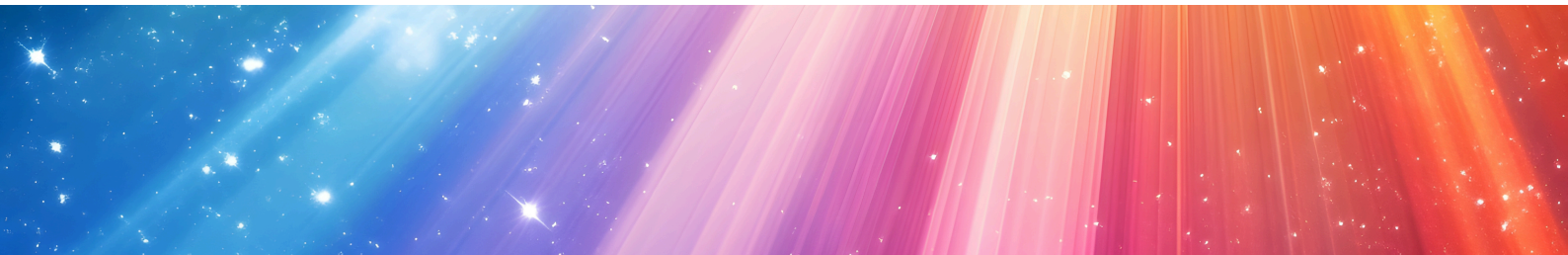


# Discover Your Joy Score

Free Self-Assessment to Rediscover Your Radiance,  
Energy, Expression & Alignment

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Hello, Beautiful Soul,

If you've ever felt like life is moving along "fine," but that deep, sparkling joy feels just out of reach... you're not alone. And you're not broken.

You've built a lot - a career, family, strength, resilience - and now a quiet part of you is whispering: There's more joy available. More aliveness. More me!

This simple self-assessment is my gift to you. Think of it as a gentle mirror to see where joy is already flowing in your life, and where it's quietly inviting you to let more in.

We'll explore four powerful pillars that light up true fulfillment:

- Radiant - Feeling at home in your own skin, confident and magnetic
- Energized - Alive with zest, flow, laughter and lightness
- Expressed - Boldly sharing your voice, gifts, boundaries and your authentic self
- Aligned - Living in peace, gratitude, purpose and harmony with what truly matters

Plus an overall check on how joy weaves through your days.

No judgment, no "shoulds" - just honest reflection and celebration. Rate each statement from 1 (Never) to 5 (Always), tally your sections and discover your personal Joy Score.

This is your starting point. Joy isn't something you chase, it's something you allow, notice and nurture. Let's begin together.

## How to Complete

- Be kind and truthful with yourself.
- Circle or note your 1 - 5 rating for each item.
- Sum each section, then add all (including Overall Satisfaction) for Your Joy Score (out of 355).
- Use the playful interpretations below to celebrate what's strong and gently invite more into what's calling.

## Joy Score Items

### *SECTION I: RADIANT*

- 1) I feel comfortable in own skin.
- 2) I do not depend on external sources of validation to feel good about myself.
- 3) I feel radiant.
- 4) People want to be around me.
- 5) I feel self-assured and confident.
- 6) I'm living the life I want to vs. living the life others think I should.
- 7) I don't worry about what other people think of me.
- 8) I feel good about my life choices – the small ones and the big ones.
- 9) I trust my own deeper awareness and inner knowing.
- 10) I trust my intuition, my "gut sense".
- 11) I regularly experience a feeling of pleasure in and with my life.

**Total RADIANT Score: \_\_\_\_\_**

## ***SECTION II: ENERGIZED***

- 1) I feel energized.
- 2) I feel alive.
- 3) I feel a lightness in my spirit.
- 4) Things seem to flow effortlessly in my life.
- 5) I laugh.
- 6) I smile.
- 7) I have my own unique style when it comes to wardrobe, accessories, shoes, body art, etc.
- 8) I feel physically empowered.
- 9) I feel emotionally empowered.
- 10) I feel mentally empowered.
- 11) I don't get bogged down in the mental gymnastics of second-guessing myself.
- 12) I am engaged in activities where I am in the flow.
- 13) I live a life filled with pleasure.
- 14) I feel a sense of zest in and for my life.

**Total ENERGIZED Score : \_\_\_\_\_**

## ***SECTION III: EXPRESSED***

- 1) I say what's on my mind.
- 2) I express my unique gifts and talents in the world.
- 3) I'm able to say 'no' when I want to.
- 4) I'm able to ask for what I want.
- 5) I successfully calibrate the continuum between being too passive and being too aggressive when interacting with others.
- 6) I'm able to give feedback, positive and negative, to others.
- 7) I'm able to have high stakes conversations with courage.

- 8) I don't harbor unfinished business with others.
- 9) I am aware of my emotional triggers.
- 10) I respond to others without feeling the need to defend myself.
- 11) I feel free to be who I am around anyone and in any situation.
- 12) I am engaged with life.
- 13) I regularly participate in activities when I feel fully engaged.
- 14) I express myself in tasks and activities in which I feel and am fully engaged.
- 15) I forgive myself for my mistakes.
- 16) I have few regrets in how I communicate(d) with others.
- 17) I am 100% myself at home and at work, around anyone and everyone.

**Total EXPRESSED Score: \_\_\_\_\_**

#### ***SECTION IV: ALIGNED***

- 1) I am at peace.
- 2) I don't yearn to be someone else.
- 3) I don't yearn to be somewhere else.
- 4) I feel grateful for my life.
- 5) I am content with my life.
- 6) I feel balanced.
- 7) I know what's important to me.
- 8) I make decisions and live my life according to what's important to me (values).
- 9) I align my actions, energy and attention with what matters to me.
- 10) I know my life purpose.
- 11) I make decisions and live in alignment with my life purpose.
- 12) My internal and external worlds are in harmony with one another.
- 13) I am self-aware.
- 14) I am able to stay focused on what matters to me.

- 15) I am able to quiet my mind.
- 16) I am able to stay present to the moment.
- 17) I give myself permission to receive.
- 18) I am part of a community.
- 19) I feel a sense of belonging in my life.
- 20) I feel a sense of meaning in and for my life.
- 21) I have no regrets, just wisdom gained from my life experiences.

**Total ALIGNED Score: \_\_\_\_\_**

### ***SECTION V: OVERALL SATISFACTION WITH YOUR LIFE***

- 1) I know what brings me joy.
- 2) I allow joy into my life.
- 3) I incorporate what brings joy on a daily basis.
- 4) I feel joyful.
- 5) I live a life filled with joy.
- 6) I live a life of pleasure.
- 7) I live a life of engagement.
- 8) I live a life of meaning.

**Total OVERALL SATISFACTION WITH LIFE Score: \_\_\_\_\_**

**Grand Total of All 5 Categories: \_\_\_\_\_**

## **Scoring & Interpretation**

Your Section Scores Celebrate your strengths. Gently nurture the invitations.

### **Radiant (out of 55)**

- 44–55: Radiant Glow: Blazing Bright - Your superpower is shining!

- 36–43: Radiant Glow: Warm & Steady - Solid light, ready to amplify.
- 25–35: Radiant Glow: Kindling the Spark - Ember is there, fan it gently.
- Below 25: Radiant Glow: Soft Dawn - Radiance is waking. Invite it in.

### **Energized (out of 70)**

- 56–70: Energized Zest: Full Charge - Buzzing with pure vitality!
- 46–55: Energized Zest: Good Flow - Strong current, add a spark.
- 32–45: Energized Zest: Recharging Mode - Half battery, playful rituals help.
- Below 32: Energized Zest: Quiet Spark - Pilot light on. One pleasure ignites it.

### **Expressed (out of 85)**

- 68–85: Expressed Bold: Unapologetically You - Voice and gifts shining loud!
- 55–67: Expressed Bold: Clear Channel - Good flow, courage takes it higher.
- 38–54: Expressed Bold: Finding Your Voice - Warming up, small truths build it.
- Below 38: Expressed Bold: Whisper Awakening - True expression stirring. Let it grow.

### **Aligned (out of 105)**

- 84–105: Aligned Harmony: In Perfect Sync - Deep peace and purpose flowing!
- 68–83: Aligned Harmony: Balanced & Grounded - Strong roots, fine-tune for more.
- 47–67: Aligned Harmony: Finding Center - Pieces aligning, one pause deepens it.
- Below 47: Aligned Harmony: Gentle Realignment - Compass recalibrating. Soft yes to what matters.

### **Overall Satisfaction (out of 40)**

- 32–40: Joy Satisfaction: Overflowing - Joy woven into every day!
- 26–31: Joy Satisfaction: Steady Delight - Consistent flow, add a ritual.
- 18–25: Joy Satisfaction: Sprouting Joy - Seeds planted, nurture them.
- Below 18: Joy Satisfaction: First Bloom - Joy budding, notice tiny delights.

### **Your Overall Joy Score (out of 355)**

- 284–355: Radiant Joy Mastery - Full-spectrum joy beacon!
- 230–283: Vibrant Joy Flow - Strong glow, spark one pillar more.
- 160–229: Joy in Full Bloom - Beautiful progress, keep tending.
- Below 160: Joy Awakening - Sacred invitation. Every spark counts.

## **A Little Reflection & Next Inspiring Step**

Take a soft breath and sit with your scores. What surprises you? What feels like a warm hug? Which pillar is whispering, "I'd love a little more attention"?

You're already doing so much right. Joy grows in the noticing, in the small yeses to yourself. Start with one tiny, delicious action this week - perhaps a walk with no agenda, a heartfelt "no" that frees you or savoring your favorite tea while you journal what lights you up.

If this resonated and you'd like to keep the conversation going - weekly joy sparks, deeper practices or gentle support to amplify your radiance - I'm here.

Share your name and email below (or reply to the download confirmation), and I'll send you a little bonus: my favorite quick "Joie de Vivre Reset" ritual to lift your energy any day. No pressure, just more joy flowing your way.

With warmth and belief in your beautiful light,

*Reina*

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