



# CHOOSE YOUR HEALING PATH QUIZ



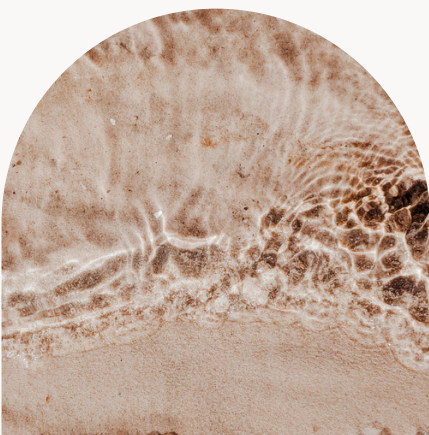
*What do you feel is weighing on your heart the most right now?*

- A. I struggle with self-worth and loving myself.
- B. I have experienced trauma and need to feel safe again.
- C. I feel stuck in old patterns from childhood.
- D. My relationships leave me drained or confused.
- E. I want to deepen my spiritual connection and inner peace.
- F. I am overcoming addiction or a difficult habit.
- G. I want to improve my life holistically – mind, body, and spirit.



*When you are overwhelmed, how do you usually cope?*

- A. I become self-critical and shut down emotionally.
- B. I numb myself with distractions, substances, or by overworking.
- C. I try to please everyone and ignore my own needs.
- D. I overthink and replay things in my head constantly.
- E. I withdraw and isolate, feeling disconnected from life.
- F. I turn to faith, prayer, or spiritual tools for comfort.
- G. I try to stay positive, but I know something deeper needs healing.





## CHOOSE YOUR HEALING PATH QUIZ



*What kind of support do you crave most right now?*

- A. Nurturing love and acceptance of myself.
- B. Safety, grounding, and nervous system healing.
- C. Releasing old childhood wounds and patterns.
- D. Tools to break free from codependency and toxic love.
- E. Sacred stillness, clarity, and inner wisdom.
- F. Guidance in staying clean/sober, centered, and hopeful.
- G. A step-by-step plan to reset, heal, and become my best self.



*Which affirmation speaks to you the most?*

- A. "I am worthy of love exactly as I am."
- B. "I am safe, and my body knows how to heal."
- C. "I am not my past. I choose a new path."
- D. "I am allowed to set boundaries and choose myself."
- E. "Peace lives within me. I am guided and whole."
- F. "I am stronger than any pattern that once held me."
- G. "I am becoming the most radiant version of myself."







## YOUR HEALING PATH REVEALED

Count how many times you chose each letter, then find your aligned path below:



### **Mostly A's: Self-Love & Worthiness**

Your heart is craving deep self-acceptance and inner healing.

START WITH:

- Self-Love Course
- Self-Love & Worthiness Circle

*"You are worthy enough. Let this journey remind you."*



### **Mostly B's: Trauma & Nervous System Recovery**

You are ready to feel safe, seen, and supported in your body again.

START WITH:

- Trauma Healing Course
- Healing Through Stillness 21-Day Journey

*"You don't have to carry the weight alone. Healing is here."*



### **Mostly C's: Inner Child Healing**

Old wounds are calling out for love and reparenting.

START WITH:

- Healing the Inner Child Course
- Inner Child Healing Circle

*"Your inner child is still listening. Show him/her the love he/she never had."*



### **Mostly D's: Relationship & Codependency Healing**

You are ready to rewrite love and reclaim your voice.

START WITH:

- Healthy Relationships Course
- Codependency Healing Circle

*"You are worthy of love that does not hurt. It begins with you."*







## YOUR HEALING PATH REVEALED

Count how many times you chose each letter, then find your aligned path below:



### **Mostly E's: Spiritual Stillness & Alignment**

You are seeking clarity, peace, and Divine connection.

START WITH:

- Healing Through Stillness 21-day Journey
- Intro to Energy Healing & Intuition Course

*"In stillness, you will hear your soul's sacred voice."*



### **Mostly F's: Addiction & Renewal**

You are choosing to rise – again and again – with grace.

START WITH:

- Addiction & Recovery Course
- Healing Circle for Renewal & Freedom

*"You are not what you have survived through, you are who you are becoming."*



### **Mostly G's: Total Life Transformation**

You are ready for a full reset – body, mind, soul.

START WITH:

- 6-month The Realistic Transformation Journey Coaching Program

*"Your healing is a sacred rebirth. You don't have to do it alone."*



CONGRATULATIONS !!!!!

YOU ARE NOW READY TO START YOUR JOURNEY TO  
LIVING YOUR BEST LIFE AS YOUR BEST SELF

