

REFLECTION + SELF-ASSESSMENT

Take a minute in complete privacy to bring your conscious presence to your inner awareness.

Tune in to yourself.

Notice the state of your mind and body. If it helps, stretch slowly and intentionally to release any tensions held in your body.

Ask for God’s presence to witness your intimate inner awareness.

Invite your emotions to express themselves.

Allow your breath to settle and your thoughts to flow freely.

Whatever comes, acknowledge it in God’s presence, and let it go into the universe.

When you are ready, give yourself time and space to explore the following questions.

Be honest with yourself. Accept your instinctual answers. Acknowledge, but do not dwell. Observe your reactions. Take as much time as you need.

How much do you fear

1. Emotional abandonment, being taken for granted, and finding no support, with your needs left unmet?
2. Losing control, falling into quicksand, spiraling into paralysis?
3. Investing in false identities due to sunk cost fallacy?
4. Losing myself again / Regressing into a lower state?
5. Leaving behind an unfinished legacy due to untapped potential?

ARE YOU UP FOR THE CHALLENGE?

Rate the above on a scale of 1-10, 1 being “low or no fear”, and 10 being “high or max fear”.

Add up your scores and check the below table.

Score	Assessment
35 and up	You are risking a lot of yourself by waiting to receive the help you need to level up your life. My experienced support will be incredibly beneficial for you especially over the next 6 months.
25 - 34	You are rapidly learning how to value your own needs and building courage and commitment to face up to your fears. Perhaps you need more time to reflect and assess on your own. I can assist with pointers and tips through one-off consultation calls as and when you deem best.
15 - 24	15 and up: You are likely to see the trajectory of your future and are exploring possibilities to address challenges you face early on. It’s best to get started taking this seriously. Check out my resources to support you in your explorations. You may find a one-off consultation call with me helpful.
14 and under	It’s good to be mindful of how you are responding to the questions I’ve posed above. Keep track of your mental and emotional state, and try to understand more deeply how they affect your external life. Come back regularly to these questions for continued reflection and self-assessment.