



## MY TOTALS AT A GLANCE

### HEAD Total

Purpose + Presence + Expression

\_\_\_\_\_ /30

### HEART Total

Peace + Compassion + Boundaries + Joy

\_\_\_\_\_ /40

### SOUL Total

Connection + Habits + Service

\_\_\_\_\_ /30

## OVERALL ALIGNMENT SCORE

Add all 10 scores together

\_\_\_\_\_ / 100

## REFLECTION PROMPTS — After you score, go deeper.

What's working beautifully right now?

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Where do I feel pulled out of alignment?

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Which 1 or 2 areas would bring the biggest shift if improved?

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What sacred action can I take this week to nourish my Divine IQ™?

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### MY ONE SACRED ACTION THIS WEEK:

The one practice, tool, or support I will call in to nourish my renovation:

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Date: \_\_\_\_\_

Use this Scorecard weekly, monthly, or seasonally to celebrate your spiritual growth.