

How Fully am I Living True to My Essence? Self-Reflection

The key to greater fulfillment is recognizing your essence and doing what empowers you to BE who you truly ARE.

Answer the following statements with:

(1) Never, (2) Rarely, (3) Sometimes, (4) Most of the time, or (5) Always

- ___ I am having fun
- ___ I speak a language of possibility
- ___ I feel at peace with myself and my life
- ___ I feel professionally fulfilled in my work/career
- ___ I am at "home" with myself - body, mind and spirit
- ___ I am being open, honest and authentic
- ___ I am creating the life I desire
- ___ I have a positive mental attitude
- ___ I feel confident
- ___ I am being my best self in my intimate relationships
- ___ I enjoy being of service to others
- ___ I am surrounded by people who appreciate me
- ___ I am celebrating my wins and accomplishments
- ___ I feel energized
- ___ I make decisions and choices that honor my personal values
- ___ I see the greatness in others
- ___ I am honoring my greatest passion
- ___ I am courageously being me, free from the influence of others
- ___ I am liberating myself from fear that holds me back
- ___ I recognize and appreciate who I am at my essence
- _____ TOTAL SCORE

Your Personal Score:

90-100 Bravo! You know who you are at your essence. You are living true to your divine design. Going forward, what new territory of your essence will you explore, cultivate, or learn to express more fully?

75-89: Congratulations! You are embracing your essence and you are now ready to embrace it even more. Look for new ideas, inspiration and guidance for how to live more fully aligned with your essence. Choose one statement that you want live more fully and take it on as a focus for a day or a week.

60-74: Well done. Now it's time for you to get clearer about aspects of your essence! Choose one of the statements above for your next growth focus and take it on as though the quality of your life depends on it, because it does!

0 -59: Congratulations for taking this step for positive change. By completing this self-reflective exercise, you have already taken a powerful step forward in increasing your awareness. Choose one of the statements above as a focus of your intention every day for the next month. Find ways to make it a true experience for you. And then celebrate your accomplishment.