



<b>A1: Energy Level</b> Level of Vital Life Force Energy in the body.	<b>A2: Exercise</b> Times/week stretching, yoga, low stress, walking, high intensity - low duration	<b>A3: Diet</b> % whole raw vegan alkaline living foods and juicing in diet.	<b>A4: Leisure</b> Times/week, hobbies, walking in nature, music, art, meditating, me time.
1. Bed ridden 2. Chronic pain 3. Stiff and tired 4. Feeling rested 5. Vibrant and vital	1. up to 1 hr/wk= sedentary 2. 2 hrs/wk= light activity 3. 3 hrs/wk= adequate movmnt 4. 4 hrs/wk= maintenance level 5. 5 hrs +/wk= vital, balanced	1. 0-20% raw food 2. 20-40% raw food 3. 40-60% raw food 4. 60-80% raw food 5. 80-100% raw food	1. 0 hrs/wk 2. 1+ hr/wk 3. 3+ hrs/wk 4. 5+ hrs/wk 5. 7+ hrs/wk
<b>A5: Body PH</b> Average body pH where ideal blood pH is 7.365.	<b>A6: Stress Level</b> Environment at home and work, its effects and your reactions.	<b>A7: Sleep</b> How much I sleep and how rested I feel after sleep time.	<b>A8: Addictions</b> Level of addictions to non food items.
1. < 5 pH = debilitated/dying 2. 5-5.8 pH = cancer cells 3. 5.8-6.5 = allergies/diabetes 4. 6.5-7 = stressed/tired 5. 7-7.4 = ideal balance	1. Incapacitating 2. Extremely Stressful 3. Stressful 4. Some Stress 5. No stress	1. Insomnia & sleep deprived 2. Waking up exhausted 3. Sporadic, waking up alot 4. Adequate sleep yet restless 5. Rested & refreshed	1. Hard narcotics plus 2. Medications plus 3. Alcohol & cigarettes + 4. Junk fast/food plus 5. Little to no cravings
<b>B1: Joy Level</b> Level of happiness experienced daily.	<b>B2: Initiative</b> Ability to act upon ideas and not procrastinate.	<b>B3: Self Worth</b> How good do you feel about yourself.	<b>B4: Organizational Skills</b> How well you use your time and resources.
1. 0-20% = scared/angry 2. 20-40% = trusting 3. 40-60% = loving 4. 60-80% = peaceful 5. 80-100% = radiant	1. Never take initiative 2. Rarely take initiative 3. Sometimes take initiative 4. Most times take initiative 5. Always take initiative	1. very low 2. low 3. neutral 4. high regard 5. love	1. Chaos 2. Somewhat chaotic 3. Somewhat organized 4. Very Organized 5. Smooth and in flow
<b>B5: Family Relations</b> How good your communication is and how well you relate to your family.	<b>B6: Focus &amp; Manifesting</b> Ability to stay focused, follow through and create what I want.	<b>C1: Level Of Consciousness</b> Level of integration of and manage your resources.	<b>C2: Income &amp; Resource Management</b> Ability to receive abundance Consciousness.
1. No contact 2. Cold relations 3. Surface communication 4. Warm connection 5. Authentic and honest dialog	1. Unmindful, accident prone 2. Get started, never complete 3. Lots of ideas & loose ends 4. Projects planned, completed 5. Deliberate creator	1. 0-200 Fear & anger 2. 200-400 Optimism 3. 400-500 Integrity 4. 500-600 Love 5. 600-1000 Enlightenment	1. Poverty consciousness 2. Struggling 3. Survival 4. Wealth 5. Abundance
<b>C3: Personal Growth</b> Level of openness to the process of mastering the life experience.	<b>C4: Career &amp; Life's Work</b> How aware I am of my life purpose serving others through my work.	<b>C5: Relationships &amp; Intimacy</b> The field of energy I hold for myself and others growth.	<b>C6: Lifestyle</b> The ability to choose the lifestyle in your highest good for spiritual growth.
1. No commitment 2. Low commitment 3. Somewhat committed 4. High commitment 5. Total commitment	1. Lost 2. Asking for help 3. Aware of my life purpose 4. Applying purpose + my gifts 5. Fulfill destiny/living service	1. Judgment 2. Playing it safe 3. Trust 4. Respect 5. Unconditional love	1. Victim 2. Powerless to choose 3. Quiet desperation 4. Simple balanced life 5. Aligned with divine plan

**Scoring: write down the number associated with your most appropriate answer you beside the coinciding question number, here on the Score Sheet and add up your Score.**

A1:	A2:	A3:	A4:	A5:	A6:	A7:	A8:	Total:
B1:	B2:	B3:	B4:	B5:	B6:	C1:	C2:	Date: