

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.