

FIND YOUR CALM

QUIZ

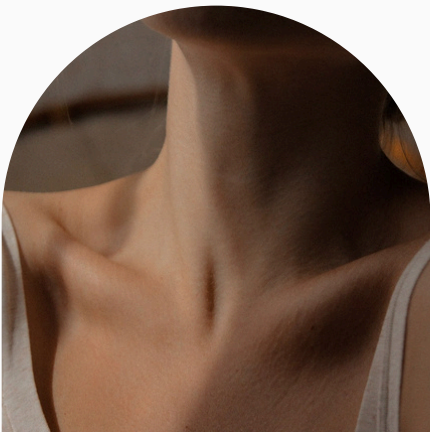
Feeling stressed or out of balance? Discover your current state of calm and get a personalized recommendation to help you reconnect with your inner balance. Answer these simple questions and unlock your perfect relaxation practice.

QUIZ QUESTIONS



1. *HOW WOULD YOU DESCRIBE YOUR CURRENT STRESS LEVEL?*

- A. LOW, I'M FEELING PRETTY CALM
- B. MODERATE, A BIT OF TENSION IN MY BODY
- C. HIGH, I'M FEELING OVERWHELMED



2. *WHAT PART OF YOUR BODY FEELS THE MOST TENSE RIGHT NOW?*

- A. I'M FEELING GREAT, NO TENSION AT ALL
- B. MY SHOULDERS OR NECK FEEL A BIT TIGHT
- C. MY BACK, JAW, AND HEAD ARE FEELING VERY TENSE



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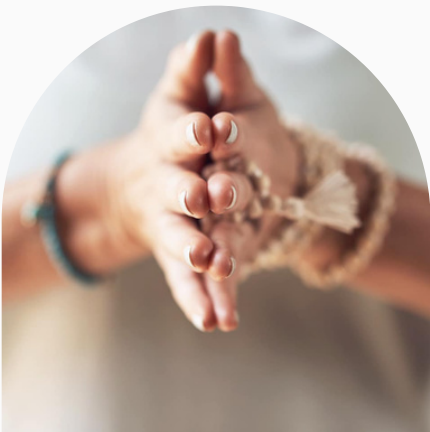
3. *HOW DO YOU TYPICALLY RESPOND TO STRESS?*

- A. I STAY CALM AND TRY TO RELAX
- B. I TRY TO PUSH THROUGH IT BUT FEEL WORN OUT
- C. I GET ANXIOUS OR IRRITABLE EASILY



4. *WHAT'S YOUR PREFERRED WAY TO UNWIND?*

- A. A CALM WALK OR STRETCHING
- B. TAKING A BATH OR READING A BOOK
- C. I LIKE GUIDED PRACTICES THAT CAN HELP ME DE-STRESS QUICKLY



5. *HOW DO YOU USUALLY FEEL AFTER PRACTICING YOGA OR MEDITATION?*

- A. CALM AND CENTERED
- B. RELAXED, BUT IT TAKES TIME TO FEEL THE EFFECTS
- C. STILL A BIT RESTLESS, I NEED MORE FOCUS



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HOW TO SCORE YOUR QUIZ:

Add up your answers.

- **Mostly A's:** You're in a good state of calm.
- **Mostly B's:** You're moderately stressed.
- **Mostly C's:** You're feeling overwhelmed and need deeper relaxation.

RESULTS:

Mostly A's (Good State of Calm)

Recommended Practice: A gentle yoga flow to keep your calm and flexibility flowing. A short meditation or breathwork practice will also help you stay grounded and present.

Mostly B's (Moderately Stressed)

Recommended Practice: Try a breathwork session to release tension and clear mental clutter. Pair it with some light yoga or stretching to ease tension in your body.

Mostly C's (Overwhelmed + Over-Stressed)

Recommended Practice: A guided meditation or deep relaxation practice will be most helpful for you. Consider a progressive muscle relaxation or yoga nidra to release stress from the body and mind.

Now that you know your state of calm, explore the resources on my "Find Your Calm" page to dive deeper into practices that can help you relax and reclaim your peace.

[EXPLORE NOW](#)





THANK YOU

Thank you so much for joining me on this journey! If you have any questions or are looking for more support, please don't hesitate to reach out. I can't wait to see you inside
The Embodied Ascension Course!

♡ Jen