

THE
Extraordinary
WOMAN:
QUIZ



Catherine Sharp

Hello,

**I'm looking forward to meeting you soon at
The Extraordinary Woman Workshop!**

To help you get started on your Extraordinary Journey straight away, take a moment to complete this short quiz.

This quiz will help you celebrate the areas in your life going well and show some areas, that you can further elevate.

So I can best support you, please bring along your Quiz on the day of the Workshop. Or share your quiz with me at contact@extraordinarywoman.com.au

I can't wait to meet you soon.

Xx Catherine





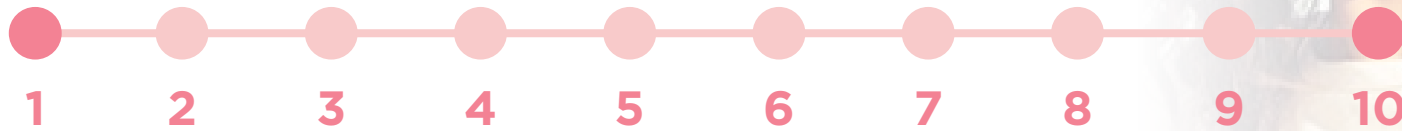
THE EXTRAORDINARY WOMAN QUIZ #1

My Best Life



How closely is my current life, in alignment to my best life?

Rate yourself out of 10 where you're at. Encircle the number.



10 = In complete alignment! I am living my dream/best life!

1 = Very removed and disconnected. The life I'm living feels so far away from my best life.

Total =



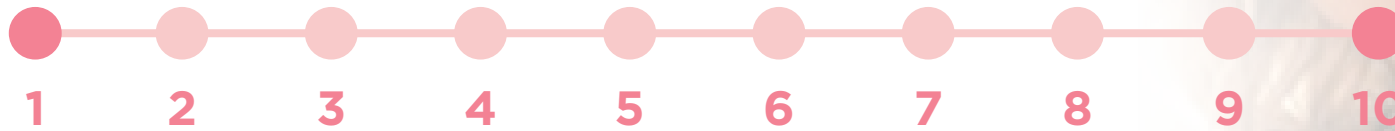
THE EXTRAORDINARY WOMAN QUIZ #2

How I Feel



How often during my day, do I feel inspired, grateful, happy, light, at ease and good?

Rate yourself out of 10 where you're at. Encircle the number.



10 = Frequently, this is my primary state. I wake up feeling this way and I'm able to maintain this a lot of the day, with occasional bumps. But I live and feel this way most of the time.

1 = Not very often. I am able to get in this state occasionally, but I don't sustain it for very long

Total =



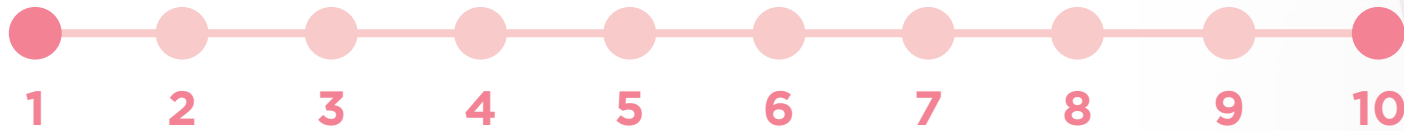
THE EXTRAORDINARY WOMAN QUIZ #3

My Thoughts



How empowering, positive, powerful and supportive are the thoughts I think on a daily basis.

Rate yourself out of 10 where you're at. Encircle the number.




10 = My thoughts are very uplifting and supportive most of my day. Of course I have negative thoughts from time to time. But I am able to control and choose the thoughts I think carefully, so they serve me and others most of the time.

1 = I have little control or choice in thoughts I think. My thoughts are disempowering and unsupportive. I find it hard to choose better feeling thoughts that will uplift me.

Total =

HOW DID YOU GO?


Total Score
Your Best Life



Total Score
How Your Feel



Total Score
Your Thoughts



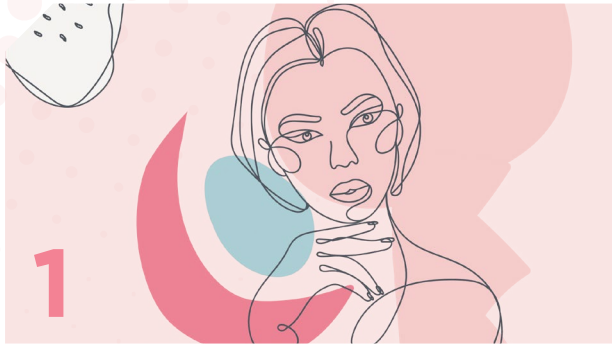
Total Score
Quiz



Areas in my life going well to be celebrated

Areas in my life, I can further elevate

Top 3 things you want to get out of the Extraordinary Woman Workshop



Empty rectangular box with an orange border for writing the first item.

Empty rectangular box with a teal border for writing the second item.

Empty rectangular box with an orange border for writing the third item.