



WELLNESS

# The Body Balance Quiz

A gentle, empowering way to understand what's happening beneath the surface and what to do next

This self-reflection quiz is designed to help you tune into your body's signals and identify the kind of support that may serve you best right now.

## How This Quiz Works

Read each question and select the answer that feels most true for you right now. There are no right or wrong answers. This quiz is meant to support awareness, not judgment.

***Trust your first response and move gently through each question.***





## Tally Your Results

Each answer corresponds with a point value. Add up your total score once you've completed the quiz.

A = 1 point

B = 2 points

C = 3 points

D = 4 points

Write your total score here: \_\_\_\_\_

## Your Results

10–18 points: The Gentle Reset - Your body is whispering, not shouting. Small, intentional shift and gentle support can help restore clarity, energy, and balance.

19–29 points: The Rebalance Phase - Your body is asking for deeper support. A structured, root-focused approach can help address ongoing hormonal, gut, or stress-related patterns.

30–40 points: The Transformation Path Your system is ready for profound healing. With compassionate, whole-person support, meaningful and lasting change is possible.

## A Gentle Reminder

Your body is wise, and it's always communicating with you. Wherever you are on your healing journey, you are not broken, behind, or alone. You deserve support that feels gentle, intuitive, and grounded in trust.

[Book your free discovery call](#) to learn more about how we can work together.