

## ARE YOU SOUL-FULL?

While completing the following questionnaire it's of key importance to remember that this self-survey is for your eyes only—it is between you and you. Answer each question as accurately and objectively as you can. There is no “right” or “wrong” answer.

If you feel guilt or judgment arise in you while you are answering any specific question, pause for a moment, breathe deeply, and just observe yourself. To the best of your ability, let any unsettlement go. Be inviting and curious with yourself; enjoy this process of self-inquiry. When you have completed the survey, put it aside in a safe place so you can read it again in 30 days, when you'll ask yourself these same questions once again.

Take my word for it, it's quite an enlightening process.

*Answer these questions by rating your level of satisfaction in each area from 1-10. (1 is the least satisfying—10 is extremely satisfying.)*

I have a fulfilling home life.	
I have satisfying, whole relationships.	
I have a fulfilling career.	
I regularly pursue hobbies and interests that I enjoy.	
I engage in regular physical activity that I love.	
I am committed to a daily spiritual practice that I feel connects me on a deep level.	
I am fully present in my life—meaning, I hold no anger, resentment or judgment towards others.	
I am sensitive to my own needs, as well as the needs of others.	
I view sensitivity as strength.	
I embrace change.	
I welcome intimacy, love and touch.	
I feel connected to life and to others.	
I find reasons to belly laugh, out loud and often.	
I feel I have an important purpose to fulfill in life.	
I am living my purpose.	
I know how to create the life I'd love.	
I am ready to unlock my unlimited potential, balance my emotions, master my diet, and liberate my spirit.	