

| The below statements are a mixture of indications what could be happening energetically with you on the mental, emotional, physical and spiritual levels.                                    | Yes | Mostly Yes | No |
|--|-----|------------|----|
| 1. You <b>live in the present moment</b> , rather than obsessively dwelling on the past of worrying about the future.  |     |            |    |
| 2. You are <b>grateful for</b> people, events and experiences you have in your life.   |     |            |    |
| 3. You are <b>creative, feeling excited (even child-like)</b> , when working on your projects, new ideas, whether for hobby or work.   |     |            |    |
| 4. You are <b>aware</b> of your own motivations, feelings and thoughts.  |     |            |    |
| 5. You are <b>in tune with your body</b> , sensing what food is good or not right for you. Sensing when to relax, walk, rest and allowing yourself to do so. You don't engage in bad habits. |     |            |    |
| 6. You are a giving, caring person and can <b>nurture both yourself and others</b> without getting drained by others.  |     |            |    |
| 7. You are <b>disciplined</b> and almost always follow through if you make a commitment or set a goal.   |     |            |    |
| 8. <b>You don't feel the need to control</b> people, circumstances.  |     |            |    |
| 9. You have <b>high levels of empathy</b> , finding it easier to put yourself in another person's shoes and imagine their perspective.   |     |            |    |
| 10. You <b>can let go</b> of frustration, annoying things easily.  |     |            |    |
| 11. You <b>can forgive other people for their mistakes and forgive yourself as well.</b>   |     |            |    |
| 12. You can focus on the <b>lighter side of life</b> , looking at things with humour.  |     |            |    |
| 13. You have a real <b>sense of purpose</b> and believe you've found your dream job/business.  |     |            |    |
| 14. People are <b>naturally drawn to you</b> , finding you positive and trustworthy.   |     |            |    |
| 15. <b>Your body feels fit, healthy and vibrant.</b>   |     |            |    |

In the left column you find some statements. Are they true or false in your current life?

After answering them, count all the yes and no responses. Whichever score is higher indicates whether you are in a high (yes answers) or a low (no answers) vibration currently. The "mostly yes" column is yes, really, but it shows where you need to become more consistent to maintain your higher vibes. So if you can't say a hole-hearted yes, this is the column to go for.

The statements are positive, indicating the mindset and energy configuration that, when applied, shifts you into high frequency energy. So if you happen to find yourself in the low zone, you know immediately what to do.

