

Your Energy Flow

Analysis

The First Step

The first step is checking how the energy of your life is at the moment.

Here is an Energy Quiz to figure out the current state of your life. For each question you'll circle a number 1 to 9. 1 represents extreme negative and 9 represents extreme positive.

Question 1: Your Money

How is your money situation right now?

1 2 3 4 5 6 7 8 9

Question 2: Your Self-Esteem

Do you consider yourself a confident person?

1 2 3 4 5 6 7 8 9

Question 3: Your Relationships

Do you feel satisfied in your relationships?

1 2 3 4 5 6 7 8 9

Question 4: Your Purpose

Do you feel your finding time to follow your passions?

1 2 3 4 5 6 7 8 9



Question 5: Your Your Support System

Do you feel like you have enough support from the people in your life?

1 2 3 4 5 6 7 8 9

Question 6: Your Career

Do you feel satisfied in your professional life?

1 2 3 4 5 6 7 8 9

Question 7: Your Spirituality

Do you make enough time for spiritual connections?

1 2 3 4 5 6 7 8 9

Question 8: Your Health

How would you rate your physical, emotional, and mental health?

1 2 3 4 5 6 7 8 9

Question 9: Your Time

Do you feel you have a balanced life?

1 2 3 4 5 6 7 8 9

Now add up all the numbers to find your overall score:

Less than 36: Your Life Needs Urgent Attention

If you scored under 36, you need an urgent energy shift! Focus on the questions you scored less than 3 and make those a priority change. You're in desperate need of a life change!



Between 36 and 60: Your Life Needs an Upgrade

If you scored between 36 and 60, your energy is quite good, but there are still areas that need some care. If there are any questions where you scored less than 5 turn your attention to those first!

Above 60: Your Life is Right on Track

If you scored between 61 and 81, congratulations- there is a lot of positive energy in your life! Look at any questions you scored less than 7 if you want to make any improvements. You are in a powerful place to begin your Feng Shui journey!

