



Embodied Faith Self-Reflection Quiz

You've already done so much beautiful work in your faith journey. This quiz is about recognizing where you are and celebrating what's ready to unfold next. It's an honest look at how faith lives in your body, mind, and spirit right now.

For many of us, faith has been tied to what we give, how hard we work, and how much we sacrifice. We may love what we are doing and even feel close to God in our service, and yet not realize the quiet cost: our health, our deeper desires, our sense of play.

This quiz is an invitation to pause and listen beneath the noise of expectations—from others, from the Church, and especially from old versions of yourself—and notice what is true for you today. I invite you to approach it as a ritual, a way of homecoming and being held. You might light a candle, bring in a favorite scent, or prepare a warm mug of goodness.

Let this be a moment to notice the connection between your body, your spirit, and the Divine, and to remember that faith is not only about what you do for others but also about how honestly you live in alignment with yourself.

How You Embody Faith:

Signs it may be Time for an Upgrade

Rate each statement:

0 = Not at all true for me

5 = Very true for me

- 1. I often feel physically drained, emotionally sensitive, or mentally scattered.** 0 1 2 3 4 5
- 2. I express my faith by putting the needs of others before my own most of the time.** 0 1 2 3 4 5
- 3. I tend to measure my worth by how well I meet others' expectations, or even outdated expectations of myself.** 0 1 2 3 4 5
- 4. I feel out of touch with my dreams and what I most deeply desire.**
0 1 2 3 4 5
- 5. I notice dryness or depletion in my body (skin, hair, digestion, intimacy).**
0 1 2 3 4 5
- 6. I carry tension, heat, or irritation in my body or emotions, especially when I feel unseen or unappreciated.** 0 1 2 3 4 5
- 7. I feel heavy, stuck, or unmotivated, even when I want things to be different.**
0 1 2 3 4 5
- 8. I sometimes numb myself with food, screens, or overwork instead of pausing to feel what's true.** 0 1 2 3 4 5

How You Embody Faith:

Signs of a Richly Satisfying Faith

Rate each statement:

0 = Not at all true for me

5 = Very true for me

1. I usually feel energetic in my body, steady in my mind, and grounded in my emotions. 0 1 2 3 4 5

2. I express my faith in ways that keep me replenished, not emptied.
0 1 2 3 4 5

3. I am comfortable setting limits on how much I give, at home and at work.
0 1 2 3 4 5

4. I consistently take steps toward my desires and larger dreams.
0 1 2 3 4 5

5. My body feels nourished and cared for, not like an afterthought.
0 1 2 3 4 5

6. I can soften when I notice my inner critic, instead of letting it run the show.
0 1 2 3 4 5

7. I experience moments of sweetness and play as part of my faith life.
0 1 2 3 4 5

8. I sense intimacy with God not only in prayer, but also in how I eat, rest, move, and connect with others. 0 1 2 3 4 5

Reflection Prompts

1. What patterns stood out most in your answers?

2. Where are you already embodying your faith with honesty and alignment?

3. Where do you notice cycles of depletion, over-giving, or disconnection?

4. What is one small step you can take this week to replenish and come home to yourself?



Embodied Faith

As you look back over your answers, notice the whole picture where you are now and the potential for what's next in the evolution of you. God doesn't ask you or any of us to be perfect. Pause and feel the relief that comes from that truth. God wants us all to be honest.

When you honor what is present in your body, mind, and spirit, you open the way for deeper intimacy with God. This is the whole point. Vulnerability is an opening for God's love to pour into you in the places most needed.

You do not need to change into someone else to be more faithful. You are invited to live with integrity, to receive love as much as you give it, and to let your service flow from the abundance that comes from self-nourishment rather than from depletion due to consistently putting others first.

As you move forward with your one small step to nourish yourself, my desire and prayer for you is to do so the perspective and full body feeling of "This is enough. I don't need to do more. This step is enough. I am enough."

Please keep in mind that for most of us we need others whom we trust to help us be honest in how we walk towards ourselves with ease, grace, and the ways we go the opposite direction, sometimes at breathtaking speed. Please seek support for yourself, and remember that not everyone gets access to your precious heart.