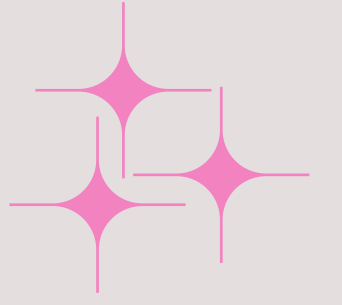




Are you living in alignment?



A 3-Minute Quiz to Reveal How Connected You Are to Your True Self



Take a breath. Be honest.

This isn't about perfection; it's about awareness.

Answer each question below, and when you finish, add up your points to reveal your personalized result and action steps.



How to find your score:

Each question has 3 options with different points.

A) 3 points

B) 2 points

C) 1 point



1. If you could sit across from your younger self, would she recognize the woman you've become?

A) Absolutely, she'd be proud.

B) Maybe, parts of me, yes.

C) I'm not sure she'd recognize me anymore.

2. Do you wake up feeling energized by your life's direction?

A) Yes, I feel aligned with my purpose.

B) Sometimes, but something still feels off.

C) Rarely – I often feel disconnected.



3. Do you feel it's too late to reinvent yourself or chase new dreams?

A) Never - I can evolve anytime.

B) Sometimes, doubt creeps in.

C) Often, I feel my time has passed.

4. Deep down, do you feel the quiet urge that there's more to you?

A) Constantly; I can feel something calling me.

B) Occasionally, when I slow down enough to listen.

C) I've lost touch with that voice.



5. How connected are you to your passions and core values?

A) I live them daily.

B) I know them, but don't always follow them.

C) I've forgotten what they are.

6. When you look in the mirror, what do you see?

A) A woman grounded and at peace.

B) A woman trying to remember who she is.

C) Someone who's been strong for everyone but herself.



7. How confident do you feel expressing your truth — even when it's uncomfortable?

A) Very: I trust my voice.

B) Sometimes - I shrink depending on who's around.

C) Rarely - I silence myself a lot.

8. Do you feel seen, heard and valued by yourself and others?

A) Yes, I feel respected and fulfilled.

B) Sometimes - but I do question my worth.

C) No - I often feel invisible.



9. How often do you trust your intuition and act on it?

A) Often - it guides my choices.

B) Occasionally: I do second-guess myself.

C) Rarely: I'm not sure what it sounds like.

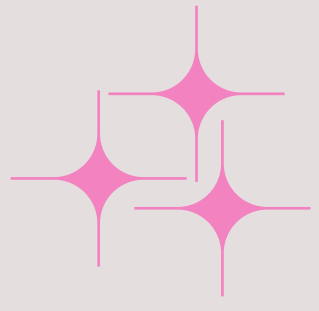
10. Where in your life are you still waiting for permission to begin?

A) I'm already giving myself permission.

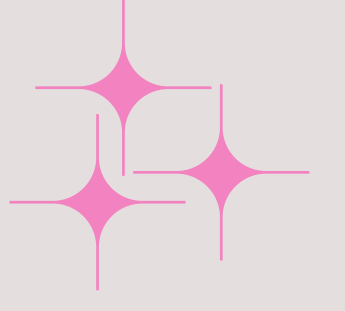
B) I'm learning.

C) Not at all.

Your Results!



Tally up your points and read your results below.



Mostly A's?

A) 3 points

Empowered & Ready to Level Up

Congratulations! 🎉 You're already stepping into your power and embracing your authentic self. Your mindset is aligned with growth, and you're clearly aware of your potential. You're empowered and radiating confidence, keep going! ✨

Next Steps:

- Tune into the Female Fluence podcast for deeper insights on how to continue elevating your life and goals. You're already on the right track, but there's always more to learn and grow.
- Keep empowering yourself and those around you. If you feel like collaborating or diving into more transformative growth, we'd love to explore that together.

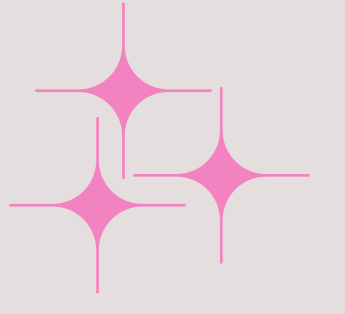
Scan the QR code to
listen to the Female
Fluence Podcast



Your Results!



Tally up your points and read your results below.



Mostly B's?

B) 2 points

Learning & Expanding Your Empowerment

You're on the right path to understanding what it means to be a truly empowered woman, but there's still work to do. You're in the process of embracing your power, and that is a beautiful journey! 🌱

Next Steps:

- Listen to the Female Fluence podcast to gain even more insight and clarity on the tools, mindset shifts, and strategies that can help you step into your full potential.
- Consider booking a discovery call. There's so much potential in you, and with some guidance, you can amplify your growth. Let's work together to unlock the next level of your empowerment.

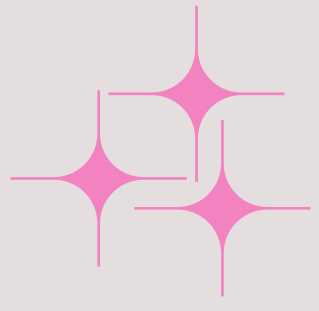
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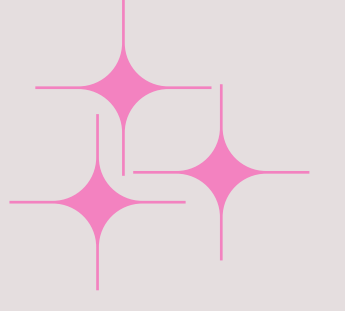
Book a free discovery call with me to start your journey to empowerment



Your Results!



Tally up your points and read your results below.



Mostly C's?

C) 1 point

Time to Ignite Your Inner Power

It's time to reignite your spark! 🔥 You might be feeling disconnected from your true power, but don't worry—this is the perfect time for transformation. Embrace the journey of rediscovering your empowerment and take that first step toward a life of fulfillment and strength.

Next Steps:

- Book a discovery call with me. We'll work together to help you reignite your inner fire and design the life you've always desired. Empowerment is within reach, and with the right guidance, you can overcome any obstacles standing in your way.
- Start by tuning into the Female Fluence podcast to begin your journey of self-discovery. Each episode is packed with insights and actionable steps to help you on your path to empowerment.

Book a free discovery call
with me to start your
journey to empowerment

