



SOUL ASSESSMENT

YOUR DESTINY SHIFT

By Les Price

Get the Shift You Need to Thrive!

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Completing the Soul Assessment

We all have a vital amount of soul energy that is available to us in each moment. The purpose of this questionnaire is to give you a high-level assessment of where your souls' energy and vitality is at this time, based on 8 different dimensions of the soul.

When our soul energy is aligned, replenished, and refreshed then we feel alive, vital, and energised in life. Our life-force expands and we feel more capable and confident of sharing our Soul Gift and Divine Contribution with our world.

However, when our soul energy is compromised, depleted, drained, or misaligned, then our natural life-force energy contracts. We shrink in our ability to make a difference and to stand out in our world. Most of all we may feel as if we need to retreat into comfort and safety so that our spirit may find the capacity to restore and sustain itself.

Instructions for Use:

1. Find a quiet moment where you will not be disturbed
2. Ensure you have a printed copy of this guide and a pen handy
3. Close your eyes and take a few deep breaths (3-5) to ground yourself
4. Bring your inner-vision and consciousness to the heart
5. Allow the heart energy to expand into 'truth' – the 'truth' for yourself
6. When you feel ready, take a moment to answer each of the Yes/No questions as openly and honestly as you can, based on how your current life and circumstances
7. Check the appropriate Yes or No box. Do not leave any question unanswered.
8. For each category give yourself a score yourself out of 5

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Engagement: How connected are you to the 'true work' & difference you are here to make?			
No.	Question	YES	NO
1.	My current work/ business/ career path fulfills me	<input type="checkbox"/>	<input type="checkbox"/>
2.	Time seems to disappear when I am doing this work	<input type="checkbox"/>	<input type="checkbox"/>
3.	I would love doing this work even if I were not paid for it	<input type="checkbox"/>	<input type="checkbox"/>
4.	My current work inspires me and gives me meaning/purpose	<input type="checkbox"/>	<input type="checkbox"/>
5.	I feel inspired to share my work and contribution with others	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL YES SCORE OUT OF 5		/ 5	

Energy and Flow: How aligned is your soul energy to flow and effortless?			
No.	Question	YES	NO
1.	Success often flows to me with grace, ease and lightness	<input type="checkbox"/>	<input type="checkbox"/>
2.	I have regular practices to build, protect & amplify my energy	<input type="checkbox"/>	<input type="checkbox"/>
3.	I know when I need to stop, rest, retreat and recover	<input type="checkbox"/>	<input type="checkbox"/>
4.	I feel aligned to my highest good and divine purpose	<input type="checkbox"/>	<input type="checkbox"/>
5.	I naturally expand and grow into my true potential	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL YES SCORE OUT OF 5		/ 5	

Purposefulness: How clear am I on my true purpose, calling and soul contribution?			
No.	Question	YES	NO
1.	I have a clear and compelling vision or mission for my life	<input type="checkbox"/>	<input type="checkbox"/>
2.	I know my values and what I am willing to stand for	<input type="checkbox"/>	<input type="checkbox"/>
3.	My soul's purpose and mission inspire me	<input type="checkbox"/>	<input type="checkbox"/>
4.	I know the message and soul song that I am here to share	<input type="checkbox"/>	<input type="checkbox"/>
5.	I feel Divinely guided on my soul and life journey	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL YES SCORE OUT OF 5		/ 5	

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Abundance: How open are you to receiving and allowing abundance into your life?			
No.	Question	YES	NO
1.	I trust that I am financially supported and looked after	<input type="checkbox"/>	<input type="checkbox"/>
2.	Abundance, prosperity, and money flow to me with ease	<input type="checkbox"/>	<input type="checkbox"/>
3.	I value my myself, my gifts, talents and abilities	<input type="checkbox"/>	<input type="checkbox"/>
4.	I charge what I am truly worth	<input type="checkbox"/>	<input type="checkbox"/>
5.	I am rewarded well for my work, effort & contribution	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL YES SCORE OUT OF 5		/ 5	

Impact: How is your life and work making an impact at this time?			
No.	Question	YES	NO
1.	My work/business/career path make a real difference	<input type="checkbox"/>	<input type="checkbox"/>
2.	My soul's contribution touches & serves the lives of others	<input type="checkbox"/>	<input type="checkbox"/>
3.	I know how to share my soul message in a greater way	<input type="checkbox"/>	<input type="checkbox"/>
4.	I can see that my life, my message, and my work matter	<input type="checkbox"/>	<input type="checkbox"/>
5.	I feel fulfilled and happy with my soul's contribution	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL YES SCORE OUT OF 5		/ 5	

Inspired Creation: How engaged are you in actively realising your soul's potential?			
No.	Question	YES	NO
1.	I take regular and consistent action towards my goals	<input type="checkbox"/>	<input type="checkbox"/>
2.	My energy flows towards my intentions/goals with ease	<input type="checkbox"/>	<input type="checkbox"/>
3.	I know how to rise beyond fear/procrastination when needed	<input type="checkbox"/>	<input type="checkbox"/>
4.	I make commitments to myself and complete them	<input type="checkbox"/>	<input type="checkbox"/>
5.	I feel inspired and alive when I work on what is important	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL YES SCORE OUT OF 5		/ 5	

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Grace: How open are you to receiving and allowing grace into your life?			
No.	Question	YES	NO
1.	I see and acknowledge the small synchronicities in my life	<input type="checkbox"/>	<input type="checkbox"/>
2.	I expect good things and miracles to happen	<input type="checkbox"/>	<input type="checkbox"/>
3.	I know and trust that there is a greater force in my life	<input type="checkbox"/>	<input type="checkbox"/>
4.	I listen to and follow the inner-callings and nudges of my soul	<input type="checkbox"/>	<input type="checkbox"/>
5.	I feel blessed and grateful now for the life I am living	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL YES SCORE OUT OF 5		/ 5	

Significance: How am I consciously choosing to craft a life of significance?			
No.	Question	YES	NO
1.	There is a 'greater cause' that fuels my life	<input type="checkbox"/>	<input type="checkbox"/>
2.	I know the legacy I wish to leave when I am gone	<input type="checkbox"/>	<input type="checkbox"/>
3.	I feel alive when I am making a difference and contribution	<input type="checkbox"/>	<input type="checkbox"/>
4.	I know the path of service that I am being called to lead	<input type="checkbox"/>	<input type="checkbox"/>
5.	I am willing to shine my light brightly as an example for others	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL YES SCORE OUT OF 5		/ 5	

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Completing Your Soul Map

1. When you have completed scoring all categories, then map your totals to the segmented map at the end of the guide
2. With a pen shade in the segment from the centre to the level you scored.
3. Once complete, take a moment to reflect on the results and identify the 2-3 areas that you most need to focus on or improve over the next 6 – 12 months.

