



Karmic Life Circles Assessment

Please take the Life Circle Assessment first, and repeatedly.

This will give you a baseline snapshot of how satisfied and connected you feel with your life. You will get a more accurate starting point if you take it before reading information about how your Life Circle works and impacts your life because you will have fewer assumptions about what is the “right answer.”

We will then further explore how Life Circles develop and what influence they have on your life experience.

Karmic Life Circles Assessment

PRESENCE

My overall physical and emotional health is good. I feel energetic, motivated and strong. I can trust my instincts and intuition. I feel secure and like I belong. I am at peace with my family of origin and my personal boundaries. I regularly attend to my self care. I am confident with my money.

0 1 2 3 4 5

PASSION

I feel a consistently deep, trusting, loving connection with my partner. I am comfortable with my sexuality. I receive nurturing from others. My use of substances & food is balanced. I release guilt, shame, anger, and the past. I enjoy learning, new experiences. I have a pastime that energizes me.

0 1 2 3 4 5

PURPOSE

I feel clear, energized and fulfilled by my mission and value to humanity. I believe my approach to life helps the world be a better place. I know what I like, what I want & feel proud of who I am. I take responsibility for my actions and feel proud of the way I am improving my life. Yes is yes, no is no.

0 1 2 3 4 5

CONNECTION

My immediate social circle of family and friends brings connection, fun and positive energy into my life. I seek positive people and do my best to bring positive energy and real authenticity into all my relationships. I feel clear, energized and fulfilled by my work and contribution to the world. I give back to the world. I believe my effort is a true reflection of my best.

0 1 2 3 4 5

CREATIVITY

I express, enjoy & develop myself in my job/career & my downtime. I give enough time to the things I love in life. I enjoy the lifestyle my work is helping me experience in life. I am able to clearly express myself so that others understand me. I am in integrity with how I express what I want, think and feel.

0 1 2 3 4 5

DIRECTION

My live out my values. I keep my spirituality & values in my awareness & decisions. I am able tune into myself and see my path and actions that will progress my journey. I know where my life is going am able to stay on track with my goals and mission. I am able to see where I need to change and I feel peaceful when I make decisions.

0 1 2 3 4 5

SPIRIT

I feel connected to the present moment and vitally alive in my spirit. I feel inspiration and like I am part of something bigger than myself. I am mindful that my behavior impacts the whole and seek to create harmony. I feel clarity in my thought and understanding. It is safe for me to extend myself and succeed.

0 1 2 3 4 5

TOTAL

Add up your score and move to the next page.

Karmic Life Circles Reflection

Results: If you scored less than 27, it is likely you have not been satisfied lately.

If you did score 4 or above in any category, what would support your balance and progress in this Life Circle? What lessons have you learned that would apply any to another Life Circle?

Spend some time looking at each area that scored less than 4. What new action or habit would help you increase your satisfaction?

Spend some time looking at each area that scored 2 or less. What new action or habit would help you increase your security or attention? Is this urgent or important?

What else did you notice as you were measuring your Life Circles?

My priority Karmic Life Circle _____