

Soulful Path Self-Assessment Questionnaire

This self-assessment questionnaire is designed to help you reflect on where you feel strong and where you might want to go deeper on your **Soulful Path to Life Purpose** journey. Each question relates to one of the programme's modules.

Circle or note the number that feels most true for you today. A **higher score (4–5)** shows you already feel clear, aligned, or supported in that area, while a **lower score (1–2)** highlights areas that may need more attention. There are no right or wrong answers - it's simply a snapshot of where you are right now.

Module 01: The Six Key Life Domains

How clear and balanced do you feel across the different areas of your life (e.g., relationships, work, wellbeing, personal growth)?

- 1 – I feel lost or adrift in how my life fits together
- 2 – Several areas feel out of balance or unclear
- 3 – I'm unsure where I stand in some life areas
- 4 – I have some clarity, but a few areas feel neglected
- 5 – I feel grounded and balanced across these areas

Module 03: Shaping Your Life – Influences

To what extent do you feel free from unhelpful expectations or influences from your past, family, or society?

- 1 – I feel heavily shaped or constrained by others' expectations
- 2 – I often feel pulled in directions that aren't fully mine
- 3 – I'm still figuring out which influences to keep or release
- 4 – I notice external influences but manage them well
- 5 – I live mostly from my own values and choices

Module 04: Your Personality

How well do you understand the traits that shape how you experience the world—and do you feel at ease with them?

- 1 – I often feel disconnected or critical toward my personality
- 2 – I struggle with certain traits or don't feel understood
- 3 – I have mixed feelings or uncertainties
- 4 – I'm mostly comfortable with my personality
- 5 – I understand and embrace my personality

Module 05: Your Archetype

How connected do you feel to a deeper inner wisdom or imaginative pattern that helps guide your life choices?

- 1 – I feel quite disconnected from inner guidance or imagination
- 2 – I struggle to connect with anything symbolic or guiding
- 3 – I'm open to exploring this but unsure where to start
- 4 – I have a sense of inner wisdom I draw on
- 5 – I feel deeply connected to an inner guiding pattern

Module 06: Your Values

How clear are you on what really matters most to you—and how aligned do you feel with those values in your daily life?

- 1 – I feel unclear or conflicted about what matters to me
- 2 – I often act out of sync with what I care about
- 3 – I've never really explored them in depth
- 4 – I have a general sense of my values
- 5 – I know my values and live by them

Module 07: Your Passions

How alive and engaged do you feel in your day-to-day life—are there activities that truly light you up?

- 1 – I've lost touch with passion and aliveness
- 2 – I often feel uninspired or flat
- 3 – I'm still discovering what lights me up
- 4 – I have some passions I make time for
- 5 – I regularly engage in things that bring me alive

Module 08: Your Strengths

To what extent do you recognise and make use of your unique strengths and inner resources?

- 1 – I don't know what I'm naturally good at
- 2 – I often overlook or underestimate my strengths
- 3 – I'm still exploring what my strengths might be
- 4 – I have a good sense of some key strengths
- 5 – I know and use my strengths confidently

Module 09: Your Talents and Skills

How confident do you feel about the gifts you bring—both natural and learned—and how they might support a meaningful life?

- 1 – I feel unclear or unsure what my gifts are
- 2 – I doubt whether I have meaningful talents
- 3 – I'm figuring out what I'm good at
- 4 – I see how they could support my path
- 5 – I use my talents and skills with purpose

Module 10: Your Life Story

How empowered do you feel by the story you tell yourself about your life—or does it need reimagining?

- 1 – I feel burdened or defined by my past
- 2 – My story feels limiting or unresolved
- 3 – I'm still piecing together my narrative
- 4 – I have worked to understand and accept my story
- 5 – I see my life story as a source of strength

Module 11: Your Beliefs

How supportive are your beliefs about yourself and the world—or are there inner voices or narratives you'd like to shift?

- 1 – I feel stuck in negative or inherited beliefs
- 2 – I feel held back by limiting inner stories
- 3 – I'm unsure how my beliefs shape my life
- 4 – I notice and challenge unhelpful beliefs
- 5 – My beliefs are empowering and helpful

Module 12: Your Causes

Are there issues or causes that stir your heart and make you want to contribute or take action?

- 1 – I haven't found a cause or issue that resonates deeply
- 2 – I feel overwhelmed or disconnected from meaningful action
- 3 – I care, but don't know where to direct my energy
- 4 – I know what matters to me and want to do more
- 5 – I'm actively engaged with causes I care about

Module 13: Your Meaningful Work

To what extent does your work (paid or unpaid) feel meaningful and aligned with your deeper purpose?

- 1 – I feel lost or frustrated around the idea of meaningful work
- 2 – My current work feels disconnected from who I am
- 3 – I'm exploring what meaningful work could look like
- 4 – I'm finding ways to bring more meaning into my work
- 5 – My work is deeply aligned with my purpose

Module 14: Your Best Self

Do you have a clear and inspiring sense of who you're becoming—and how to move toward that vision?

- 1 – I have no clear picture of who I'm becoming
- 2 – I feel uncertain or stuck in how I'm growing
- 3 – I'm still searching for that vision
- 4 – I'm developing clarity about who I want to become
- 5 – I'm living in alignment with a clear best-self vision

Module 15: Creating Meaningful Change

Are you ready to translate your self-awareness into soulful, values-aligned goals and actions?

- 1 – I feel stuck or unsure how to begin creating change
- 2 – I find goal-setting overwhelming or uninspiring
- 3 – I'm not sure how to bridge awareness into change
- 4 – I have intentions and need support shaping them
- 5 – I'm already putting my insights into action

Module 16: Walking Your Soulful Path

How supported do you feel in sustaining a soulful, authentic way of living over time?

- 1 – I feel disconnected from a soulful way of life
- 2 – I struggle to maintain alignment with my deeper self
- 3 – I’m seeking practices and support to sustain the path
- 4 – I try to stay aligned but sometimes lose momentum
- 5 – I live soulfully and feel well supported

Note: You may notice that Module 2 isn’t included in this questionnaire. That’s because it’s a companion tool - the *Soulful Guide* booklet - which supports you throughout the journey. You’ll receive this as part of the programme and you can use it to record insights from the modules you choose to explore.

Making sense of your scores

Once you’ve finished, take a moment to look over your scores:

- Scores of 4–5 → You’re already strong here. You may want to skim this module or use it as a refresher.
- Scores of 3 → This is an area of balance — there may still be value in exploring the module, depending on your curiosity.
- Scores of 1–2 → These modules are where you could gain the most insight and support. They’re great places to start.

Now, transfer your scores into the table below. As you do, ask yourself: *Does exploring this area appeal to me right now?* This way, you’re not only identifying areas of growth but also tuning into your sense of readiness and motivation.

Your Results Table

		Does exploring this area appeal to me right now?		
Module	My Score (1–5)	Yes	No	Maybe
Module 01: The Six Key Life Domains				
Module 03: Shaping Your Life – Influences				
Module 04: Your Personality				
Module 05: Your Archetype				
Module 06: Your Values				
Module 07: Your Passions				
Module 08: Your Strengths				

		Does exploring this area appeal to me right now?		
Module	My Score (1–5)	Yes	No	Maybe
Module 09: Your Talents and Skills				
Module 10: Your Life Story				
Module 11: Your Beliefs				
Module 12: Your Causes				
Module 13: Your Meaningful Work				
Module 14: Your Best Self				
Module 15: Creating Meaningful Change				
Module 16: Walking Your Soulful Path				

And remember...

You don't need to move through the programme in strict order. Let your scores and your curiosity guide you to the modules that feel most relevant right now - and return to this questionnaire whenever you'd like to check in. This journey is designed to grow with you, one soulful step at a time.

Next Step: Explore the Modules

Now that you've completed your self-assessment and reflected on your scores, you may want to learn more about the modules that stood out to you.

[Download the Programme Module Introductions](#)

This guide gives you a snapshot of each module, highlighting what it covers and how it can support your journey. Use it alongside your scores and reflections to choose where you'd like to begin.

Remember — there's no single right starting point. Some people begin with a low-scoring area that feels important, while others are drawn to a module that sparks curiosity or energy. Trust what feels most alive for you.