

# MAGNETIC MOXIE

## Quik Quiz for Self-Awareness

Step 1. Which single area of your life do you want to prioritize and better manage right now? (repeat separately and another day for additional areas if desired)

### a. Lifestyle

- Hobbies       Health       Recreation       Spirituality

### b. Family

- Parent       Child       Significant Other       Friend

### c. Career

- Boss       Co-worker       Client       Vocation

### d. Residence

- Neighbour       Privacy       Location       Dwelling

*This form is for you and no one else. It will help you identify the relationship energy issues that are impacting your life. You will quickly be able to recognize where your energy is on the frequency scale by how you feel at any given moment. Remember: It's all about the energy...not the story around it. Make this choice purely based on your own feelings without placing blame on any other person.*

Step 2. How much discomfort or stress do you have around this area on a scale of 1-10?

1      2      3      4      5      6      7      8      9      10

*1=Slightly Anxious & 10=Extremely Upset*

Step 3. Which Constricted Fear frequency range most closely reflects or best describes your current feelings around this situation?

- |   |   |
|---|---|
| <input type="checkbox"/> 20 – Shame – humiliation, disgrace       | <input type="checkbox"/> 30 – Guilt – blame, regret       |
| <input type="checkbox"/> 50 – Apathy – indifference, hopelessness | <input type="checkbox"/> 75 – Grief – loss, depression    |
| <input type="checkbox"/> 100 – Fear – anxiety, withdrawal         | <input type="checkbox"/> 125 – Greed – lust, craving      |
| <input type="checkbox"/> 150 – Anger – hate, vengefulness         | <input type="checkbox"/> 175 – Pride – arrogance, conceit |

*Example scenarios: You feel GUILT (30) because you overreacted inappropriately to bad news or GRIEF (75) because of a breakup or ANGER (150) because you expected something you surely thought would happen, like a raise, promotion, attention or gratitude and it didn't.*

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Step 4. Which Expanded Love frequency range can you remember feeling in the past?

- 200 – Courage – determination, sincerity
- 250 – Neutrality – trust, calmness
- 310 – Willingness – intention, optimism
- 350 – Acceptance – forgiveness, dignity
- 400 – Reason – objectivity, intelligence
- 500 – Love – reverence, benevolence
- 540 – Joy – serenity, gratitude
- 600 – Peace – bliss, perfection
- 700+ – Enlightenment – transcendent, indescribable

*Example scenarios: The time you felt COURAGE (200) when going for a walk, NEUTRALITY (250) when going to the store or JOY (540) because you received an expected or unexpected raise, compliment, win or accomplished something.*

Step 5. Which email/internet suggestion(s) could lessen anxiety for you?

- Always check your Spam folder along with Inbox
- Deliberately whitelist folks you want to hear from
- Clean your Inbox & clear you Spam monthly
- Unsubscribe from mailing lists when uninterested
- Keep your anti-virus up to date
- Write emails with a smile :) or a smiley at the end

*This is a useful tip list to see how relaxed you are around email and online communication. The internet is a major part of many people's lives and a necessity for most. The problem is some folks see too much negativity and are bombarded with ads they don't want or like while searching for what they do like. This creates a subtle resistance energy that slowly sucks the life out of you and keeps you from enjoying the benefits.*

Step 6. What information did you discover when filling out this form that more clearly identifies your situation, needs and solutions?

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