



Life Vibes Self-Assessment

This reflective assessment is designed to help you explore how aligned you feel across five essential domains of your life. These are the core energies—your *Life Vibes*—that make up a fulfilling and vital life.

For each category, rate your current level of alignment on a scale from 1 to 10:

1 = Completely out of sync 10 = Fully alive and aligned

Then, use the prompts to reflect on what's needed to support a shift.



Spiritual Vibe

The center of your being. This is your connection to something greater than yourself—purpose, spirit, source. It's the foundation of inner peace, trust, and presence.

Rating (1–10): _____

Prompt: How connected do you feel to your inner knowing or sense of purpose right now?

Personal Vibe

Your sovereign space. This vibe is about honoring your unique needs, boundaries, and desires. It's how you show up for yourself when no one is watching.

Rating (1–10): _____

Prompt: Where in your personal life are you honoring what's alive for you and where are you neglecting it?

Professional Vibe

Your contribution to the world. This includes work, vocation, creativity—how you use your gifts in the world. Fulfillment happens when your outer work matches your inner values.

Rating (1–10): _____

Prompt: Does your current work reflect what's important to you? If not, what would need to shift?



Relational Vibe

The quality of your connections. This includes family, friendship, partnership, and community. Relationships can be mirrors, sources of nourishment, or drains.

Rating (1–10): _____

Prompt: Where do you feel deeply seen and supported and where might you be abandoning yourself for superficial connection?

Resources Vibe

Your support systems. These include time, money, energy, health, and environments. This vibe reflects whether you feel resourced to live the life you want.

Rating (1–10): _____

Prompt: What's one area where you feel under-resourced and what's one small step you can take to shift it?