

The Frequency Self-Assessment Workbook

Discover the vibration you are living at through honest reflection. Use this workbook to answer the 10 guiding questions with space provided for your own thoughts and discoveries.

1. What emotions dominate most of my days — joy, anxiety, anger, gratitude?

2. When I wake up, what's the first thought that runs through my mind?

3. Do I see challenges as opportunities or as punishments?

4. How do I speak to myself when I make mistakes?

5. Do I feel drained or energized after being around people?

6. What habits in my life currently lower my energy?

7. What habits in my life raise it?

8. Do I feel aligned with my deeper purpose, or am I drifting?

9. Do I find beauty in small things, or only in big milestones?

10. If my current vibration were a song, would I want to listen to it?

[illegible]