

ASSESSMENT: *SPIRITUAL*

Rate each statement between 1 to 10.

1 = Nope, not at all.

5 = Unsure.

10 = Yes, absolutely.

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|---|--|----------------------|
| 1 | I know that just being me is enough. | <input type="text"/> |
| 2 | I am truly engaged in life. | <input type="text"/> |
| 3 | My thoughts, words, and actions are congruent with my True Self. | <input type="text"/> |
| 4 | I trust my intuition. | <input type="text"/> |
| 5 | I understand that I am a spiritual being having a human experience. | <input type="text"/> |
| 6 | I am able to sit back in my True Self and watch my human. | <input type="text"/> |
| 7 | I have various means to communicate with my True Self. | <input type="text"/> |
| 8 | I fully accept my spiritual self (wise, 100% love, connected, intuitive badass). | <input type="text"/> |

<https://www.soulshealinghumanity.com/assessments>