



High Vibe Frequency

The  
**MAGNETIC LIFE  
ASSESSMENT™**

*Discover Your Frequency Across 12 Dimensions of Life*


“

"The first step to transformation is awareness.  
You cannot change what you cannot see."

”

Your Name: \_\_\_\_\_

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

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Founder, Magnetic in Medicine

# Welcome to Your Assessment

## ***Hello, beautiful human,***

You're about to start on a journey of radical self-honesty—and that takes courage. It's not about being "good enough" or "not good enough." This assessment is simply about seeing clearly where you are right now so you can chart a course to where you want to be.

The Magnetic Life Assessment™ measures your current frequency across 12 essential dimensions of a fully alive, magnetic life. Think of it as your energetic GPS—showing you exactly where you are on the map before you start navigating.

I created this assessment during one of the darkest periods of my own life—when I was battling Lyme disease and mold toxicity, when my physical vitality was nearly non-existent, when I had forgotten what joy felt like. Taking an honest look at where I was across all areas of my life was painful, but it was also the first step toward the profound transformation that followed.

This assessment contains 120 questions across 12 dimensions. It will take approximately 30-45 minutes to complete. Please give yourself the gift of uninterrupted time and radical honesty.

”  
“WHAT GETS MEASURED GETS TRANSFORMED.  
AWARENESS IS THE FIRST STEP TO LASTING CHANGE.”  
“

# The 12 Dimensions of a Magnetic Life

Your magnetic life is made up of these interconnected areas. Each dimension influences the others—when one rises, it creates a ripple effect that elevates everything else.



## PHYSICAL VITALITY

Your energy, health, and relationship with your body



## EMOTIONAL WELLNESS

Your ability to feel, process, and express emotions



## MENTAL CLARITY

The quality of your thoughts and mental landscape



## SPIRITUAL CONNECTION

Your sense of meaning and connection to something greater



## RELATIONSHIP HARMONY

The quality of your connections with others



## FINANCIAL FREEDOM

Your relationship with money and abundance



## CAREER FULFILLMENT

Alignment between your work and your purpose





## CREATIVE EXPRESSION

How freely you express your authentic self



## PHYSICAL ENVIRONMENT

How your spaces support your wellbeing



## SELF-LOVE & WORTH

Your relationship with yourself



## JOY & PLEASURE

Your relationship with yourself



## LIFE VISION & PURPOSE

Clarity about where you're going and why



# How to Take This Assessment



Find a quiet, comfortable space where you won't be interrupted for 30-45 minutes. This is sacred time for self-discovery.



Find a quiet, comfortable space where you won't be interrupted for 30-45 minutes. This is sacred time for self-discovery.



Answer based on how you **ACTUALLY** feel and live right now—not how you think you should feel, not how you used to feel, not how you hope to feel someday.



Go with your first instinct. Don't overthink. Your gut response is usually the most accurate.



Remember: There are no "right" answers. Low scores aren't failures—they're information. They show you where transformation is possible.



Be radically honest. No one will see this but you. The more honest you are, the more useful this assessment will be.

## RATING SCALE

*For each statement, circle the number that best reflects your current reality:*

- 1 = **Strongly Disagree** • This is not true for me at all
- 2 = **Disagree** • This is mostly not true for me
- 3 = **Neutral** • This is sometimes true, sometimes not
- 4 = **Agree** • This is mostly true for me
- 5 = **Strongly Agree** • This is absolutely true for me



# DIMENSION 1: PHYSICAL VITALITY



*Your body is your temple and your vehicle for experiencing life. Physical vitality isn't just about the absence of illness—it's about feeling truly ALIVE in your body. It's about having energy for the things that matter, feeling strong and capable, and treating your body as the miracle it is.*



When physical vitality is high, you wake up eager to start your day. You have sustained energy without relying on caffeine or sugar. You feel at home in your body. Movement feels joyful, not punishing. You nourish yourself with foods that make you feel good, and you prioritize rest without guilt.



1. I wake up feeling rested and genuinely ready for the day

1

2

3

4

5



2. I have consistent, sustained energy throughout the day without crashes

1

2

3

4

5



3. I feel strong, capable, and at home in my body

1

2

3

4

5



4. I nourish my body with foods that make me feel vibrant and alive

1

2

3

4

5



5. I move my body regularly in ways that feel joyful, not punishing

1

2

3

4

5



6. I prioritize quality sleep and wake feeling refreshed most morning










1

2

3

4

5

- 
 7. I listen to my body's signals and honor what it needs
  1
  2
  3
  4
  5
- 
 8. I stay well-hydrated and mindful of what I put into my body
  1
  2
  3
  4
  5
- 
 9. I have a healthy relationship with food—nourishing without obsessing
  1
  2
  3
  4
  5
- 
 10. I feel comfortable and confident in my physical appearance
  1
  2
  3
  4
  5
- 
 11. I rarely get sick, and when I do, I recover quickly
  1
  2
  3
  4
  5
- 
 12. I know my body's unique needs and honor them without judgment
  1
  2
  3
  4
  5
- 
 13. I have the physical stamina to do everything I want to do
  1
  2
  3
  4
  5
- 
 14. I take proactive steps to maintain and improve my health
  1
  2
  3
  4
  5
- 
 15. My body feels like a trusted ally, not an obstacle to overcome
  1
  2
  3
  4
  5

 **PHYSICAL VITALITY TOTAL:** \_\_\_\_\_ / 75



What does physical vitality mean to you personally?

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What would change in your life if you had abundant physical energy?

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## DIMENSION 2: EMOTIONAL WELLNESS

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*Emotions are energy in motion. Emotional wellness isn't about being happy all the time—that's not realistic or even desirable. It's about having a healthy relationship with ALL your emotions. It's the ability to feel your feelings fully, process them effectively, and let them move through you without getting stuck.*

“

When emotional wellness is high, you can experience difficult emotions without being overwhelmed by them. You don't numb, avoid, or suppress your feelings. You also don't get hijacked by them. You feel emotionally resilient—able to bounce back from setbacks and maintain your center even in challenging times.



1. I allow myself to feel my emotions without judging them as good or bad

1

2

3

4

5



2. I can process difficult emotions without numbing, avoiding, or suppressing them

1

2

3

4

5



3. I experience positive emotions regularly—joy, gratitude, peace, excitement

1

2

3

4

5



4. I don't carry emotional weight from the past into my present moment

1

2

3

4

5



5. I feel emotionally resilient when challenges arise











1

2

3

4

5

-  6. I can identify and name what I'm feeling in any given moment  1  2  3  4  5
-  7. I have healthy outlets for processing difficult emotions  1  2  3  4  5
-  8. I don't let fear drive my major life decisions  1  2  3  4  5
-  9. I can hold space for others' emotions without taking them on as my own  1  2  3  4  5
-  10. I rarely feel emotionally overwhelmed or out of control  1  2  3  4  5
-  11. I've processed and released old emotional wounds that used to hold me back  1  2  3  4  5
-  12. I can experience sadness, anger, or fear without spiraling  1  2  3  4  5
-  13. I feel emotionally safe in my own skin  1  2  3  4  5
-  14. I don't use food, alcohol, shopping, or other behaviors to numb emotions  1  2  3  4  5
-  15. My emotional state is generally stable with natural, healthy fluctuations  1  2  3  4  5

 **EMOTIONAL WELLNESS TOTAL:** \_\_\_\_\_ / 75



What emotions do you find most difficult to feel or express?

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What would emotional freedom look like for you?

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## DIMENSION 3: MENTAL CLARITY

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*Your mind is an incredibly powerful tool—but only when you're its master rather than its servant. Mental clarity is about the quality of your thought life: having thoughts that support rather than sabotage you, being able to focus when you need to, and having the ability to quiet the mental chatter when you want peace.*

“

When mental clarity is high, your inner dialogue is kind and encouraging. You can concentrate on what matters without constant distraction. You don't get caught in loops of worry, rumination, or worst-case-scenario thinking. Your mind feels like a clear, calm lake rather than a turbulent storm.



1. My inner dialogue is generally kind, supportive, and encouraging

1

2

3

4

5



2. I can focus on tasks without constant mental chatter or distraction

1

2

3

4

5



3. I don't ruminate on worst-case scenarios or past mistakes

1

2

3

4

5



4. I feel mentally sharp, clear, and focused most of the time

1

2

3

4

5



5. I can quiet my mind when I want to rest, meditate, or sleep

1

2

3

4

5



6. I don't get stuck in negative thought loops or spirals










1

2

3

4

5

- 
 7. I can make decisions without excessive overthinking or analysis paralysis
  1
  2
  3
  4
  5
- 
 8. My thoughts support my goals rather than sabotage them
  1
  2
  3
  4
  5
- 
 9. I have a healthy relationship with social media and information consumption
  1
  2
  3
  4
  5
- 
 10. I can be present in the moment without my mind constantly wandering
  1
  2
  3
  4
  5
- 
 11. I don't spend much time worrying about things outside my control
  1
  2
  3
  4
  5
- 
 12. I can separate facts from the stories my mind creates about them
  1
  2
  3
  4
  5
- 
 13. My self-talk would be acceptable to say to someone I love
  1
  2
  3
  4
  5
- 
 14. I feel mentally energized rather than drained at the end of most days
  1
  2
  3
  4
  5
- 
 15. I trust my mind to serve me well in challenging situations
  1
  2
  3
  4
  5


**MENTAL CLARITY TOTAL:** \_\_\_\_\_ / 75

✦ What does your inner critic most often say to you?

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✦ What would it feel like to have a mind that fully supports you?

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## DIMENSION 4: SPIRITUAL CONNECTION










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*Whether you call it God, Universe, Source, Higher Power, or simply something greater than yourself—this dimension measures your sense of connection to the sacred. Spiritual connection isn't necessarily about religion (though it can include that). It's about feeling part of something larger, having a sense of meaning and purpose, and experiencing moments of transcendence and awe.*

“

When spiritual connection is high, you feel supported by life itself. You trust that things are unfolding for your highest good, even when you can't see how. You have practices that nourish your soul. You experience regular moments of wonder, gratitude, and connection to something beyond the everyday.

- |   |                       |                       |                       |                       |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
|  1. I feel connected to something greater than myself                                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|  2. I have regular practices that nourish my spirit (prayer, meditation, nature, etc.) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|  3. I trust that life is ultimately unfolding for my highest good                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|  4. I feel a deep sense of meaning and purpose in my existence                         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|  5. I regularly experience moments of awe, wonder, or transcendence                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|  6. I feel guided and supported by something beyond my conscious mind                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

-  7. I have a felt sense of belonging in this universe  1  2  3  4  5
-  8. I can find peace and meaning even in difficult circumstances  1  2  3  4  5
-  9. I feel connected to nature and the natural world  1  2  3  4  5
-  10. I experience gratitude as a regular part of my daily life  1  2  3  4  5
-  11. I trust my intuition and inner guidance  1  2  3  4  5
-  12. I feel that my life has a purpose beyond just survival or success  1  2  3  4  5
-  13. I have experienced moments of deep spiritual insight or awakening  1  2  3  4  5
-  14. I feel at peace with the mystery and uncertainty of life  1  2  3  4  5
-  15. My spiritual beliefs bring me comfort, strength, and inspiration  1  2  3  4  5



**SPIRITUAL CONNECTION TOTAL:** \_\_\_\_\_ / 75

🦋 What spiritual practices or beliefs bring you the most peace?

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🦋 What would deeper spiritual connection add to your life?

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## DIMENSION 5: RELATIONSHIP HARMONY

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*We are wired for connection. Relationship harmony isn't about having perfect relationships—those don't exist. It's about feeling safe to be your authentic self with others, having your needs met in healthy ways, giving and receiving love freely, and navigating inevitable conflicts with grace and mutual respect.*

“

When relationship harmony is high, you have people in your life who truly see and accept you. Your relationships feel balanced—you give and receive in healthy proportion. You can communicate your needs clearly without guilt or aggression. You set boundaries that protect your energy while maintaining connection.

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
|  1. I have at least one person with whom I can be completely, authentically myself  | 1 | 2 | 3 | 4 | 5 |
|  2. My relationships feel balanced in terms of giving and receiving                 | 1 | 2 | 3 | 4 | 5 |
|  3. I communicate my needs clearly without guilt, aggression, or passive-aggression | 1 | 2 | 3 | 4 | 5 |
|  4. I feel truly supported and seen by the important people in my life              | 1 | 2 | 3 | 4 | 5 |
|  5. I can set healthy boundaries without damaging my relationships                  | 1 | 2 | 3 | 4 | 5 |

-  6. I have a supportive community or tribe that I feel connected to  1  2  3  4  5
-  7. I navigate conflict in healthy ways that strengthen rather than damage relationships  1  2  3  4  5
-  8. I feel safe being vulnerable with the people closest to me  1  2  3  4  5
-  9. My relationships add energy to my life rather than drain it  1  2  3  4  5
-  10. I've healed from past relationship wounds that used to affect my present  1  2  3  4  5
-  11. I attract and maintain relationships with emotionally healthy people  1  2  3  4  5
-  12. I feel loved and valued by the important people in my life  1  2  3  4  5
-  13. I can ask for help when I need it without feeling weak or burdensome  1  2  3  4  5
-  14. My closest relationships bring out the best version of me  1  2  3  4  5
-  15. I feel genuinely connected to others rather than isolated or lonely  1  2  3  4  5

 **RELATIONSHIP HARMONY TOTAL:** \_\_\_\_\_ / 75



What do you most want to feel in your closest relationships?

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What relationship patterns would you like to transform?

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## DIMENSION 6: FINANCIAL FREEDOM

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*Money is energy, and your relationship with it reflects deep beliefs about worthiness, security, and abundance. Financial freedom isn't about having a specific amount of money—it's about feeling safe, peaceful, and empowered in your relationship with finances. It's knowing you can create what you need and trusting in your ability to thrive.*

“

When financial freedom is high, you feel calm when you think about money. You believe in abundance rather than scarcity. You're comfortable charging for your value and receiving money freely. You make financial decisions from empowerment rather than fear, and you trust your ability to create financial stability.



1. I feel calm and peaceful when I think about my finances

1

2

3

4

5



2. I believe there is enough abundance in the world for everyone, including me

1

2

3

4

5



3. I am comfortable receiving money for my value and contributions

1

2

3

4

5



4. I don't make major life decisions purely from financial fear

1

2

3

4

5



5. I trust my ability to create financial stability and abundance

1

2

3

4

5

- 
 6. I have a healthy relationship with spending—neither hoarding nor overspending
  1
  2
  3
  4
  5
- 
 7. I feel worthy of financial abundance and prosperity
  1
  2
  3
  4
  5
- 
 8. I can talk about money openly without shame or discomfort
  1
  2
  3
  4
  5
- 
 9. I have savings and feel financially prepared for unexpected challenges
  1
  2
  3
  4
  5
- 
 10. I invest in myself and my growth without excessive guilt
  1
  2
  3
  4
  5
- 
 11. I'm not controlled by debt or financial obligations that feel suffocating
  1
  2
  3
  4
  5
- 
 12. I believe my income can grow as I grow
  1
  2
  3
  4
  5
- 
 13. I feel in control of my financial situation rather than victimized by it
  1
  2
  3
  4
  5
- 
 14. I can be generous with money without fear of not having enough
  1
  2
  3
  4
  5
- 
 15. Money flows to me easily and I manage it wisely
  1
  2
  3
  4
  5


**FINANCIAL FREEDOM TOTAL:** \_\_\_\_\_ / 75



What would financial freedom actually feel like in your body?

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What money beliefs did you inherit that may not serve you?

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## DIMENSION 7: CAREER FULFILLMENT

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*Your work is an expression of your gifts in the world. Career fulfillment is about alignment—feeling that what you do matches who you are. It's not about having the perfect job title or salary; it's about feeling energized by your work, valued for your contributions, and clear that what you do matters in some meaningful way.*

“

When career fulfillment is high, you wake up most days excited (or at least content) about the work ahead. You feel like you're using your natural gifts and strengths. You see a path for growth and evolution. Your work feels like a contribution to something larger than yourself.



1. My work feels meaningful and aligned with my core values

1

2

3

4

5



2. I feel energized rather than drained by my work most days

1

2

3

4

5



3. I am using my natural gifts, talents, and strengths in my career

1

2

3

4

5



4. I feel valued and fairly compensated for my contributions

1

2

3

4

5



5. I see a clear path for growth and evolution in my work

1

2

3

4

5



6. My work allows me to make a positive impact on others

1

2

3

4

5



7. I feel respected and appreciated in my professional environment



8. My work-life balance allows me to thrive in all areas of life



9. I'm proud to tell people what I do for work



10. I have autonomy and creative freedom in how I do my work



11. My career is moving in a direction that excites me



12. I feel challenged and stimulated by my work in healthy ways



13. I work with people I respect and enjoy



14. My work contributes to my overall sense of purpose and meaning



15. I would choose this career path again if starting over



CAREER FULFILLMENT TOTAL: \_\_\_\_\_ / 75



What would your ideal work life look and feel like?

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What unique gifts do you have that the world needs?

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## DIMENSION 8: CREATIVE EXPRESSION

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*Creativity is life force energy—it's not just for artists. Creative expression is about how freely you allow your unique, authentic self to flow into the world. It's about trying new things, making your own rules, expressing your perspective, and allowing yourself to play without judgment or fear of failure.*

“

When creative expression is high, you make time for activities that light you up. You don't censor your ideas or expression out of fear of what others will think. You feel connected to your artistic, playful, innovative side. You approach life with curiosity and openness to new experiences.



1. I regularly make time for creative activities that light me up

1

2

3

4

5



2. I don't censor my ideas or expression out of fear of judgment

1

2

3

4

5



3. I feel connected to my creative, artistic, innovative side

1

2

3

4

5



4. I allow myself to play, experiment, and try new things

1

2

3

4

5



5. I express my authentic self without apology

1

2

3

4

5



6. I approach problems with creativity and out-of-the-box thinking

1

2

3

4

5



7. I have creative outlets that bring me joy and fulfillment

1	2	3	4	5
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8. I'm not afraid to try things even if I might fail or look foolish

1	2	3	4	5
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9. I trust my creative instincts and unique perspective

1	2	3	4	5
---	---	---	---	---



10. I feel free to express myself through how I dress, decorate, or present myself

1	2	3	4	5
---	---	---	---	---



11. I make time for hobbies and interests outside of work responsibilities

1	2	3	4	5
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12. I feel inspired and full of ideas regularly

1	2	3	4	5
---	---	---	---	---



13. I can access a sense of play and lightness in my daily life

1	2	3	4	5
---	---	---	---	---



14. I value my unique creative gifts and perspective

1	2	3	4	5
---	---	---	---	---



15. Creativity is an active, vital part of my life—not something I've abandoned

1	2	3	4	5
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**CREATIVE EXPRESSION TOTAL:** \_\_\_\_\_ / 75



When do you feel most creatively alive and expressed?

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What creative dreams have you put on hold?

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## DIMENSION 9: PHYSICAL ENVIRONMENT

*Your physical environment is both a reflection of your inner state and a constant influence on your energy, mood, and capacity. The spaces you inhabit either support or sabotage your wellbeing. When your environment feels good—organized, beautiful, safe, inspiring—everything else in life feels more possible.*

When this dimension is high, your home feels like a sanctuary. You're surrounded by beauty and things that inspire you. Your spaces are organized enough that you can find what you need and think clearly. You feel safe, comfortable, and at ease in your physical surroundings.



1. My home feels like a sanctuary that truly supports my wellbeing

1

2

3

4

5



2. I am surrounded by beauty and things that inspire and uplift me

1

2

3

4

5



3. My physical spaces are organized enough that I feel clear and calm

1

2

3

4

5



4. I feel safe and comfortable in my living environment

1

2

3

4

5



5. My environment reflects who I am and who I'm becoming

1

2

3

4

5



6. I have spaces for the activities that matter to me (rest, work, creativity, etc.)

1

2

3

4

5



7. Clutter doesn't overwhelm my spaces or my mind

1 2 3 4 5



8. I feel proud to invite people into my home

1 2 3 4 5



9. My environment supports healthy habits and routines

1 2 3 4 5



10. I live in a location that supports my lifestyle and values

1 2 3 4 5



11. I have easy access to nature, movement, or outdoor spaces I enjoy

1 2 3 4 5



12. My workspace supports focus, creativity, and productivity

1 2 3 4 5



13. I've created intentional spaces for self-care and restoration

1 2 3 4 5



14. My environment feels like a physical expression of my best self

1 2 3 4 5



15. I invest time and energy in maintaining spaces that serve me

1 2 3 4 5



PHYSICAL ENVIRONMENT TOTAL: \_\_\_\_\_ / 75



What would your dream living space look and feel like?

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What one change to your environment would have the biggest impact?

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## DIMENSION 10: SELF-LOVE & WORTH

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*Your relationship with yourself is the foundation of everything. Self-love isn't arrogance or selfishness—it's the deep knowing that you are worthy exactly as you are, even while you're still growing and evolving. It's treating yourself with the same kindness, compassion, and respect you'd offer someone you love dearly.*

“

When self-love is high, your inner voice is kind and encouraging. You believe you're worthy of good things without having to earn them through achievement or perfection. You don't need constant external validation. You forgive yourself quickly and treat yourself as well as you'd treat your dearest friend.

- |  |                       |                       |                       |                       |                       |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
|  1. I speak to myself with genuine kindness and compassion                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|  2. I believe I am fundamentally worthy of love, success, and good things | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|  3. I don't need external validation to feel good about who I am          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|  4. I forgive myself quickly when I make mistakes                         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|  5. I treat myself as well as I would treat my dearest friend             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|  6. I accept my imperfections as part of being beautifully human          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

-  7. I prioritize self-care without guilt or feeling selfish  1  2  3  4  5
-  8. I don't compare myself to others in ways that diminish my worth  1  2  3  4  5
-  9. I can receive compliments graciously without deflecting them  1  2  3  4  5
-  10. I set boundaries that honor my needs and worth  1  2  3  4  5
-  11. I don't abandon myself to please or accommodate others  1  2  3  4  5
-  12. I trust myself to handle whatever life brings  1  2  3  4  5
-  13. I feel worthy of taking up space and having needs  1  2  3  4  5
-  14. I don't need to be perfect to feel good about myself  1  2  3  4  5
-  15. I genuinely like the person I am and am becoming  1  2  3  4  5

 **SELF-LOVE & WORTH TOTAL:** \_\_\_\_\_ / 75

💎 What would you say to yourself if you truly loved yourself unconditionally?

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💎 Where did you learn that you weren't worthy or enough?

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## DIMENSION 11: JOY & PLEASURE

*Joy is your birthright—not something you must earn through suffering or achievement. This dimension measures your capacity to experience genuine delight, pleasure, happiness, and lightness in daily life. It's not about forced positivity; it's about actually allowing good feelings when they arise and actively creating moments of joy.*

When joy is high, you regularly experience genuine happiness and contentment. You allow yourself pleasure without guilt. You know what brings you joy and you prioritize those things. Even during difficult times, you can access moments of lightness. You laugh often and don't take life too seriously.

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 1. I regularly experience genuine joy, happiness, and contentment      | 1 | 2 | 3 | 4 | 5 |
| 2. I allow myself pleasure without guilt or feeling I don't deserve it | 1 | 2 | 3 | 4 | 5 |
| 3. I know what brings me joy and I prioritize those things in my life  | 1 | 2 | 3 | 4 | 5 |
| 4. I can find moments of lightness even during difficult times         | 1 | 2 | 3 | 4 | 5 |
| 5. I laugh often and don't take life too seriously                     | 1 | 2 | 3 | 4 | 5 |
| 6. I experience pleasure through my senses—taste, touch, beauty, music | 1 | 2 | 3 | 4 | 5 |

- 
 7. I have fun and play as regular parts of my life, not rare exceptions
  1
  2
  3
  4
  5
- 
 8. I feel deserving of happiness and good experiences
  1
  2
  3
  4
  5
- 
 9. I can be fully present and savor positive moments when they happen
  1
  2
  3
  4
  5
- 
 10. I actively create joy rather than just waiting for it to find me
  1
  2
  3
  4
  5
- 
 11. I don't believe I need to suffer or struggle to be worthy of good things
  1
  2
  3
  4
  5
- 
 12. Simple pleasures bring me genuine happiness
  1
  2
  3
  4
  5
- 
 13. I feel more joyful than stressed on a typical day
  1
  2
  3
  4
  5
- 
 14. I allow myself treats, rest, and enjoyment without needing to justify them
  1
  2
  3
  4
  5
- 
 15. Joy and pleasure are woven into my daily life, not saved for someday
  1
  2
  3
  4
  5


**JOY & PLEASURE TOTAL:** \_\_\_\_\_ / 75

☀️ What brings you the most genuine joy and pleasure?

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☀️ What beliefs do you hold about deserving happiness?

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## DIMENSION 12: LIFE VISION & PURPOSE

*Knowing where you're going gives your life direction, meaning, and momentum. Life vision and purpose isn't about having every detail figured out—it's about feeling that your life is moving in a meaningful direction, guided by what matters most to you. It's about knowing your values, setting goals that excite you, and feeling like you're making progress toward your dreams.*

When this dimension is high, you have a clear vision for what you want your life to look like. You feel aligned with your deeper purpose. You set meaningful goals that excite and inspire you. You make decisions based on your values, and you feel like you're making progress toward becoming who you're meant to be.

- |  |                       |                       |                       |                       |                       |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
|  1. I regularly experience genuine joy, happiness, and c                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|  2. I feel like I'm living in alignment with my deeper purpose            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|  3. I set meaningful goals that genuinely excite and inspire me           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|  4. I know what I value most and make decisions accordingly               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
|  5. I feel like I'm making real progress toward my dreams and aspirations | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

- 
 6. I feel clear about what I'm here to do or contribute
  1
  2
  3
  4
  5
- 
 7. My daily actions align with my bigger vision for my life
  1
  2
  3
  4
  5
- 
 8. I feel excited and optimistic about my future
  1
  2
  3
  4
  5
- 
 9. I know what success means to me, not just what society says it should be
  1
  2
  3
  4
  5
- 
 10. I feel like I'm becoming more of who I'm meant to be over time
  1
  2
  3
  4
  5
- 
 11. I have clarity about my priorities and how I want to spend my time
  1
  2
  3
  4
  5
- 
 12. I can articulate what matters most to me in life
  1
  2
  3
  4
  5
- 
 13. I feel pulled forward by vision rather than pushed by fear
  1
  2
  3
  4
  5
- 
 14. I believe my dreams are achievable and worth pursuing
  1
  2
  3
  4
  5
- 
 15. I feel like the author of my own life, not a passive character
  1
  2
  3
  4
  5


**LIFE VISION & PURPOSE TOTAL:** \_\_\_\_\_ / 75



What does your ideal life look like 5 years from now?

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What legacy do you want to leave?

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# Your Magnetic Life Score Summary

Transfer your total score from each dimension below:

-  Physical Vitality: ----- /75
-  Emotional Wellness: ----- /75
-  Mental Clarity: ----- /75
-  Spiritual Connection: ----- /75
-  Relationship Harmony: ----- /75
-  Financial Freedom: ----- /75
-  Career Fulfillment: ----- /75
-  Creative Expression: ----- /75
-  Physical Environment: ----- /75
-  Self-Love & Worth: ----- /75
-  Joy & Pleasure: ----- /75
-  Life Vision & Purpose: ----- /75

**TOTAL MAGNETIC LIFE SCORE** ----- **/900**



# Understanding Your Scores

## FREQUENCY LEVELS BY DIMENSION (out of 75)

### HIGH FREQUENCY: 63-75 points

#### **You're thriving in this area!**

This dimension is a source of strength, energy, and magnetism for you. Celebrate this—you've done real work here. Consider how you can leverage this strength to support growth in other areas.

### MODERATE FREQUENCY: 38-62 points

**You have a solid foundation to build on, but there's room for elevation.** This area may feel "fine" or "okay" but not extraordinary. With focused attention and intentional practices, you can shift from surviving to thriving.

### LOW FREQUENCY: 15-37 points

**This area is calling for your love and attention.** Low scores aren't failures—they're invitations. They show you where the greatest transformation is possible. This is where your breakthrough awaits. Be gentle with yourself as you begin to grow here.

# Overall Magnetic Life Score (out of 900)

756-900

**MAGNETIC  
MASTER**

*You've scored in the top tier of the Magnetic Life Assessment, which means you're thriving across most—if not all—of the 12 dimensions of a magnetic life. This doesn't happen by accident. You've done deep inner work. You've made difficult choices. You've committed to growth even when it was uncomfortable.*

*Your high score reflects genuine alignment between who you are and how you live. You've cultivated practices that support your wellbeing, relationships that nourish you, and a mindset that serves your highest good. You radiate an energy that others can feel—a magnetism that draws opportunities, connections, and abundance toward you.*

**But here's what you already know:** *Mastery isn't a destination. It's a continuous practice. Even at this level, there's always room to deepen, expand, and evolve.*

Get your complete Magnetic  
Master guide

[DOWNLOAD HERE!](#)





504-755

**RISING  
FREQUENCY**

*Your score in the Rising Frequency range means you've already done meaningful work on yourself. You're not starting from scratch—you have genuine areas of strength and a foundation to build on. You know what growth feels like because you've experienced it.*

*At this level, you likely have some dimensions where you're thriving and others where you know there's room for improvement. This is completely normal and actually ideal for transformation. You have enough momentum to build on, and enough growth opportunity to make the journey exciting.*

**The key insight for Rising Frequency souls:** *You don't need to overhaul your entire life. You need to identify your leverage points—the specific dimensions where focused attention will create the biggest ripple effect across everything else.*



Get your complete Rising  
Frequency guide:

[DOWNLOAD HERE!](#)





252-503

**AWAKENING  
ENERGY**

*Your score in the Awakening Energy range means you're at a powerful crossroads. Multiple areas of your life are calling for attention, which can feel overwhelming—but it also means massive transformation is possible. You have the opportunity to create significant change across many dimensions simultaneously.*

*At this level, you might feel like you're just beginning to understand what's possible for your life. Perhaps you've had glimpses of what thriving feels like, but it hasn't been your consistent reality. You might be dealing with accumulated challenges, past experiences that still affect you, or simply a life that got built around survival rather than flourishing.*

**Here's the beautiful truth:**

*Awakening Energy is fertile ground. The fact that you're here, taking this assessment, means you're ready. You're done settling. You want more—and you're willing to do something about it.*



Get your complete Awakening  
Energy guide:

[DOWNLOAD HERE!](#)



Below 252

## HEALING SEASON

*A score in the Healing Season range means you're likely going through one of the most challenging periods of your life—or you've been in survival mode for so long that it's become your normal. First, I want you to know: There is absolutely nothing wrong with you. Your score reflects your circumstances and your current capacity, not your worth or your potential.*

*I know this range intimately. When I was in the depths of my illness—Lyme disease, mold toxicity, unable to work, depleted savings, forgotten joy—my score would have been right here with yours. Some days I couldn't do anything but survive. And that was enough.*

*The fact that you took this assessment? That you're reading these words? That's not nothing. That's a spark. And a spark is all you need to start a fire.*

Get your complete Healing  
Season guide:

[DOWNLOAD HERE!](#)



# Pattern Analysis

## TOP 3 STRENGTHS

*Which three dimensions scored highest? These are your superpowers right now.*

1. \_\_\_\_\_ Score: \_\_\_\_\_

2 \_\_\_\_\_ Score: \_\_\_\_\_

3 \_\_\_\_\_ Score: \_\_\_\_\_

What do these strengths have in common?

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How can you leverage these strengths to support growth in other areas?

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## TOP 3 GROWTH OPPORTUNITIES

*Which three dimensions scored lowest? These are your invitations for transformation.*

1. \_\_\_\_\_ Score: \_\_\_\_\_

2 \_\_\_\_\_ Score: \_\_\_\_\_

3 \_\_\_\_\_ Score: \_\_\_\_\_

Do you notice any patterns or connections between these areas?

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Which one, if improved, would have the biggest positive ripple effect on the others?

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# Connection Analysis

*The 12 dimensions don't exist in isolation—they influence each other constantly. Let's explore how:*

How might your lowest-scoring dimension be affecting your highest-scoring dimensions?

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How might your strengths be compensating for or masking challenges in other areas?

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Which dimension, if elevated, would create the biggest positive ripple effect across all areas?

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# Celebrating What's Working

"Before focusing on growth, let's honor what's already beautiful in your life."

**List 5 things you're proud of in your current life:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

What personal qualities helped you create these things?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How can you bring these same qualities to areas that need more attention?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Choosing Your Priority Focus

***"You cannot transform everything at once—and trying to will only lead to overwhelm. Instead, choose ONE primary dimension to focus on for the next 90 days."***

**Of your lower-scoring dimensions, which ONE feels most important to address first?**

My Priority Focus Dimension:

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Why does this dimension matter most to you right now?

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What would change in your life if this dimension shifted from low to high?

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On a scale of 1-10, how committed are you to transforming this area?

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# Your 90-day Transformation Plan

*Let's create a simple, sustainable plan for elevating your priority dimension.*

## MONTH 1: FOUNDATION

One daily micro-habit I'll commit to (5 minutes or less):

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One weekly practice I'll add (30-60 minutes):

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One thing I'll stop doing that sabotages this area:

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## MONTH 2: BUILDING

How I'll expand my daily practice:

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A bigger challenge or stretch goal for this month:

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---

Support or accountability I'll put in place:

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## MONTH 3: EXPANDING

How I'll deepen and integrate my new practices:

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How I'll start connecting this growth to other dimensions:

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How I'll celebrate my transformation at the end of 90 days:

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# Support You Need

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*"Transformation doesn't happen in isolation. Let's identify the support that will help you succeed."*

“

What professional support might help? (therapist, coach, practitioner, trainer, etc.)

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What people in your life can you lean on for support and accountability?

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What resources do you need? (books, courses, tools, equipment, etc.)

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What obstacles might get in your way, and how will you navigate them?

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What will you do when you have a setback? (Because you will –we all do.)

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# Progress Tracking

*"Retake this assessment every 90 days to track your transformation."*

Area	Baseline	90 Days	180 Days	270 Days	1 Year
Physical Vitality					
Emotional Wellness					
Mental Clarity					
Spiritual Connection					
Relationship Harmony					
Financial Freedom					
Career Fulfillment					

Area	Baseline	90 Days	180 Days	270 Days	1 Year
Creative Expression					
Physical Environment					
Self-Love & Worth					
Joy & Pleasure					
Life Vision & Purpose					
<b>TOTAL SCORE</b>					



# A Note From Allie

## *Beautiful soul,*

First, I want to honor you for completing this assessment. Looking honestly at where we are across all dimensions of life takes real courage—especially when some areas feel tender, raw, or far from where we want to be.

I remember when I first assessed my own life across these dimensions. I was in the middle of my healing journey with Lyme disease and mold toxicity. I was receiving IV treatments in hospital parking lots, wondering if I would ever feel like myself again. My body had betrayed me. My bank account was depleted from medical bills. I had forgotten what joy felt like.

My scores were... humbling. Physical vitality? Nearly non-existent. Financial freedom? Depleted. Joy and pleasure? I honestly couldn't remember the last time I had laughed from my belly. Looking at those numbers on paper was painful. Part of me wanted to throw the whole thing away.

But here's what I know now that I wish I could tell my past self: Those low scores weren't verdicts. They weren't proof of my failure or brokenness. They were simply starting points. They were invitations. They showed me exactly where the greatest transformation was possible.

And transform I did. Not overnight. Not perfectly. Not without setbacks. But steadily, persistently, one small shift at a time. The woman writing this to you today is almost unrecognizable from the woman who took that first assessment years ago.

I share this because I want you to know that wherever you are right now—whatever your scores say—there is absolutely nothing wrong with you. You are not broken. You are not behind. You are not too far gone. You are exactly where you need to be to begin.

The fact that you completed this assessment? That's already transformation in action. That's you choosing awareness over avoidance. That's you saying yes to becoming who you're meant to be.

I am so honored to walk this journey with you. I believe in your capacity to heal. I believe in your ability to transform. I believe in your magnetic future—because I've lived my own.

### ***One small shift at a time.***

With so much love and belief in you,

Allie 

*Founder, Magnetic in Medicine*

"ONE DEGREE OF CHANGE, SUSTAINED OVER TIME,  
CREATES A COMPLETELY DIFFERENT DESTINATION."

Ready for your  
transformation?

Continue to the High Vibe  
Frequency Course

