

Practical Journeys Questionnaires

Clearwater Wellness, and Spiritual Counseling



Thank you for accessing these questionnaires, which are an integral part of my upcoming book, "Practical Journeys," set to be released in 2024. For any inquiries or assistance, please don't hesitate to reach out at clearwaterwellnesslife@gmail.com. I'm here to support you on your unique journey.



Our worksheets can be used to facilitate personal growth and self-awareness, providing readers with practical tools for incorporating self-care, aligning with their values, and setting boundaries in their lives.

First and foremost, these tools provide individuals with a structured and systematic way to gain a deeper understanding of yourself. By answering a series of thought-provoking questions and reflecting on their traits, you can uncover your unique strengths, challenges, and innate qualities that contribute to having a profound Sensitive Free Spirit (SFS) energy. This heightened self-awareness can lead to increased self-acceptance and empowerment. Enabling you to embrace your true nature with confidence. Additionally, these assessments and worksheets serve as a roadmap for personal development, guiding you towards harnessing innate potential as a SFS and enhancing your relationships with others. Through these tools, you can connect more authentically with yourselves, those around you and the world at large, ultimately leading to a more fulfilling and meaningful existence.

How Sensitive are You?

Instructions: Read through the key sensitivity characteristics of Sensitive Free Spirits (SFS) and rate how well each trait resonates with you on a scale of 1 (Not at all) to 5 (Absolutely).

Characteristics	Description	Rating (1-5)
High Sensitivity	How attuned are you to your surroundings, emotions, and intuition?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
Creativity	How drawn are you to artistic expression, whether through writing, painting, music, or other forms of art?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
Empathy	How compassionate and understanding are you of human emotions and experiences?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

Characteristics	Description	Rating (1-5)
Intuition	How strong is your intuitive sense in guiding your decisions and choices?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
Connection to Nature	How deeply do you feel connected to the natural world and its rhythms?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	Total Points	_____

Multiple sensitivity grading systems exist, often sharing similarities. To align with the characteristics of our Extremely Sensitive for Sensitive Free Spirits, we utilize the following grading scale:

Total Score of 5 - 10: Not Very Sensitive

Total Score of 11 - 15: Moderately Sensitive

Total Score of 16 - 20: Sensitive

Total Score of 21 - 25: Highly Sensitive



Is Sensitive Free Spirit Your True Nature?

The following assessment helps you discern your desires for autonomy, creativity, independence, spirituality, and ritual crafting.

Instructions: Read through the questions and rate how well each trait resonates with you with a YES or NO answer. When in doubt, answer NO. Answering "NO" when in doubt is beneficial as it ensures clarity, honesty, and reduces ambiguity in self-assessment, promoting realistic and unbiased reflection of one's true traits. This approach prevents skewing of results and encourages accurate self-perception.



Question	Yes	No
1. Are you Extremely Sensitive? If you answered 21 and higher for the sensitivity questionnaire, answer YES here.		
2. Do you get easily overwhelmed by internal and external stimuli?		
3. Do you have a high sensory sensitivity?		
4. Do you often avoid loud noises, busy spaces, bright lights, bold patterns, and pungent odors?		
5. Do you feel overstimulated by your own internal experiences?		
6. Do you need "extra" down time? More than regular or most people.		
7. Are you an Empath? An empath is someone who intensely feels and understands the emotions and experiences of other people, places, and things as if they are one of the same.		
8. Are you highly attuned to your inner and outer environment?		
9. Do you rely on intuition or inner knowing to navigate the world?		
10. Are you mostly introverted?		
11. Do you struggle with processing things on the spot? Need time and space to think things over before are clear.		
12. Do you need alone time to process experiences? Without others assisting you or even their physical presence.		
13. Do you feel drained by social activities or crowds, even when well-rested?		



Question	Yes	No
14. Are you a "free spirit"? A free spirit is an individual who cherishes personal freedom and independence, embracing an unconventional and adventurous approach to life with positivity and enthusiasm.		
15. Do you seek adventurous experiences? Adventure entails exciting experiences of exploration, risk-taking, and venturing into the unknown, often involving physical challenges, travel, and a wide range of self-exploration opportunities.		
16. While craving the comforts of familiarity, do you find routines and the same old things dull, preferring to do things differently?		
17. Do you gravitate towards unfamiliar environments even if it makes you nervous sometimes?		
18. Do you need spiritual autonomy? You prioritize spiritual autonomy, valuing the freedom to explore your own unique spiritual path.		
19. Can you be a bit eccentric or unconventional? You tend to think and do things in unique or out-of-the-ordinary ways.		
20. Are you highly creative or innovative? You're good at coming up with new and original ideas or finding creative solutions to problems.		
21. Do you always have tons of ideas? Even if some of them don't make sense to you or the situation at hand.		
22. Do you have a rich imagination? You have a strong ability to imagine and create unique and vivid mental pictures or ideas in your mind.		
23. Do you get easily bored? You quickly lose interest or become unenthusiastic when things don't excite or engage you.		



Question	Yes	No
24. Are you an excellent problem solver?		
25. Do you express yourself creatively? NOTE: Expressing yourself creatively means using art and imagination to communicate. Being highly creative goes further, indicating an innate ability to generate new, original ideas and solutions in various aspects of life.		
26. Are You Highly Spiritual? You are closely in touch with spiritual aspects of life.		
27. Do you NEED to have a deep connection to Creator and/or unseen forces? This means you strongly desire a profound connection with a higher power or unseen spiritual energies not just in practice.		
28. Do you feel a strong need to be deeply connected to your Creator, Source, or Higher Self to experience inner peace and fulfillment?		
29. Do you have more trust in a Greater Higher Power or Creator than in human beings, lower deities, or natural world?		
30. Do you find that you understand things better when thinking in spiritual or abstract terms?		
31. Do you prefer talking about spiritual or deep ideas over everyday topics? You understand them better too.		
32. Do you find that parables and metaphors help you understand complex concepts in a deeper way?		
33. Do you tend to think in abstract terms, finding meaning in the mysteries of life?		



Question	Yes	No
34. Are you a mystic or do you have psychic abilities? You frequently experience mystical or supernatural phenomena, and you possess psychic abilities like intuition, clairvoyance, or precognition, enabling you to interact with hidden dimensions beyond the ordinary.		
35. Do you feel a deep connection to the natural world?		
36. Does the beauty of the earth and its inhabitants fill you with a sense of wonder and awe?		
37. Have you ever felt the vastness of the universe within your own being, a sense of oneness with all that exists?		

Sensitive Free Spirit (SFS) Attributes:

Exceptionally Aligned: If you answered "YES" to 25 or more of these questions, you possess an extraordinary alignment with the attributes of a SFS.

Highly Aligned: If you answered "YES" to 20-24 of these questions, you exhibit a high degree of alignment with the attributes of a SFS.

Moderately Aligned: If you answered "YES" to 15-19 of these questions, you demonstrate a moderate alignment with the attributes of a SFS.

Partially Aligned: If you answered "YES" to 8-14 of these questions, you have a partial alignment with the attributes of a SFS.

Minimally Aligned: If you answered "YES" to fewer than 8 of these questions, you possess a minimal alignment with the attributes of a SFS.

Total Score (out of 62): _____



Get in touch with us!

Contact Queen Tuya Nu (ne Irmina Ulysse) for guidance and self-discovery. Her insights and spiritual knowledge can aid in your personal exploration. Whether you seek clarity, purpose, or personal growth, Queen Tuya Nu is here to assist.

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Interpretation from the combined score of sensitivity and SFS attributes:

60-75: You exude the Sensitive Free Spirit (SFS) Energy, embodying its attributes to the fullest. We are a good fit. Reach out and attend one of our gatherings. You can also reach out directly at clearwaterwellnesslife@gmail.com.

50-59: You strongly resonate with SFS Energy, displaying a deep connection to its characteristics. Take the next step and sign up for our free newsletter.

40-49: You exhibit a moderate alignment with SFS Energy, reflecting several of its attributes. There's a chance we may be able to support you. Check out our website for more information at www.clearwaterwellnesslife.com

30-39: Your connection to SFS Energy is partial, with some shared attributes. While you may resonate with us some of the time, we are not a good fit for you and your needs.

0-29: Your alignment with SFS Energy is minimal, and the attributes are less prominent in your personality. We are not a good fit for you and your needs.