



## **Are You Living from Your True North? Take the Wholehearted Living Quiz**

Purpose: Quickly assess where you are with authenticity, self-compassion, and values-driven action so you can choose one clear, manageable next step toward a more meaningful life.

How to use: Answer each question honestly with Yes / Sometimes / No. Tally scores (Yes = 2, Sometimes = 1, No = 0). Total possible score = 20. This quiz is a self-reflection tool, not a diagnosis; use results to guide paced experiments and supports.

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### **Questions**

1. I can name my top 3 values and notice them when making decisions.
  2. I regularly speak up about what I need, even in small ways.
  3. When I fail or make a mistake, I treat myself with kindness rather than harsh judgment.
  4. I take small, imperfect actions toward what matters instead of waiting for perfect conditions.
  5. I notice when I'm acting from obligation or "shoulds" and can choose differently at least sometimes.
  6. I have at least one trusted person I can be honestly vulnerable with.
  7. I use one or more simple practices to regulate my nervous system when overwhelmed.
  8. I set and protect small boundaries that preserve my time, energy, or values.
  9. I make decisions that reflect long-term meaning rather than short-term approval.
  10. I reflect regularly (journaling, prompts, or coaching) to track growth and adjust course.
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### **Scoring Guide**

- Add your points (Yes = 2, Sometimes = 1, No = 0).
  - 0–7 = Low Wholeheartedness
  - 8–13 = Emerging Wholeheartedness
  - 14–20 = Growing Wholeheartedness
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## Result Summaries and Next Steps

**Low Wholeheartedness (0–7).** You may feel disconnected from values, stuck in people-pleasing, or overwhelmed by self-criticism. Choose one tiny practice: name one value today and pick a single 5-minute imperfect action that honors it; practice a 60-second compassion pause each day; identify one low-stakes boundary to try for a week.

**Emerging Wholeheartedness (8–13).** You show glimpses of authenticity and self-kindness but need consistent practices and clearer boundaries to sustain change. Create a 3-week micro-plan with one daily 2-minute check-in (values, compassion, boundary), schedule a short honest conversation with a trusted person, and track responses without judgment.

**Growing Wholeheartedness (14–20).** You're practicing alignment, vulnerability, and self-compassion with increasing regularity. Expand by naming one courageous, value-aligned risk to take this month, pair it with a regulation routine, and set two check-in points to reflect and adjust.

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**Safety and Pacing Notes.** If any question brings up strong emotion, dissociation, or traumatic memories, pause and use a brief grounding practice (box breathing or 3-2-1 senses) before continuing. If self-reflection increases distress or you experience suicidal thoughts or intense activation, seek professional support rather than relying only on this quiz.

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## Practices to Start Today

- Values Flash (2 minutes): Write your top value at the top of your to-do list and choose one task that honors it.
- 60-Second Compassion Pause: Hand on heart, breathe twice, say one kind sentence to yourself.
- Tiny Boundary Try (1 week): Say “I’ll check and get back to you” to one non-urgent request to create space.
- One Imperfect Action (72 hours): Do one small act that aligns with a value and notice one thing you learned.

*This quiz is for educational and self-reflective purposes only. It is not therapeutic advice.*