

II. ACKNOWLEDGE QUESTIONS	Not at all	Somewhat	Mostly
6. I have a positive relationship with my body			
7. I relate to my body's external appearance without judgement or criticism			
8. I relate to my body's internal sensations without judgement or criticism			
9. I know what my beliefs are about my body			
10. I know how to shift and/or release negative beliefs, conditioning, patterns about my body			
TOTALS:			

III. AWAKEN QUESTIONS	Not at all	Somewhat	Mostly
11. I feel exquisitely comfortable in my own skin			
12. I know what the experience of deep relaxation* feels like in my body (*ease; calm; inner peace; bliss; pure being)			
13. I know what the experience of joy* feels like in my body (thriving; alive and well; lit up; ecstatic; other)			
14. I have variety of feel-good tools and practices that bring me back to center/balance/ease depending on how I feel and what I need			
15. I consistently utilize my feel-good tools and practices			
TOTALS:			

IV. ATTUNE QUESTIONS	Not at all	Somewhat	Mostly
16. I know when I am "in my head" and can easily shift to become aware of my body's presence.			
17. I can feel and identify physical sensations in my body (i.e. fatigue, tension, stiff, hunger, thirsty, relaxed, etc.)			
18. I can feel and identify subtle/energy sensations in my body (i.e. grounded, scattered, flow, centered, etc.)			
19. I can feel and identify emotions I am experiencing (i.e. joy, love, sadness, anger, fear, etc.)			
20. I have a basic knowledge of my body's anatomy (what it is made of) & physiology (how it works)			
TOTALS:			

V. ATTEND QUESTIONS	Not at all	Somewhat	Mostly
21. I know what my energy state is throughout the day: high, medium, low			
22. I have the natural energy to do what I want most days (not relying on caffeine, sugar, alcohol, other substances to keep going)			
23. I can feel when I am stressed out (fight-flight-freeze or fear mode)			
24. I can hear my body communicate what it needs throughout the day to optimize my wellbeing			
TOTALS:			

VI. ACTION QUESTIONS	Not at all	Somewhat	Mostly
25. I take/schedule a break* when I feel I need one, without guilt (*unwind, relax, destress, chill out, "being" time)			
26. When I feel pain, tension, or discomfort, I attend to it and/or seek expertise			
27. I utilize holistic/integrative/complementary modalities for healing and/or wellbeing maintenance			
28. I appreciate what my body does for me and my life			
29. I take care of my body's needs throughout the day			
TOTALS:			

VII. ALIGNMENT QUESTIONS	Not at all	Somewhat	Mostly
30. I am connected to my intuition (AKA inner wisdom, inner voice, higher self, divine guidance, soul, other)			
31. I feel connected to my life purpose			
32. I know what feels "light" (aka a "yes") and "heavy" (aka a "no") in my body when making a decision or choice			
33. I consult my body's energetic capacity (i.e. do I have enough?) when considering an event, task, project			
34. I know what my rhythm of restoration is (what and how long it takes for me to re-energize)			
35. I take retreats/vacations. How many per year: _____			
TOTALS:			

Congratulations on completing the Body Intelligence (BQ) Quiz! Take a moment to appreciate your willingness and courage to increase your awareness of your body and yourself.

SUMMARY: Review your responses in each skill area of Body Intelligence (BQ) on the previous pages, count how many in each category, and place the totals below.

OVERVIEW: 7 SKILL AREAS OF YOUR BQ	Not at all	Somewhat	Mostly
AWARE: Reclaim your body as a sacred resource			
ACKNOWLEDGE: Release judgment to embrace a kind connection			
AWAKEN: Feel good and thrive as your new normal			
ATTUNE: Understand the language of the body and what it is saying			
ATTEND: Identify your body's needs to feel good (ease; centered; balance; homeostasis)			
ACTION: Take inspired and incremental steps that care for your body's needs			
ALIGNMENT: Sync your wellbeing choices with the flow of your life			
TOTAL			

Awareness is power. Now you have more information on Body Intelligence (BQ) skill areas with a high need for attention (*Not at all*); skill areas that you have some degree of competency with room for enhancement (*Somewhat*); and skill areas of strength (*Mostly*).

WHAT'S NEXT INVITATIONS:

1. Choose one question that has a *Somewhat* or *Mostly* response and celebrate! Truly, acknowledging what you are doing well is important for success!
2. Choose one question that has a *Not at all* or *Somewhat* response. Reflect on a specific, incremental, and inspiring action you will take that would improve that area.
3. **Ready for transformation?** If you want to go beyond information and explore doing what you are doing differently, **contact me at Lisa@SoulisticArts.com to schedule a "Body Breakthrough Discovery Session."** We will review your Quiz and expand possibilities of enhancing your body wisdom for sustainable wellbeing!