

YOUR TRUST

QUOTIENT

TRUST IN YOUR SPIRITUAL SOURCE

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1. I believe a higher power is active in my life.

- ① Almost Never ② Sometimes
③ Mostly ④ Absolutely

2. I know what God means to me.

- ① Almost Never ② Sometimes
③ Mostly ④ Absolutely

3. I am in a consistent rapport with my Spirit.

- ① Almost Never ② Sometimes
③ Mostly ④ Absolutely

4. I take time daily to connect with the Sacred within and around me.

- ① Almost Never ② Sometimes
③ Mostly ④ Absolutely

5. Even when I struggle to trust myself and others, I generally trust the process.

- ① Almost Never ② Sometimes
③ Mostly ④ Absolutely

6. I see a Divine thread running through nature and circumstances around me.

- ① Almost Never ② Sometimes
③ Mostly ④ Absolutely

YOUR SCORE:

1-6 POINTS

Failing to trust in your Source is most likely causing you to feel disconnected from yourself, your loved ones, and from living a meaningful life.

7-12 POINTS

Your inability to consistently engage with your Source is holding you back from living life fully.

13-18 POINTS

Building a little more trust in your Source is the final step in arriving at a full level of thriving in your life.

19-24 POINTS

You've put connecting with Source first in your life, which not only helps you but helps you be a presence and guide for others.

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TRUST IN YOURSELF

TRUST IN YOURSELF

1. I know what it means and how to be my authentic self.

- ① Almost Never ② Sometimes
③ Mostly ④ Absolutely

2. I don't need to think about what I'm going to say before I say it.

- ① Almost Never ② Sometimes
③ Mostly ④ Absolutely

3. It is easy for me to relax and enjoy my alone time.

- ① Almost Never ② Sometimes
③ Mostly ④ Absolutely

4. I am not afraid of success or failure.

- ① Almost Never ② Sometimes
③ Mostly ④ Absolutely

5. I know what I want.

- ① Almost Never ② Sometimes
③ Mostly ④ Absolutely

6. I take time to listen and acknowledge my emotions.

- ① Almost Never ② Sometimes
③ Mostly ④ Absolutely

YOUR SCORE:

1-6 POINTS

Your inability to build proper trust in yourself is keeping you from building intimacy with others.

7-12 POINTS

Your relationship with yourself is present but dysfunctional. It's time to create more time with you.

13-18 POINTS

Your ability to have a healthy relationship with yourself is clearly an essential part of your ability to connect, attract, and build meaningful relationships with others.

19-24 POINTS

Your self-acceptance and self-care make you a trustworthy presence for others to be themselves around.

YOUR TRUST

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TRUST IN YOUR TRIBE

TRUST IN YOUR TRIBE

1. I am proud of who I am in my most intimate relationships.

- ① Almost Never ② Sometimes
③ Mostly ④ Absolutely

2. My loved ones know my truest thoughts and feelings.

- ① Almost Never ② Sometimes
③ Mostly ④ Absolutely

3. The people I love know how much I love them.

- ① Almost Never ② Sometimes
③ Mostly ④ Absolutely

4. I would never intentionally hurt someone I love.

- ① Almost Never ② Sometimes
③ Mostly ④ Absolutely

5. I am comfortable telling people I care for what it is I want.

- ① Almost Never ② Sometimes
③ Mostly ④ Absolutely

6. I am always up for a courageous conversation.

- ① Almost Never ② Sometimes
③ Mostly ④ Absolutely

YOUR SCORE:

1-6 POINTS

You lack meaningful relationships, or at the least, the ability to have them at this time. Time to focus on Source and self and courageously reengage with your tribe.

7-12 POINTS

Time to release the dysfunction in your relationships and start cultivating trust in those that can function once again. Clear communication and boundaries will be necessary to reestablish trust.

13-18 POINTS

Relationships are meaningful and purposeful for you. You feel genuine love and care for others yet desire a deeper connection with people. Trusting can deepen these relationships.

19-24 POINTS

Your relationships infuse you with immense joy. Mutually supportive relationships support you in experiencing depth and intimacy with life.