



SPARK Creative Wellness Assessment

Circle the number which BEST represents where you are on the continuum from Challenge to Creative Wellness.

1 = Top Challenge

2 = Challenging

3 = Still need support

4 = Thriving

Challenge



Creative Wellness

1.	Depleted energy from obligations, commitments, and relationships that do not support you	1	2	3	4	Treat energy and time as most treasured resources, spending them in ways that feel good
2.	Unclear boundaries—draining yourself from taking on other people's stuff and giving your energy away	1	2	3	4	Maintain clear boundaries—saying No to who/what depletes you and Yes to who/what feeds you
3.	No time for self-care, using time to care for everyone and everything else	1	2	3	4	Care for yourself first through daily self-care practices so that you are able to give to others in healthy ways
4.	Stressed out	1	2	3	4	Able to move through stress with your relaxation techniques
5.	Unable to express emotions in healthy ways; reactive communication; bottle up and explode	1	2	3	4	Healthy emotional expression where emotions move through you with ease and increase connection with those you love
6.	Internal battle inside yourself—you against you; feel negativity about parts of yourself	1	2	3	4	Accepting of all parts of self and recognize the gift each one offers to the whole of you
7.	Experience self-hatred, a sense of rejection, self-blame, and view your own body as your enemy	1	2	3	4	Embody self-love, acceptance, forgiveness, and view your body as a treasured ally
8.	Inner Critic is loud and is the bully within your inner conversations	1	2	3	4	Connected with your Wise Inner Guide and hear its voice prevail in your inner dialogue
9.	Not at peace; negative limiting beliefs are an obstacle to fulfilling your heart's longing	1	2	3	4	Feel peace within; shifted old limiting beliefs and welcomed healthy beliefs that support your heart's longing
10.	Victim to the limitations in your life; stories you and others tell cast you in this disempowered victim role	1	2	3	4	Creator of your life, finding freedom within limitations; stories you and others tell cast you in this empowered role
11.	Disrespect yourself; doubt your abilities	1	2	3	4	Self-respecting and confident
12.	Have trouble identifying your strengths & positive attributes	1	2	3	4	Easily identify and express your strengths, gifts, positive attributes
13.	Feel invisible, unheard, undervalued	1	2	3	4	Deep sense of self-worth; speak your voice; feel seen and valued
14.	Feel lost in your search for spiritual connection; disconnected, isolated, and alone	1	2	3	4	Deep sense of spirituality supporting you in feeling loved and meeting life's challenges; interconnected with all life

15. Feel disconnected in your relationships; others don't know the real you; no support system	1	2	3	4	Enjoy authentic relationships and real connection with those you love; strong support system
16. Do not like celebrating yourself; push other's compliments and kind actions away; feel undeserving	1	2	3	4	Celebrate yourself and let others celebrate you too—receive compliments and kind actions with ease
17. Disconnected from your internal resources, tools, capacities; do not realize your own power, creativity, wisdom	1	2	3	4	Deeply connected with internal resources, tools, and capacities; fully utilize your personal power, creativity, wisdom
18. Stuck in resisting and hating your challenges	1	2	3	4	Accept life's challenges, finding meaning and opportunity within them
19. Overcome with anxiety about unknown future; fear life's next challenge might break you completely	1	2	3	4	Trust yourself to face unknown future challenges with resilience and resourcefulness
20. Feel your life lacks meaning and purpose	1	2	3	4	Connected and aligned with your deeper purpose
21. Blocked by constriction, fear, self-sabotage	1	2	3	4	Feel freedom to be your true self
22. Limiting beliefs and stress around money	1	2	3	4	Feel ease about money; welcome financial abundance
23. Unmotivated, directionless, stagnant; stuck in indecisiveness—not knowing which way to turn	1	2	3	4	Motivated to actualize meaningful intentions, goals, dreams; make decisions to move you forward
24. Reject that your Inner-artist exists; don't see creativity in the way you live life	1	2	3	4	Inner-Artist expresses herself daily and creatively shapes your life as Art
25. Past and future oriented; distracted in the present	1	2	3	4	Present-centered, aware that NOW is all that really exists
26. Approach life with pessimism, cynicism, dissatisfaction	1	2	3	4	Approach life with optimism, hope, gratitude, love
27. Take life very seriously, over-think, and believe life is hard	1	2	3	4	Play, laugh, feel pleasure, and ease in your life
28. Focus on mundane drudgery of daily life	1	2	3	4	Tuned into magic, wonder, and joy of daily life
29. Dissatisfied with life—settling for mediocre	1	2	3	4	In love with life—walking your most satisfying path
30. Suppress your light: don't outshine others, disconnect from true self, remain constricted	1	2	3	4	Let Your SPARK Shine: fully express your true self, stand in your power, thrive, and inspire others to be expansive

Please total up your Creative Wellness Score. _____ TOTAL

Please circle the TOP 3 AREAS you want to shift from Challenge to Creative Wellness in the next 3 months.