REDEFINING SUCCESS QUESTIONNAIRE

Are you interested in living a fulfilling life?
Really – who isn’t? Perhaps you are already feeling successful in certain parts of your life – but are they the areas that truly matter to you? Have you, like many others, sacrificed what’s most important for your success? Well, to support you in getting clear, we’ve designed a Redefining Success Questionnaire that will help you to evaluate how fulfilling your life already is, area by area.

After all, to increase the level of your fulfillment, you need to know where you currently rate. Taking a minute or two to answer the following questions with a simple YES or NO will highlight any areas of opportunity for you. Don’t despair if you find yourself answering NO to many of the questions – after you’ve taken the quiz we have another FREE gift for you: a personal 30-minute Transformation Session with us and our 20 Ascended Master Guides. Together we will help you identify what’s getting in the way of what truly matters to you and how to take the first step in achieving it!

**1 PHYSICAL:** *There is an immense amount of information on the benefits of diet and exercise for physical, emotional, and psychological health and wellbeing.*

a. Is it important to you to direct and manage your own health and wellness?

b. Is the health and beauty of your body a priority for you?

c. Do you value having great stamina, vitality, strength and flexibility to live an active life (if only to be around for your grandchildren?)

d. Do you experiment with your food choices and give your body a variety of whole foods that best support it?

e. Do you regularly marvel at the beauty of nature; and make sure that you spend enough time in nature?

f. Do you get touched enough?

g. Do you ever sit in silence and simply tune in to see how your body feels?

h. Do you enjoy moving your body on a regular basis with an exercise of your choice?

i. Do you take the time to smell the roses (literally and figuratively)?

j. Are you drinking enough pure water?
2 **EMOTIONAL:** The giving and receiving of genuine love and caring are the most sacred and powerful human capacities that provide the power and strength to fulfill your life purpose.

   a. Do you wake up happy and looking forward to your day, most days?
   b. Do you consider yourself to be your own best friend?
   c. Do your loving relationships bring you joy and increase your aliveness?
   d. Do you express your love through your words, energy, or actions on a daily basis?
   e. Do you routinely release your feelings of sadness or anger?
   f. Do you find yourself spontaneously laughing, every day?
   g. Do you regularly schedule time for fun?
   h. Do you practice forgiveness as a way of keeping your heart open?
   i. If you have children, do you prioritize quality time with them on a daily basis?
   j. Do you set and maintain healthy boundaries, when necessary?

3 **PROFESSIONAL:** Work is the place that millions of people spend 20-60 hours or more of their lives each week. The quality of your work life strongly impacts your health, self-worth and the quality of your life.

   a. Does your work renew you?
   b. Is your work in alignment with your values?
   c. Is your work environment uplifting?
   d. Do you feel that your work allows you to make a meaningful contribution to the welfare of people or the planet?
   e. Are you living your life’s purpose?
f. Is your work fulfilling?

g. Do you enjoy your colleagues and/or clients?

h. Do you have energy left over at the end of the day to enjoy your family/friends?

i. Do you work no more than 8-10 hours per day, 5 days per week?

j. Do you feel seen and valued in your work?

---

4 FINANCIAL: How well are you taking care of yourself in the financial arena? Are your finances a source of wellbeing or stress, comfort or anxiety?

a. Do you feel empowered by your relationship with money?

b. Are you confident that if you really want to do or have something, the money will appear?

c. Do you routinely contribute to worthy causes for those less fortunate?

d. Are you happy whether or not you seem to have enough money?

e. Are you satisfied with the amount of money you make for the work that you do?

f. Are you pleased when those around you do well financially?

g. Are you content with your life style?

h. Are you confident that you will have enough money to enjoy retirement?

i. Are you at peace with your financial situation?

j. Are you able to buy or invest in the things that really matter to you?
SEXUAL: Did you know that every cell is orgasmic? A healthy sexual relationship supports your physical, emotional, and psychological health and wellbeing.

a. Are you satisfied with your sex life?
b. Have you ever explored sex as a spiritual path?
c. Does your sexual experience increase your self-esteem?
d. Do you experience heightened intimacy while making love?
e. Do you feel turned on to life?
f. Is your orgasm a full body experience?
g. Are you able to stay fully present while making love?
h. Do you feel sexually confident?
i. Are you in touch with your sensuality?
j. Is your sexuality a source of great pleasure for you?

SPIRITUAL: A person’s connection to spirit can be expressed in many ways and allows you to discover your values and ethics and discover peace of mind.

a. Do you practice conscious breathing?
b. Do you have a daily spiritual practice?
c. Does your spiritual practice inspire you?
d. Do you have a spiritual community?
e. Are you aware that we are in the midst of a huge shift on earth to a higher consciousness?
f. Are you in touch with your Spirit Guides?

g. Are you aware that you are an aspect of Divinity?

h. Does your spiritual practice bring you great comfort?

i. Do you feel seen and valued by your spiritual community?

j. Do you put your spiritual beliefs to good use in daily life?

---

**SOCIAL:** Your social connections are another essential component of a balanced and fulfilling life. Everyone needs to feel that they belong and are valued by their community.

a. Does your social life enrich you?

b. Are you regularly connected to like-minded people?

c. Do you schedule enough quality alone time?

d. Do you indulge in spontaneous adventures of any kind?

e. Do you give back to your community in some tangible way?

f. Do you enjoy the differences in people's backgrounds, opinions, cultures, and habits?

g. Is your work life balanced with your social life?

h. Are you able to express your creativity in your social life?

i. Do you prioritize time to play?

j. Do you have 2-3 best friends that you make time for on a regular basis?
INTERPRETING YOUR RESULTS

1 PHYSICAL: Our bodies are designed to bring us pleasure through the enjoyment of our six senses (smell, taste, sight, touch, sound and extra sensory perception (ESP) and through conscious movement. We can enhance the pleasure derived from our bodies through proper nutrition, drinking enough water and getting enough rest. We can support our bodies longevity through investing in our physical health and wellbeing.

2 EMOTIONAL: Our emotions are an essential part of our wellbeing. Our essence is love and when we are living a juicy life the love that we are is reflected back to us through our loving relationships as well as through our life experience. The heart’s purpose is to love and to receive love.

3 PROFESSIONAL: Our lives are truly enhanced when we are engaged in meaningful work. When we are living our purpose, we feel heightened and inspired. Working with others around a shared purpose juices the creative process still further. Many of us are experiencing what we consider success, but are shocked to find that we are still unfulfilled.

4 FINANCIAL: Financial rewards are our birthright!! Money is just energy like everything else on Earth. When we diffuse the negative charge that money often has for us we can allow it to flow the way it was intended. Making money from doing meaningful work is especially rewarding. Financial vagueness is a recipe for anxiety and distress.

5 SEXUAL: Our sexual experience is designed to deepen intimacy and enhance our spirituality. Every cell of the body is designed to be orgasmic, when you are engaging in conscious sexuality you exude wellbeing and a youthful vitality.
SPIRITUAL: Life lived without a spiritual connection is like eating the rind and throwing away the juicy segments of the orange! We are all Divine beings having a great adventure on the Earth with the ability to stay deeply connected to our Divine Guidance and Divine Love. When we remember our Divinity, our entire life becomes our spiritual process and every thought, feeling, word or action takes on greater meaning.

SOCIAL: This is not a going it alone lifetime! We are in the process of learning that we are one family, and that we need each other – not from a place of co-dependence but inter-dependence. Many of us endure relationships that have outlived their purpose and now are draining, and keep us from having enlivening relationships that support our growth. At the same time, we all need alone time to regenerate and rejuvenate the relationship we have with ourselves.

Total up your yeses in EACH of the seven areas.

8 – 10 = Bravo! This is an area of fulfillment for you!
6 – 7 = Good for you! This is an area of life that brings you pleasure.
4 – 5 = Glad you are making some fulfilling choices. Did you get any new ideas?
2 – 3 = You could be living a more fulfilling life, but you know that, don’t you?
1 – 2 = Feeling pretty unfulfilled? Time for making some needed changes!
0 = Oh my! What happened? Did you lose yourself?

From your scores, you can see from your answers how important each area is to you. The truth is the result. If you are dismayed and see that your actions are not in alignment with what you value, what truly matters to you in life and that you have lost your way somewhere along the path, it’s not too late! In your 30-minute Transformation Session, we will look at the obstacles that have derailed you and how to get you back on track.
Schedule your 30-minute Transformation Session now!


Now, that you’ve taken the time to answer the questionnaire, take another couple of minutes to determine 1-2 Inspired Action Steps to make some needed changes. It’s okay to start small, baby steps really add up over time, but don’t choose more that 2 Inspired Action Steps! We don’t want this to become yet another to-do list! And we have learned from experience that if you commit to making too many changes all at once, nothing gets accomplished and you feel more hopeless than before!

It’s important to understand the difference between being interested in making a change and being committed to making a change:

- Being interested means doing whatever is convenient
- Being committed means doing whatever it takes

Once you have decided upon the 1-2 action steps you are ready to commit to, write them here and then sign and date your commitment towards living a more fulfilling life!

My Inspired Action Steps:

1

2

Signature ____________________________ Date __________