

## FEELING TIRED AND LONELY?

DIVE INTO LIA SCOTT'S QUIZ TO UNCOVER YOUR PATH TO JOY!

| <b>Answer each question with a score from 1 to 5,<br/>           where <u>1</u> means "Almost Never" and <u>5</u> means "Almost Always."</b>  |                        |
|---|------------------------|
| <b>Physical Wellness:</b>   | <b>Rate from 1 - 5</b> |
| How would you rate your daily energy levels, where 1 means you often feel very tired or lacking energy during the day, and 5 means you consistently have high energy levels   |                        |
| Rate how often you do activities that make you feel good physically?<br>Examples of this are: taking a walk, getting fresh air and sunshine each day, dancing, swimming, eating fruits or vegetables, drinking 6 glasses of water per day or doing yoga.    |                        |
| <b>Emotional Wellness:</b>  |                        |
| How would you rate your feelings of loneliness and desire for connection, where 1 means you often feel alone, without company, and wish for more meaningful connections, and 5 means you regularly experience meaningful connections and rarely feel alone? |                        |
| <b>Social Wellness:</b>   |                        |
| How connected do you feel to a supportive community or friends who understand your journey, like having someone to talk to or spend time with during difficult times?   |                        |
| How often do you do social activities that really make you feel good, such as going to events, joining groups, or connecting online?  |                        |
| <b>Intellectual Wellness:</b>   |                        |
| How would you rate the busyness or anxiety of your mind about daily challenges, where 1 means you experience high levels of daily challenges, trouble focusing, and frequent worry, and 5 means you feel well-balanced and centered?                        |                        |
| Do you do activities that make your mind work and give you a sense of happiness, accomplishment, and calm like reading, learning something new, puzzles or doing a hobby you enjoy?   |                        |
| <b>Spiritual Wellness:</b>  |                        |
| On a scale of 1 to 5, how much purpose do you feel in your everyday life? Do you feel fulfilled and confident about the direction your life is going?   |                        |
| Rate how much you do activities that make you feel connected to something greater, like meditation, prayer, journaling or spending time in nature in a way that feels special to you.   |                        |
| <b>Total Score</b>  |                        |

# Results

## 15-25 Points:

### Starting Your Journey to Feeling Better

It seems you're facing some challenges, and that's okay. Being aware of these feelings is the first step towards positive change. Let's work together to help you feel better.

**Recommendation:** Your journey to feeling better starts here! Ask me about [claiming your free consultation](#) to explore ways to boost your energy and connection. You can also claim it by visiting [www.linktr.ee/liascottwellness](http://www.linktr.ee/liascottwellness) and booking your consult there.

## 26-35 Points:

### Igniting Your Inner Spark

Loneliness may be affecting your well-being, but you're not alone. There's an inner spark waiting to shine. Focus on building some healthy habits that will nurture your mind, body, and spirit. This will help you better connect with yourself and with others. See how it transforms your life.

**Recommendation:** Your inner spark is ready to shine! Claim your wellness bingo card by emailing "FREE BINGO" to [info@liascottwellness.com](mailto:info@liascottwellness.com) and ask about claiming your free 30-minute consultation to boost your energy and connection. You can also claim it by visiting [www.linktr.ee/liascottwellness](http://www.linktr.ee/liascottwellness) and booking your consult there. Subscribe to our newsletter for monthly tips on building connections and revitalizing your energy.

## 36-50 Points:

### Thriving in Harmony

You're on the path to holistic wellness! Acknowledge the progress you've made and continue nurturing your mind, body, and spirit. Thrive in harmony with the support and tools available to you.

**Recommendation:** You're thriving! Attend our FREE upcoming Soulful Circle Events, subscribe to our "Wellness Quest: Bridging Mind, Body and Spirit" Podcast on YouTube, or attend one of our voice & sound healing guided meditations for continued growth and well-being. Also remember to share about us with a friend or family member who might be feeling lonely and tired.