

## Awakening Your Everyday Wisdom: Video #3 – Consciousness

### Self-Assessment

Here's a reality check on your own state of consciousness. Using a scale of 0-3, please respond to the following statements:

0 = definite no      1 = sometimes  
2 = often            3 = definite yes

1. I am spontaneous and able to delight in the little joys in life, not afraid to laugh out loud.
2. I care about others with empathy and compassion; without the need to rescue them.
3. I develop my specific moral code; no longer succumbing out of social pressure.
4. I develop my talents and skills as well as my other abilities such as intuition.
5. I have an inner sense of calmness; when things get shaky, I can calm myself down.
6. I accept the impermanence of life; living the best way I can and not worrying about old age and death.
7. I respect the love-based religions of the world, not getting hung up on conflicting ideologies.
8. I respond to current stimuli rather than reacting to the past.
9. I am able to sit still and be quiet; meditating, observing, praying, contemplating, and relaxing.
10. I choose relationships, pastimes, possessions, entertainment, nourishment, surroundings and an occupation that support my true self.
11. I feel connected to the source of all that is.
12. I heal from my wounds quickly and forgive the past.
13. I listen to my hunches, insights, inklings, and inspirations.
14. I listen to what is actually being said by others and I observe what is actually occurring without rushing to conclusions.
15. I am aware of global issues and also stay focused on my immediate world.

16. I see others as they are instead of how I want them to be.
17. I do not worry about fitting in, being admired, or having a spotless reputation.
18. I do not worry about the small stuff in life.
19. I practice self-care and self-love.
20. I realize the importance of being physically, mentally, emotionally, spiritually, and socially healthy.
21. I protect my energy and do not allow energy vampires to drain me.
22. I live simply, reducing the amount of stuff I purchase and maintain.
23. I share my thoughts and feelings when appropriate, no longer withholding my truth.
24. I understand our world is undergoing massive changes and yet, I face the future with hope and a positive outlook.
25. I support my community and am supported by my community.
26. I take care of my daily life and do not let things pile up or get out of control very often.
27. I manage my finances and take the appropriate actions to ensure I have what I need and what my family needs.
28. I respect my limits and know when to rest and relax.
29. I am attuned to my body and listen to its needs and desires.
30. I notice the cues and clues around me indicating that I need to respond to something in my environment.

A score of 65 or above indicates you have a fairly high degree of personal consciousness. If you'd like to increase your state of consciousness, there are many ways to do so, starting with self-reflection and quieting the busy mind.

I wish you the best as your consciousness further awakens and expands.