

BODY INTELLIGENCE (BQ) QUIZ

Created by Lisa Medley, Wellbeing & Body Awareness Mentor, SoulisticArts.com

WHAT IS BODY INTELLIGENCE (BQ)?

Body Intelligence (BQ) assesses the degree of your body awareness, knowledge, and care. Your body does not lie; it is a wealth of inner wisdom, tells the truth of your internal experience, and can guide you back home.

BENEFITS OF BODY INTELLIGENCE (BQ)

BEFORE BODY INTELLIGENCE	AFTER BODY INTELLIGENCE
Stressed Out	Inner Peace
Anxious, Overwhelmed, Frantic	Calm, Grounded, Confident
Dis-Ease	Ease
Disconnection	Connected with Life
Exhausted, Depleted	Vitality, Energized
Rigid, Stiff	Fluid, Flexible
Pushing, Working Hard	Flow
Fear	Love
Stagnant, Stuck	Powerful, Creative
Distracted	Presence
Confusion	Clarity

The purpose of the Body Intelligence (BQ) Quiz is to **increase your body awareness and acknowledge areas of your relationship with your body that are strong as well as areas that need attention.** Awareness leads to empowering possibilities, choices, and results.

There are 2 PARTS. Complete as little or as much at a time. Be honest, be curious, and be kind. See last page for an invitation to receive support in enhancing your wellbeing and body awareness to ***be your best self!***

PART 1 DIRECTIONS: Indicate with an "X" on the 4 lines (continuums) below what best reflects your *current* state in the following areas:

1. QUALITY OF MY LIFE:				
Life is Hard	"I'm fine."			Flow/Ease & Grace
2. STATE OF MY HEALTH & WELLBEING:				
Ugh	Survival Mode	Mediocre	Feeling Good	Radiant & Thriving
3. MY BODY IS:				
What?! I have a body?	Machine/Head on a stick		Nature/Sacred Vessel/Energy	
4. RELATIONSHIP WITH MY BODY:				
Disowned	Getting Back Together	Just Friends	Dating	Fully Committed

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PART 2 DIRECTIONS: There are 25 questions below divided among 5 areas support a positive relationship with your body for sustainable health and wellbeing. Choose: **Not at all**, **Somewhat**, or **Mostly** that reflects what is *currently* true for you. Utilize the role of a “detective” and engage non-judgmental awareness 😊

ACKNOWLEDGE: I have a body & it is sacred			
QUESTIONS	Not at all	Somewhat	Mostly
1. I know when I am “in my head” and can easily shift to become aware of my body’s presence.			
2. I relate to my body’s external appearance without judgement or criticism			
3. I relate to my body’s internal sensations without judgement or criticism			
4. I have a basic knowledge of my body’s anatomy (what it is made of) & physiology (how it works)			
5. I have a basic knowledge of my body’s subtle energy (i.e. chakras, meridians, other)			
AWAKEN: I feel good in my body			
QUESTIONS	Not at all	Somewhat	Mostly
1. I feel comfortable in my own skin			
2. I can feel whether I am in fight-flight-freeze or fear mode			
3. I know what to do to shift out of fight-flight-freeze/fear mode and take action to change that experience			
4. I know what ease/deep relaxation/calm/peace/bliss feels like in my body			
5. I engage in tools and practices to practice experiencing ease/deep relaxation/calm/peace/bliss in my body			
AWARE: I listen to my body			
QUESTIONS	Not at all	Somewhat	Mostly
1. I can feel and identify physical sensations in my body (i.e. comfort, hunger, fatigue, etc.)			
2. I can feel and identify energetic sensations in my body (i.e. grounded, drained, scattered, etc.)			
3. I can feel and identify emotions I am experiencing (i.e. joy, love, sadness, anger, fear, etc.)			
4. I know what feels “light” (aka a “yes”) and “heavy” (aka a “no”) in my body when making a decision or choice			
5. I am connected to my intuition (AKA inner wisdom, inner voice, higher self, divine guidance)			

CONTINUED ON NEXT PAGE

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ATTEND: I care for my body			
QUESTIONS	Not at all	Somewhat	Mostly
1. I have the energy to do what I want most days with ease			
2. I can hear my body communicate what it needs throughout the day (sleep, relaxation, eat, hydration, movement)			
3. I take action to address my what body needs throughout the day			
4. When I feel pain, tension, or discomfort, I attend to it			
5. I trust my instincts in caring for my body's needs			
ALIGN: My lifestyle supports my wellbeing			
QUESTIONS	Not at all	Somewhat	Mostly
1. I can feel whether I need a break and take it without guilt			
2. I consciously schedule restoration/recovery/relaxation time in my weekly planning			
3. I feel at peace with how much I can do/be productive <u>and</u> experience optimal wellbeing throughout the day			
4. I consult my body's energetic capacity (i.e. do I have enough energy?) when considering an invitation, event, task, project			
5. I experience a state of "flow" – ease and grace			

SUMMARY: Review your responses, count how many in each category, and place the totals below.

_____ **Not at all:** Indicates areas with a high need of awareness, attention, and support

_____ **Somewhat:** Take note of what is working well for you; identify what can be improved

_____ **Mostly:** Yeah! This is a strength! Appreciate your ability in this area; consider possible "tweaks"

Congratulations! for completing the Body Intelligence (BQ) Quiz! I invite you to acknowledge your willingness and courage to increase your awareness of yourself, your body, and your relationship with your body.

If you would like to go beyond information and discover how to enhance your relationship with your body, *experience more ease and energy, sustainable health and wellbeing, and be your best self*, apply for a **FREE BODY BREAKTHROUGH DISCOVERY SESSION**. Contact Lisa at: Lisa@SoulisticArts.com with "Body Breakthrough Session" in subject line for more information. Learn more at SoulisticArts.com

I celebrate your potential! NOW is the time to shine your light!