

SOUL QUIZ

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I like spending time with myself.	1	2	3	4	5	6	7	8	9	10
I accept my weaknesses.	1	2	3	4	5	6	7	8	9	10
I am interested in learning what motivates me.	1	2	3	4	5	6	7	8	9	10
I know my purpose or purposes.	1	2	3	4	5	6	7	8	9	10
I am aware of my challenges.	1	2	3	4	5	6	7	8	9	10
I am learning everyday.	1	2	3	4	5	6	7	8	9	10
I take good care of myself.	1	2	3	4	5	6	7	8	9	10
My life is meaningful to me.	1	2	3	4	5	6	7	8	9	10
I am fulfilling my potential.	1	2	3	4	5	6	7	8	9	10
I am enjoying my life.	1	2	3	4	5	6	7	8	9	10

ADD YOUR TOTAL SCORE: _____

- 10 - 39 Call 911, your Soul needs immediate resuscitation. 🤔
- 40 - 69 Call your mom or a friend, your Soul needs some love. 😂
- 70 - 89 Check in with yourself, a few tweaks and your Soul will thank you. 😎
- 90 - 100 Turn off your phone and kick back, your Soul is feeling cared for. 😊