

INNER SANCTUARY

SELF-EVALUATION

Instructions:

Read each statement and rate how true it feels for you right now on a scale of 1 to 5:

(1 = Not true at all, 5 = Very true)

Rejection + Wounding

I often feel invisible or emotionally disconnected from others. _____

I carry childhood or relational wounds that haven't fully healed. _____

I fear that if I were truly seen, I wouldn't be fully accepted. _____

I compare myself to others and feel like I fall short. _____

I sometimes question if God's love is truly for me. _____

Score: ____ /25

Judgment + Inner Critic

I regularly criticize myself for not doing or being enough. _____

I feel spiritual guilt or shame for not living up to expectations. _____

I replay past mistakes in my head and struggle to release them. _____

I often assume others are judging me even when they're not. _____

I struggle to give myself the same grace I give others. _____

Score: ____ /25

Disconnection + Anxiety

I frequently feel emotionally numb or spiritually flat. _____

I often push through the day without checking in with my soul. _____

I long for connection with God but feel unsure how to reach Him. _____

I live in a state of low-level anxiety, tension, or fear. _____

I sometimes feel like I'm just "going through the motions." _____

Score: ____ /25

Scarcity + Burnout

I often feel there's not enough time, energy, money, or peace. _____

I tend to overgive or overcommit even when I'm depleted. _____

I feel pressure to constantly do more, achieve more, or prove myself. _____

I find it hard to rest without feeling lazy or guilty. _____

I struggle to receive love, care, or provision without resistance. _____

Score: ____ /25

Embodiment + Healing

I have a hard time feeling safe or fully "at home" in my body. _____

I frequently ignore physical or emotional signals until I crash. _____

I crave deep healing but feel unsure how to start. _____

I desire to treat myself with kindness, but default to survival mode. _____

I believe that I'm made for wholeness—even if I don't feel it yet. _____

Score: ____ /25

Your Total Score: ____ /125

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What your score reveals...

If you scored:

- **100–125** – Your soul is tender and likely holding deep wounds or weariness. This journey will feel like a spiritual rescue. Lean in fully!
- **75–99** – You're carrying layers of hidden pain and pressure. This book will help you reconnect, release, and re-root in the truth.
- **50–74** – You're managing life, but there's emotional and spiritual depletion underneath. This journey will help you realign with peace.
- **25–49** – You're walking with some awareness and healing, but there is likely more restoration available. *Holy Alchemy* will deepen and expand your wholeness.
- **Below 25** – You are already thriving in many areas! Wonderful! This book may help to offer stillness, clarity, and fresh spiritual rhythm so you can continue to blossom.

No matter where you fall, your score
is not a sentence.

It's a signpost!

And every signpost on this path leads
back to the Spirit of God.

Let's Begin.