

Self Assessment



Holistic Health

- Do you intentionally spend time cultivating multiple areas of yourself?
- Do you integrate aspects of your health to see how they relate to each other?
- When one area of your health is out of balance, do you see how other areas are affecting it?
- Are you intentional about the energy you are around, your mental stimulation, and what you eat?
- Do you see your health as something beyond your physical health?

Rising in Love

- Do you feel a deep energetic connection to the people in your life?
- Can you love a partner without physical touch?
- Do people around you know you love them without saying "I love you"?
- When you stop spending time with someone physically do you all stay friends?
- Do you give in your relationships without being motivated by what you will get in return?

Shadow Work

- Are you in touch with the parts of yourself that people might see as negative?
- When you have an unfavorable experience, do you see it as an opportunity for growth?
- Do you cultivate all parts of yourself and not just the parts you like?
- Can you take constructive criticism?
- Do you embrace all parts of yourself and not have aversions to the dark parts?

Join the 30 Days Spiritual Challenge!

- Day 2 - Holistic Health: Introduction (Complete Deep Breath)
- Day 4 - Rising in Love: Introduction (Variation of Loving Kindness Meditation)
- Day 10 - Shadow Work: Deep Dive (Take The Emotion Out Practice)

True Self

- Do you feel that you are something beyond your body?
- When someone asks who you are do you mention things beyond your name and occupation?
- Do you feel that you are connected to something larger than yourself?
- Do you try to connect to and act from your “higher self”? When you get sick, do you seek “alternative” sources of healing along with mainstream modalities?

Creativity

- Do people describe you as thinking outside the box or imaginative?
- Do you spend time daydreaming to solve your problems?
- Do you create things in your spare time (art, recipes, music, writing, etc.)?
- Do you people watch or nature watch?
- Are you curious by nature and seek inspiration?

Cultivating Brilliance

- Do you read or listen to podcasts regularly?
- Do you go out of your way to learn about things you might not know about?
- When someone tells you something you don’t know a lot about do you take their word for it or research further?
- Do you go beyond Google to get the answers to questions?
- Do you have mentors in your life or people that you go to, to seek advice?

Radiant Self

- Do you see the glass as half full more than you see it as half empty?
- Do you find joy more from inside than outside?
- Do other people brighten up when you are around?
- Can you find positives even during situations others might see as difficult or negative?
- Do you enjoy people and experiences more than things?

Surrender to Your Self

- Do you feel like you are living your life’s calling?
- Does your existence bring you joy?
- Do you see the synchronicities in your life?
- Do you feel present more than you feel your mind wanders?
- Are you intentional about how you spend your time or do you feel like you waste a lot of time?