It Is All About Life

The Circle of Your Life – Self-Test

Instructions: For each question below, rate your level of satisfaction from 1 (very low) to 10 (very high). Be honest—this is about awareness, not perfection. The average score for each area will help you see where your life feels in flow and where it may need more care.

Category	Question	Your Score (1–10)
MATERIAL	How much do you enjoy living in your body—just as it is right now?	
MATERIAL	How would you rate the quality and consistency of your sleep?	
MATERIAL	How at home do you feel in your environment—your house, workspace, and country?	
MATERIAL	How close do you feel to doing the work you're truly meant to do?	
MATERIAL	How fulfilled are you by the direction and pace of your career?	
MATERIAL	How financially secure and empowered do you feel at this moment?	
HEART	How emotionally connected and at peace do you feel with your family of origin?	
HEART	How emotionally supported do you feel by your family or chosen family?	
HEART	How satisfied are you with your love life—whether you're single or in a relationship?	
HEART	How fulfilled do you feel in building the kind of life you've always dreamed of—your way?	
HEART	How confident do you feel in recognizing, expressing, and managing your emotions?	
HEART	How nourished and supported do you feel by your friendships and social connections?	

Average

MIND & SPIRIT	How much joy, play, and lightness do you allow into your life?	
MIND & SPIRIT	How committed and satisfied are you with your personal growth journey?	
MIND & SPIRIT	How clear and connected are you to your deeper purpose, vision, or mission?	
MIND & SPIRIT	How aligned does your current life feel with your ideal life?	
MIND & SPIRIT	How easily can you quiet your mind and trust life instead of overthinking it?	
MIND & SPIRIT	How deeply connected do you feel to your inner essence, soul, or Higher Self?	