

# STEP 1

Fill in your answers to the following questions to find out where your life and/or business might need some clarity and insight.

Read each question ... you will feel a definite 'yes' or 'no' response. Fill in a "Y" or "N" in the corresponding blank. If your answer is not definite, write a "?" or leave the corresponding blank empty. Remember the old adage: "first thought = best thought" and go with that.

1. Most of the time, I feel connected/in harmony with the Universe . . . . . \_\_\_\_\_
2. I consider myself to have well-developed intuition . . . . . \_\_\_\_\_
3. I express myself well verbally . . . . . \_\_\_\_\_
4. I feel connected to other people at an emotional level . . . . . \_\_\_\_\_
5. I am comfortable following my 'gut' or 'instincts' . . . . . \_\_\_\_\_
6. Overall, I feel that I am full of life . . . . . \_\_\_\_\_
7. I enjoy moving and how my body feels/reacts . . . . . \_\_\_\_\_
8. It is easy for me to relax, meditate, visualize, find peace . . . . . \_\_\_\_\_
9. I am able to focus and concentrate well . . . . . \_\_\_\_\_
10. I am confident socially and interact well . . . . . \_\_\_\_\_
11. At some level, I'm very afraid of feeling lonely . . . . . \_\_\_\_\_
12. One of my great pleasures in life is enjoying eating/food . . . . . \_\_\_\_\_
13. I know how to enjoy life and I do so frequently . . . . . \_\_\_\_\_
14. I rarely worry or fret . . . . . \_\_\_\_\_
15. It is difficult for me to take the world too seriously . . . . . \_\_\_\_\_
16. I often ponder the world and life in general . . . . . \_\_\_\_\_
17. I can easily articulate my thoughts coherently to others . . . . . \_\_\_\_\_
18. The most important thing in the world is love . . . . . \_\_\_\_\_
19. I consider myself to be at peace within . . . . . \_\_\_\_\_
20. I am a very passionate individual . . . . . \_\_\_\_\_
21. I am deeply connected with/to nature . . . . . \_\_\_\_\_
22. My innermost self/being is not of this world . . . . . \_\_\_\_\_
23. My dreams are 3-D, full-colour, realistic . . . . . \_\_\_\_\_
24. My interests are wide and varied . . . . . \_\_\_\_\_
25. I express myself artistically (or would really like to do so) . . . . . \_\_\_\_\_
26. My feelings are experienced mostly in my body . . . . . \_\_\_\_\_
27. Sex is very important to me . . . . . \_\_\_\_\_
28. I am confident in my life and whatever the future brings . . . . . \_\_\_\_\_
29. I am loved, no matter what, all of the time . . . . . \_\_\_\_\_
30. I am respected for whom I am . . . . . \_\_\_\_\_
31. I empower others by empowering myself . . . . . \_\_\_\_\_
32. I am successful and financially responsible . . . . . \_\_\_\_\_
33. There are always fresh, new opportunities for me . . . . . \_\_\_\_\_

# Susan Crutcher

*Bridging Heart & Business™*



## CLARITY QUIZ

**STEP 2:** After filling in the quiz on the other side, transfer the answers to the corresponding grids below to gain some tips to begin implementing for positive change.

Taking one question at a time, fill in your response in the co-related square using the following legend: **yes = solid ■** **no = x-shape ☒** **don't know = leave blank □**

When completed, **compare the 4-squares opposite each other.** Look for equal/similar amounts of SOLID squares. To gain more clarity, focus your intention on the 4-square with the least SOLID squares. Any "X" squares should be your primary focus — with a goal of changing them to "yes".

1	8	<i>To strengthen LEFT 4-square:</i> try mountain climbing; practice being comfortable in/with silence; what is the 'big picture' for your business; be open to guidance	7	14
15	22		21	28

2	9	<i>To strengthen LEFT 4-square:</i> study the works of great thinkers and philosophers; stargazing; separate self from business; learn/apply lessons from business experience	6	13
16	23		20	27

3	10	<i>To strengthen LEFT 4-square:</i> learn a new language; sing; develop your own opinions and share them; clear marketing message, written and verbal; follow-up	5	12
17	24		19	26

4	11	<i>To strengthen LEFT 4-square:</i> examine emotional components of business: envy, jealousy; collaborations <b>RIGHT 5-square</b> reveals your "Money Breakthrough Type" and <b>your personal money motivation.</b> It also shows challenges, gifts, desires, empowering belief. The 5 types: love, recognition, value, status, security.	29
18	25		30
			31
			32
			33

For more detailed information, request the soon-to-be-released printable PDF with business and personal suggestions at: [www.SusanCrutcher.com/quizdetails](http://www.SusanCrutcher.com/quizdetails)

To reserve your **COMPLEMENTARY private 30-minute individual interpretation**, complete the application at: [www.SusanCrutcher.com/quizapp](http://www.SusanCrutcher.com/quizapp) and we'll talk soon.