

Step Two: Now add up your total score and write it down here: _____ .

Your answer should be somewhere between 20 and 200.

Step Three: The last step is to determine which of the following categories you fit by picking the range your score falls into. Before doing so, remember — the point to the exercise is simply to get an idea where you're starting from. There is no right or wrong place to be, any more than there's a right or wrong entrance to be at in the Mall. So, be careful not to disempower yourself with unnecessary judgments.

20 - 50 “Adrift”

Like a rudderless boat cast adrift at sea, tossed about by the turbulent currents of circumstance. You might view this Self Test as a wake up call. Life has so much more to offer than you are currently experiencing. Sure, it might feel at this point that you have to pull yourself up by your own bootstraps, but this isn't necessarily the case. Look around. The Universe is waiting to provide you with whatever you need. The trick is to start today; right now in the moment. What one action could you take to live more fully on purpose? Who could you call upon for help and support? What requests could you make that would begin the process of healing and nurturing your soul?

51 - 80 “Surviving”

At this level you're getting by in your life, although many times it may feel like something is missing. Those feelings could be your soul beginning to awaken to the rich possibilities that lie ahead. Trust those feelings and begin to ask your 'inner guidance system' for what's needed to begin fulfilling your life. To do this, you'll need time for quiet reflection. Carving out this time in your life will be richly rewarding, especially if you then follow the suggestions that arise from these moments.

81 - 110 “Striving”

Your life is moving forward well at this level and you have much to be thankful for, although you may not be as fully aware of these blessings. So, at this level a little 'gratitude work' can go a long way in moving you to the next level. Two ideal times to consciously practice gratitude are in the morning as you first awaken and at night as you prepare for sleep. If you haven't already done so, consider starting a gratitude journal or simply devote 5 to 10 minutes in the morning and evening 'counting your blessings.' It will be time well spent.

111 - 140 “Competency”

Congratulations! You've been doing good work in your life and it shows. You're living a life that works, that has integrity and you're reaping the bounty of such a life. People and opportunities are beginning to be naturally attracted to you. It's now time to take on a renewed sense of responsibility in your life. You are a light, a beacon for what's possible. In owning this, you move forward in your life as well as being an inspiration for others. To go to the next level, let your light shine. Share your gifts, your blessings and your truest nature with others, not boastfully but authentically.

141 - 170 “Flourishing”

Cherish your life. You have created it as a sanctuary for your soul as well as for those around you. Your life is like a tranquil harbor where others can come to rest and receive support. At the same time you know your true self well enough to speak the truth in a way that contributes to others. Going to the next level involves trust. Trusting yourself, your inner guidance, and the Universe.

171 - 200 “Mastery”

One of the signs of a master is knowing that one is never fully a master of anything. However, at this level you are comfortable with such a paradox. Now, what there is to do is give away all that you have learned, knowing that you can never outgive the Universe. For the more you give, the more the Universe provides.