

free soul



Evaluating the four pillars of your being

Print out the charts below to draw a visual graph that reflects the current strength of the four pillars of your being:

Self Love & Compassion, Gratitude, Bright Future and Connection.

We use a scale from 0 to 10

0 = I can't find a trace of that whatsoever

10 = I experience that as fully as I can imagine possible

- Rate yourself in each line that applies.
- Pick the number that best represents the overall amount of that quality/category you experience right now.
- Draw a dot in the middle of that square.
- Connect the dots from line to line to create a graph.

SELF LOVE	0	1	2	3	4	5	6	7	8	9	10
Safety (with self)											
Pleasure (self)											
Honesty & Vulnerability (self)											
Trust (self)											
Intimacy & Caring (self)											
Knowing (self)											
Safety (with people you love)											
Pleasure (people you love)											
Honesty & Vulnerability (p.y.l.)											
Trust (people you love)											
Intimacy & Caring (p.y.l.)											
Knowing (people you love)											
Fear of Loss											

- | | | |
|---|------------------------------------|-------------------------------|
| How safe does it feel... | - to be with yourself / to be you? | - to be with people you love? |
| How much pleasure do you feel... | - being with yourself / being you? | - being with people you love? |
| How honest and vulnerable can you be... | - with yourself? | - with people you love? |
| How much do you trust ... | - yourself? | - people you love? |
| How intimate and caring can you be ... | - with / for yourself? | - with / for people you love? |
| How deeply do you feel you know... | - yourself? | - people you love? |

How much fear of loss do you live with overall?

GRATITUDE	0	1	2	3	4	5	6	7	8	9	10
Earth											
Nature / Plants											
Wild Animals											
Pets											
Home											
Food											
My Body / Health											
Relationship											
Friends											
Relatives											
Work											
Finances / Income											
Teachers											
Specific Other People											
Hobby / Music / Sport											
Learning											
Contributing											
Support / Healing											
Other...											

How much gratitude do you feel for each or any of the categories?

Skip the ones that don't apply.

Add those that are missing.

BRIGHT FUTURE	0	1	2	3	4	5	6	7	8	9	10
I am a generally optimistic person											
Things usually work out in my favor											
I can imagine my bright future											
Can picture details in my bright future											
Can feel my emotions in my bright future											
Have written down my bright future											
Can sense my bright future self											
Can trust or expect a bright future											
Feel guided on my path into a bright future											
Know that challenges serve me											
Can find brightness in difficult experiences											
Can become depressed or hopeless easily											

Your bright future is not what you think will most likely happen.

Your bright future is the **best** future you are able to imagine for yourself (and the world) that actually also feels possible.

Your bright future self is also always more truly who you really are.

CLOSENESS / CONNECTION	0	1	2	3	4	5	6	7	8	9	10
God / Universe / Greater power											
Soul / Guides / Angels											
Earth											
Plants / Nature											
Wild Animals											
Pets											
Birth Family											
Partner / Spouse											
Children / Offspring											
Friends											
Work/ Colleagues/ Clients											
Teachers											
Spiritual Groups											
Local Groups											
Sports Groups											
Online groups											
Circles											
Other...											

How deeply do you feel connected with each or any of the categories?

Skip the ones that don't apply.

Add any important ones that are missing.