

SPIRITUAL SELF-CHECK

A Workbook for Emotional, Energetic & Spiritual Awareness

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“Sometimes healing begins the moment we become honest with ourselves.”

Before You Begin

Take a breath.

This is not a test. This is not about perfection.

This workbook is an opportunity to pause long enough to notice where you truly are emotionally, mentally, physically, and spiritually.

Some answers may comfort you. Some may surprise you. Some may reveal what your spirit has quietly been trying to say all along.

There is no wrong way to complete this workbook.

Only honesty.

Your Current Energy

Emotional Energy

■ 1 ■ 2 ■ 3 ■ 4 ■ 5 ■ 6 ■ 7 ■ 8 ■ 9 ■ 10

Physical Energy

■ 1 ■ 2 ■ 3 ■ 4 ■ 5 ■ 6 ■ 7 ■ 8 ■ 9 ■ 10

Spiritual Connection

■ 1 ■ 2 ■ 3 ■ 4 ■ 5 ■ 6 ■ 7 ■ 8 ■ 9 ■ 10

Mental Clarity

■ 1 ■ 2 ■ 3 ■ 4 ■ 5 ■ 6 ■ 7 ■ 8 ■ 9 ■ 10

Sense of Hope

■ 1 ■ 2 ■ 3 ■ 4 ■ 5 ■ 6 ■ 7 ■ 8 ■ 9 ■ 10

Honest Reflection

What has been weighing on me lately?

What feels healthy and supportive in my life right now?

Boundaries & Energy

- I have been overextending myself
- I have been ignoring my intuition
- I need more rest
- I need stronger boundaries
- I have absorbed other people's emotions
- I need emotional release
- I need spiritual grounding
- I need creative expression
- I need more joy

Reconnection Practices

Circle 3 things your spirit may need most right now:

Silence • Prayer • Meditation • Nature • Music • Journaling • Rest • Community • Creativity •
Forgiveness • Time Offline • Energy Clearing

Message From Within

If my inner wisdom could speak clearly right now, it would say:

Something I am ready to release:

Closing Reflection

You are allowed to grow slowly.

You are allowed to rest.

You are allowed to change your mind.

Healing is not measured by perfection. Spiritual growth is not a straight line.

Sometimes progress simply looks like becoming more honest with yourself.

“May I be guided toward clarity, healing, wisdom, balance, and peace.

May I trust myself more deeply.

May I walk gently with my own spirit.”