
A SELF-DISCOVERY QUIZ TO FIND YOUR IDEAL JOURNEY

Which Coaching Path Is Right for You?

Instructions:

Reflect on each statement below. If it feels true or resonates deeply, click next to it. Then total how many checkmarks you have in each section to see which program suits your current needs best.

Section 1: I Need a Quick Reset (ANCHOR: I-Day Intensive)

- ☐ I feel stuck around one specific decision, pattern, or issue.
- ☐ I don't want a long program right now—just clarity or relief.
- ☐ I've done some inner work and just need a breakthrough.
- ☐ I want to shift my energy, mindset, or direction *today*.
- ☐ I'm curious about coaching but want to experience a sample session first.

Total checkmarks in this section:

Section 2: I Need Realignment & Awareness (RESET: 3-Week Program)

- ☐ I keep repeating the same emotional or behavioural patterns.
- ☐ I feel drained, overwhelmed, or disconnected from myself.
- ☐ I know something needs to change, but I'm unsure how.
- ☐ I want tools to manage my emotions and choices better.
- ☐ I'm going through a transition and need short-term guidance.

Total checkmarks in this section:

◆ **Section 3: I'm Ready for Healing & Integration (IGNITE: 6-Week Program)**

- ☐ I'm holding on to pain from the past that I want to release.
- ☐ I feel like I've lost touch with my worth or inner safety.
- ☐ I'm ready to explore my shadow, inner child, or core wounds.
- ☐ I want to feel emotionally whole and trust myself again.
- ☐ I desire a safe space for deeper inner work and healing.

Total checkmarks in this section:

◆ **Section 4: I'm Ready to Reinvent My Life (ASCEND: 12-Week Program)**

- ☐ I know I'm meant for more, but I feel unclear or blocked.
- ☐ I'm ready to transform my mindset, identity, and purpose.
- ☐ I'm committed to long-term growth and soul alignment.
- ☐ I want to create a new chapter that reflects who I really am.
- ☐ I'm here to rise, lead, and live a deeply fulfilling life.

Total checkmarks in this section:



What Your Results Suggest:

- **Mostly Section 1:** You're ready for a **I-Day Intensive** to shift and realign quickly.
 - **Mostly Section 2:** The **3-Week Program** will help you build awareness and stability.
 - **Mostly Section 3:** You're being called into **deep healing and emotional integration**.
 - **Mostly Section 4:** You're ready for a **life reinvention journey** and full transformation.
 - **Mixed Results?** Book a discovery call to receive guidance on the most aligned path.
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"This quiz is a reflective tool designed by Divine Contracts to help you explore your current alignment and coaching needs. For personalized guidance, book a discovery call."

