

## Are you Ready for the Next Level?

The following questions will be helpful in assessing your readiness for the next level you want to experience. Be honest in your responses.

Draw a circle around the number that describes you best then total up the numbers and read the possible interpretations below.

### Rating Scale:

0 means “never”;

1 means “rarely”;

2 means “one or two times a week”;

3 means “a few times each day”;

4 means “pretty much all the time”

<b>Section 1</b>	
I daydream about the next level in my life	0 1 2 3 4
My schedule includes small tasks or goals	0 1 2 3 4
Others say I’ve got a healthy sense of humor	0 1 2 3 4
I wonder what my passion or purpose is but I currently apply a skill or talent that is part of my passion	0 1 2 3 4
<b>Section 2</b>	
I tend to hold onto regrets hoping I will learn from them	0 1 2 3 4
My past includes several failures I rehearse in my mind	0 1 2 3 4
I think “If only…” in reference to past decisions or lack of decision	0 1 2 3 4
The fear of failing or the fear of what others may think comes into my head	0 1 2 3 4
<b>Section 3</b>	
When certain memory(ies) come up it physically hurts	0 1 2 3 4
I find myself bored or have lost passion in my current role or job	0 1 2 3 4
I wake up tired or have trouble getting going and having energy the whole day	0 1 2 3 4
I crave chocolate, bread, and/or sugar as if they were oxygen	0 1 2 3 4
<b>Section 4</b>	
I take time to be still, whether that’s with meditation or silence	0 1 2 3 4
I tend to eat foods that give me energy and I physically feel good after eating	0 1 2 3 4

I plan times of exercise and actually workout	0 1 2 3 4
My sleep is consistent and I wake up refreshed	0 1 2 3 4
<b>Section 5</b>	
My closest relationships are healthy and encourage me	0 1 2 3 4
I take time to connect with healthy people who are also moving forward	0 1 2 3 4
Others ask me for tips on things I've done	0 1 2 3 4
I feel grateful and share gratitude or appreciation with others	0 1 2 3 4
<b>Section 6</b>	
When I think about my past it feels like history or decisions that I have grown or healed from	0 1 2 3 4
I've experienced previous success or blessings in my life and have kept a healthy lifestyle or rhythm in those earlier times	0 1 2 3 4
I tend to give to others, whether that's financially, through service or through compliments and blessings	0 1 2 3 4
When I think about the future any anxiety is put into action with planned next steps and I celebrate these in healthy ways with others	0 1 2 3 4

### Interpretation:

Please remember, no self quiz is absolutely accurate or foolproof. This is merely a guide to your experience of moving into the next level. Take it as an indication that your life may be able to support the next level or there are some areas to grow.

Score each section then look below for possible interpretation.

Section 1: \_\_\_\_ Section 2: \_\_\_\_ Section 3: \_\_\_\_ Section 4: \_\_\_\_ Section 5: \_\_\_\_ Section 6: \_\_\_\_

<b>Highest score sections 1, 4, 5 and 6</b>	You are beyond ready! Nothing is holding you back, your anxiety about the future is well managed, and you've got the support you feel you need.
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<p><b>Highest score sections either 1, 4 and 5 or 6</b></p>	<p>You are ready and you can keep moving forward as you strengthen the things that will get you there. Maybe consider strengthening your daily rhythm that helps you stay healthy or getting a coach that understands your goals or steps to the next level.</p>
<p><b>Highest score sections 1 and 2 or 2 and 3</b></p>	<p>It seems there might be several things in your history that are slowing you down but you can make adjustments to your daily schedule or current lifestyle to remove those. Review the sections above for suggestions or consider visiting with a professional counselor or coach to help with those next steps.</p>
<p><b>Highest score sections 2 and 3 or section 2 or section 3</b></p>	<p>You might be experiencing burnout, or some depression, or some anxiety due to multiple factors. Don't worry though, you can take some helpful next steps today to help you be ready. Consider visiting with a medical professional or a functional medical professional to be sure your physical body is ready or if it might need some supplements to be refreshed. Chat with a friend or professional about ways you can find healthy refreshment, healing from the pain, and true freedom from the past. Then together set a course that matches a healthy overall rhythm.</p>

*Be sure to return to the blog to gain some tips on moving to the next level.*