



The Integration Scorecard

Measuring Human Flourishing Across Six Domains

The Integration Scorecard

Your Six-Domain Assessment Tool

Turn insight into measurement. Track the transition from fragmentation to integration.

How to Use This Tool

This scorecard transforms the Project Janus framework from theory into practice. Whether you're a mayor assessing your city, a CEO evaluating your company, a parent examining your family, or an individual tracking personal integration, this tool provides a baseline and progress marker.

Instructions:

1. **Choose your scope:** Individual, Family, Team, Organization, or City/Community
2. **Score each domain** on a scale of 1-10 (see criteria below)
3. **Calculate your Integration Index** (average across all six domains)
4. **Identify your weakest domain** (this is where integration is failing)
5. **Date your assessment** and store it
6. **Reassess in 90 days, 1 year, and 2030**

Scoring Guide:

- **1-3:** Crisis/Extraction - This domain is actively degrading the system
- **4-6:** Surviving/Compensating - This domain is maintained but not thriving

- **7-8:** Functioning/Developing - This domain supports integration
 - **9-10:** Flourishing/Generative - This domain enables growth in other domains
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The Six Domains

1. BIOLOGICAL DOMAIN

Physical health, energy, nervous system regulation

For Individuals/Families:

- Sleep quality (7-9 hours, consistent schedule)
- Stress regulation (able to downregulate after stress)
- Physical movement (daily, varied, enjoyable)
- Nutrition (real food, mostly plants, not too much)
- Nature connection (regular time outdoors)

For Organizations:

- Employee sick days and health metrics
- Workplace ergonomics and physical safety
- Access to healthy food and movement
- Stress injury rates and burnout indicators
- Environmental health (air quality, light, noise)

For Cities/Communities:

- Air and water quality
- Access to green space and nature
- Active transportation infrastructure (walkability, bikeability)
- Healthcare accessibility and outcomes
- Noise and light pollution levels

Current Score (1-10): ____

What would move this +2 points?

2. COGNITIVE DOMAIN

Attention, learning, decision-making, information environment

For Individuals/Families:

- Attention quality (can focus deeply, not fragmented)
- Screen time balance (chosen vs. compulsive)
- Learning and curiosity (regular new knowledge)
- Decision fatigue (manageable complexity)
- Information diet (signal vs. noise ratio)

For Organizations:

- Deep work time available (uninterrupted focus blocks)
- Meeting load (necessary vs. wasteful)
- Decision quality (thoughtful vs. reactive)
- Learning culture (mistakes as data, growth mindset)
- Information flow (clarity vs. overload)

For Cities/Communities:

- Educational quality and accessibility
- Library and learning infrastructure
- Cognitive pollution (billboards, ads, noise)
- Civic information quality (transparency, accessibility)
- Digital literacy and access

Current Score (1-10): ____

What would move this +2 points?

3. EMOTIONAL DOMAIN

Feeling, regulation, psychological safety, emotional intelligence

For Individuals/Families:

- Emotional awareness (can name feelings)
- Regulation capacity (not overwhelmed by emotions)
- Emotional expression (safe to feel and share)
- Relationship to difficult emotions (not avoided/suppressed)
- Joy and positive affect (regular moments of delight)

For Organizations:

- Psychological safety (can express concerns, admit mistakes)
- Conflict resolution (healthy vs. toxic or avoided)
- Recognition and appreciation (people feel valued)

- Emotional diversity (full range acceptable, not just "professional")
- Support during difficulty (grief, stress, transition)

For Cities/Communities:

- Mental health resources and accessibility
- Social support networks (formal and informal)
- Grief and loss infrastructure (how community handles suffering)
- Celebration and joy infrastructure (arts, festivals, gathering spaces)
- Trauma-informed systems (police, schools, services)

Current Score (1-10): ____

What would move this +2 points?

4. BEHAVIORAL DOMAIN

Actions, habits, values-behavior alignment, agency

For Individuals/Families:

- Values-behavior alignment (living according to what matters)
- Habit quality (supporting flourishing vs. undermining)
- Impulse regulation (thoughtful vs. compulsive action)
- Agency (feeling of meaningful choice)
- Consistency (reliable follow-through on commitments)

For Organizations:

- Stated values vs. actual practices (integrity gap)
- Beneficial habits embedded in culture
- Addiction to busyness (activity vs. meaningful action)
- Employee autonomy and agency
- Behavior change capacity (adaptability)

For Cities/Communities:

- Policy-outcome alignment (do policies achieve stated goals?)
- Civic participation rates (voting, meetings, organizing)
- Behavioral infrastructure (easy to do right thing)
- Default choices (what's easiest vs. what's best)
- Cultural norms supporting integration vs. extraction

Current Score (1-10): ____

What would move this +2 points?

5. SOCIAL DOMAIN

Relationships, belonging, community, collective intelligence

For Individuals/Families:

- Relationship quality (depth, authenticity, support)
- Belonging (feel part of communities you value)
- Loneliness vs. connection (balance of solitude and togetherness)
- Conflict quality (repair happens, growth from disagreement)
- Intergenerational connection (across age groups)

For Organizations:

- Collaboration quality (synergy vs. silos)
- Diversity and inclusion (representation and voice)
- Trust levels (between teams, leadership and staff)
- Social capital (networks of mutual support)
- Community beyond work (do people relate as whole humans?)

For Cities/Communities:

- Social capital and trust levels
- Third places (gathering spaces beyond home and work)
- Civic infrastructure (places for democratic participation)
- Diversity and cross-group connection
- Loneliness and isolation rates

Current Score (1-10): ____

What would move this +2 points?

6. SPIRITUAL/EXISTENTIAL DOMAIN

Meaning, purpose, values, transcendence, wisdom

For Individuals/Families:

- Sense of purpose (life feels meaningful)

- Values clarity (know what matters most)
- Connection to something larger (nature, community, cosmos, divine)
- Practices of transcendence (moments beyond ego/self)
- Wisdom development (growing in perspective and compassion)

For Organizations:

- Mission clarity and authenticity (not just profit)
- Contribution to something meaningful
- Ethical framework (clear principles for hard decisions)
- Long-term thinking (beyond quarterly results)
- Space for reflection and meaning-making

For Cities/Communities:

- Cultural identity and heritage
- Civic purpose (why this community exists)
- Sacred/contemplative spaces (physical and cultural)
- Ritual and ceremony (marking transitions, honoring values)
- Relationship to land and place (rootedness, reverence)

Current Score (1-10): ____

What would move this +2 points?

Your Integration Profile

Date of Assessment: _____

Scope: ☐ Individual ☐ Family ☐ Team ☐ Organization ☐ City/Community

Domain Scores:

Domain	Score (1-10)	Notes
Biological	_____	
Cognitive	_____	
Emotional	_____	
Behavioral	_____	
Social	_____	
Spiritual/Existential	_____	

Integration Index (average): _____

Highest Domain (strength to leverage): _____

Lowest Domain (integration failure point): _____

Range (highest - lowest): _____

(Range >4 indicates significant fragmentation)

Interpreting Your Results

Integration Index

- **7.5-10:** High Integration - System is generally flourishing, focus on maintaining and deepening
- **5-7.4:** Moderate Integration - Some domains thriving while others struggle, targeted interventions needed
- **Below 5:** Integration Crisis - Urgent attention needed, likely experiencing chronic stress/dysfunction

Domain Range

- **0-2 points:** Well-integrated across domains
- **3-4 points:** Moderate fragmentation, watch for cascade effects
- **5+ points:** Severe fragmentation, one strong domain likely compensating for weak ones (unsustainable)

Common Patterns

The Achiever Pattern (High Cognitive/Behavioral, Low Biological/Emotional)

- Productive but burning out
- Classic Orange integration failure
- Intervention: Sovereign Floor (remove survival coercion), add contemplative practice

The Empath Pattern (High Emotional/Social, Low Cognitive/Behavioral)

- Connected but paralyzed
- Classic Green trap
- Intervention: Cognitive scaffolding for structure, values-behavior alignment work

The Survivor Pattern (Low across all domains)

- System in crisis, no domain thriving
- Intervention: Triage - biological stabilization first (safety, rest, food), then build from there

The Compensator Pattern (One domain 9-10, others 3-5)

- Using one strength to mask dysfunction elsewhere
 - Unsustainable - will eventually collapse
 - Intervention: Address weakest domain directly, don't just optimize the strong one
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Action Planning Template

Based on my assessment, my integration is failing in: _____

The primary cause is:

- ☐ Systemic (policies, structures, environment)
- ☐ Personal (habits, capacity, knowledge)
- ☐ Both

One thing I can change in the next 90 days:

Support I need:

How I'll measure improvement:

Next reassessment date: _____

Longitudinal Tracking

Use this section to track changes over time:

Date	Integration Index	Weakest Domain	Strongest Domain	Key Interventions
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Goal for 2030:

Integration Index Target: _____

Specific Domain Goals:

For Organizations: Team Integration Map

If assessing a team or organization, consider scoring each domain for different levels:

Level	Bio	Cog	Emo	Beh	Soc	Spir	Index
Leadership	—	—	—	—	—	—	—
Middle Mgmt	—	—	—	—	—	—	—
Frontline	—	—	—	—	—	—	—
Systems/Policy	—	—	—	—	—	—	—

Pattern Insight: Do different levels show different integration profiles? This reveals structural issues vs. cultural ones.

For Cities: Community Integration Dashboard

If assessing a city or community, consider tracking these supplementary metrics:

Biological: Life expectancy, chronic disease rates, access to green space

Cognitive: Educational attainment, library usage, screen-free zones

Emotional: Mental health access, community support networks, suicide rates

Behavioral: Civic participation, voting rates, volunteer hours

Social: Trust surveys, third-place density, diversity index

Spiritual: Sacred space access, community ritual participation, wisdom councils

Sharing Your Data

For the collective learning:

If you're willing to share your integration profile (anonymously or publicly), it helps build the evidence base for what works.

Submit to the Global Governance Frameworks living database:

- **Email:** contact@globalgovernanceframeworks.org
- **Subject:** "Integration Scorecard Data"
- **Include:** Scope (individual/org/city), scores, interventions tried, outcomes

Your data helps others. Your experiments inform the next person's playbook.

A Final Note on Measurement

Remember: **This scorecard is a map, not the territory.**

The numbers are diagnostic tools, not performance targets. If you find yourself optimizing scores rather than improving actual integration, you've fallen into Goodhart's Law (Appendix C).

The goal isn't a perfect "10" across all domains. The goal is:

- **Awareness** of where integration is failing
- **Action** toward structural improvement
- **Honesty** about what's working and what isn't
- **Tracking** to see if interventions actually help

Integration isn't achieved—it's practiced. This scorecard helps you practice with intention.

Use it as a mirror, not a grade.

Download the printable PDF version at: globalgovernanceframeworks.org/integration-scorecard

Next: Take your lowest-scoring domain to Appendix D and find the relevant playbook. Start your first 100 days.

"What gets measured gets managed. But what gets witnessed gets transformed." — Paraphrase of Peter Drucker meets Contemplative Wisdom

Measure with rigor. Witness with compassion. Integrate with patience.

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This scorecard is freely available for personal, organizational, and community use.