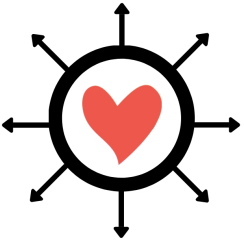


Reclaim Your Wholeness Assessment / Wheel



Below you will find 8 questions that give you an opportunity to explore your current life experience and your relationship with yourself. These questions are for you, and they are in no way intended to be used as a judgement of your current way of being in the world. Visually seeing our life can be a useful way to create deeper connection with where we are at in this moment.

The following questions can be answered based on what is true for you in this moment, by circling the number that is closest to your truth. *0 = This statement is least true for me at the moment and 10 = This statement is definitely true for me in this moment.* After you answer the questions you can transfer your numerical scores to the wheel on page 3 and draw lines at that rating to see a visual of where you are in this moment. You can also look at the link for the “Sample Wheel” for a visual of what your wheel may look like. Please also feel called to bring your creativity to the wheel by shading in or using different colours.

1) **Knowing Myself** ~ I have a deep knowing of myself. I am at peace with who I am in the world and I share my unique gifts authentically and freely.

0 1 2 3 4 5 6 7 8 9 10

2) **Authenticity & Vulnerability** ~ I am very comfortable sharing my emotions & true ways of experiencing the world with others and I feel deeply supported to do so.

0 1 2 3 4 5 6 7 8 9 10

3) **Purpose or Mission** ~ I am very clear about the direction of my life is headed and feel deeply connected to my soul’s path or calling.

0 1 2 3 4 5 6 7 8 9 10

4) **I Have a Voice!** ~ I am able to communicate with others easily & effortlessly. I am able to voice my concerns authentically and in return my needs are acknowledged and often met.

0 1 2 3 4 5 6 7 8 9 10

5) **Relationships** ~ I have meaningful relationships with others that enrich my life. While there are sometimes differences, I am able to consciously navigate those experiences when they happen.

0 1 2 3 4 5 6 7 8 9 10

6) **Presence** ~ I am able to be with myself & spend quality time with myself. I can comfortably focus inwards and not be distracted by outward experiences or demands.

0 1 2 3 4 5 6 7 8 9 10

7) **Healthy Boundaries** ~ I am deeply aware of what I want & don't want in my life. This knowing allows me to easily say "No" to others and "Yes" to myself when needed.

0 1 2 3 4 5 6 7 8 9 10

8) **Creator** ~ I am the creator of my life. I am guided by my inner knowing, my heart, my unique values, and my relationship with myself.

0 1 2 3 4 5 6 7 8 9 10

Reclaim Your Wholeness Wheel

