

Life Attunement Experience Test

Below are several statements which you may think or less represent you. Please indicate your response on the scale provided.

- 1 – not at all like me
- 2 – slightly like me
- 3 – somewhat like me
- 4 – like me
- 5 – very much like me

- _____ 1. My life is going in the right direction.
- _____ 2. I find that the challenges in my life are suited to my abilities.
- _____ 3. I feel effective.
- _____ 4. I feel in life that I'm exactly where I need to be.
- _____ 5. My actions have an effect on the world.
- _____ 6. I feel "right" about my life.
- _____ 7. I rarely feel as though I'm thriving.
- _____ 8. I feel like I am doing what I'm meant to be doing.