				
Loss of muscle mass or strength				
Mood swings				
Anxiety				
Depression				
Irritability				
Memory losses				
Difficulty concentrating				
Lack of motivation				
Trouble focusing				
Changes in stress tolerance				
Vaginal itching				
Abnormal vaginal discharge				
Irregular periods				
Increased PMS-like symptoms				
Changes in menstrual bleeding patterns				
Decreased libido				
Pain during intercourse				
Difficulty achieving orgasm				

Add up your points from this section. **0-51 points = Minimal Stage:** You are experiencing a minimal number of symptoms. You may have developed strong habits and support systems to help you cope but you still have room to grow. **52-102 = Noticeable Stage:** You're feeling the weight of symptoms and may not yet have the tools, strategies, or support you need to manage them effectively. You're making some efforts but may still feel inconsistent or unsupported. **103-153 = Intense Stage:** You feel as if symptoms have taken over your life and are causing major disruptions to how you feel and function. You need tools, strategies, and support to survive.

Section 2: Lifestyle Foundations

Statement	Never (0)	Rarely (1)	Often (2)	A lot (3)
I get at least 7 hours of restful sleep most nights				
I eat balanced meals with whole, nutrient-rich foods				
I engage in physical activity at least 3 times per week				
I stay hydrated throughout the day				
I limit caffeine, sugar, and alcohol intake				

Add up your points from this section. **0-7 points** indicate you need to make some lifestyle changes to help manage your symptoms and improve your quality of life. **8-15 points** indicate that you are making good lifestyle choices. Of course, there is always room for improvement.

Section 3: Emotional & Mental Well-being

Statement	Never (0)	Rarely (1)	Often (2)	Always (3)
I feel in control of my emotions				
I regularly practice stress-reducing activities				
I feel confident about my body and appearance				
I feel optimistic about the future				
I have clear thinking and concentration, no brain fog				

Add up your points from this section. **0-7 points** indicate that your symptoms are interfering with your emotional and mental well-being. Improvements in this area would be beneficial. **8-15 points** indicate that you are in a good emotional and mental state of well-being, holding your own. Of course, there are tools to help you improve and to keep you there more consistently.

Section 4: Support & Connection

Statement	Never (0)	Rarely (1)	Often (2)	Always (3)
I talk openly about menopause with friends or family				
I feel supported and understood by people in my life				
I have access to trustworthy menopause education				
I have a safe space to share my experiences				
I am taking intentional steps toward personal goals				

Add up your points from this section. **0-7 points** indicate that your symptoms may be interfering with your desire to engage with family and friends, and to take intentional steps for its proving your current situation. **8-15 points** indicate that you feel connected and supported and you are operating within a safe space as you move towards your personal goals.

Section 5: Mindset Readiness

Statement	Never (0)	Rarely (1)	Often (2)	Always (3)
I am ready to make changes that will improve my menopause experience.				
I believe my daily habits affect my menopause symptoms.				
I am taking (or ready to take) consistent steps to feel and function as my authentic self again.				
I am ready to join a community that will provide education, resources, and support.				
I am coachable.				

Add up your points from this section. The higher your score on a scale from 0 to 15 points the more ready you are to make changes to improve your quality of life. Sometimes, you have to take action even when you don't feel ready. Trust the process and trust us to help you feel and function as your normal self again.

Scoring & Results

Fill in your score from each section in the table below.

	Section 1	Section 2	Section 3	Section 4	Section 5
Total Score					

Your assessment scores are just the beginning. You need a complete explanation of the results and a personalized plan of action. Schedule your **free Clarity Call** <https://calendly.com/d/cwvn-n2q-59j/discovery-call> for a complete understanding of what your scores mean and your personalized approach to feeling better. Imagine how much easier, lighter, and more joyful this season of life could be if you had sound data, expert guidance, proven tools, and a sisterhood of support cheering you on