

Connected Living Self-Assessment

	Strongly Disagree		Neutral		Strongly Agree	
	0	1	2	3	4	5
I set aside time each day to do something for myself	0	1	2	3	4	5
I pray, meditate, journal or take time for personal reflection when I need clarity	0	1	2	3	4	5
I am able to access my inner guidance intentionally and consistently	0	1	2	3	4	5
I have clear understanding of the practices and activities that support me to feel most connected to myself	0	1	2	3	4	5
I am consistent in how I express who I am in all areas of my life. E.g. I can be myself at home and at work	0	1	2	3	4	5
I have a clear understanding of my life purpose and I express my life purpose in my career/work choices	0	1	2	3	4	5
I am comfortable with who I am and I rarely worry about what other's think of me	0	1	2	3	4	5
I regularly chose to make time to have fun, relax and simply enjoy the company of others instead of "getting things done"	0	1	2	3	4	5
I value my work and I charge/get paid what I'm worth	0	1	2	3	4	5
I often struggle with perfectionism and feel like I need to be in control of everything	0	1	2	3	4	5
I often feel like I never have enough time for everything I want to get done	0	1	2	3	4	5
I often feel guilty or shameful about the state of my health and/or my body	0	1	2	3	4	5
If I am sick or tired it is easy for me to find time for myself and to choose to rest	0	1	2	3	4	5
I find it easy to make and stick to decisions about my life and I rarely second guess myself	0	1	2	3	4	5
I have compassion for myself when I'm going through challenging times	0	1	2	3	4	5
I find it easy to say no and I rarely do things for others out of guilt or obligation	0	1	2	3	4	5

	Strongly Disagree		Neutral		Strongly Agree	
I find it easy to balance my work and family responsibilities	0	1	2	3	4	5
My feel good about the state of my finances and find money easy to manage	0	1	2	3	4	5
I use the challenges in my life as opportunities to learn and grow	0	1	2	3	4	5
I have deep, meaningful relationships with others who share my core values	0	1	2	3	4	5
I feel whole and complete in all my relationships	0	1	2	3	4	5
I communicate directly with people when there is an issue to be addressed	0	1	2	3	4	5
I enjoy using my gifts to help others	0	1	2	3	4	5
People who know me would describe me as thoughtful and caring	0	1	2	3	4	5
When I give, I give freely and unconditionally	0	1	2	3	4	5
I put my values and beliefs into action through service to my community	0	1	2	3	4	5
I am able to be kind and compassionate towards others, even when I disagree with their values and choices	0	1	2	3	4	5
It is easy for me to stay centered and calm regardless of what's happening in the world	0	1	2	3	4	5

Create your Connected Living Plan

Reflect on your answers to get a sense of areas where you feel most connected, as well as areas where you may feel less in alignment. What stood out to you? Were there any answers that surprised you?

What is your intention for what you would like to shift or create in your life?

My area of focus for the next 40-days is:

My 40-day intention in this area is:

Practices I will use to support me to be more intentionally connected are:

Yes! I would like to schedule a complimentary consultation to talk more about how I can put this into action! Visit www.kamajitree.com/contact to schedule one today.