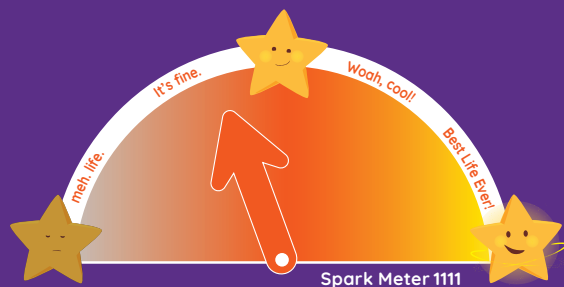


# Check your Spark Meter

(because **U** matter!)



In a society that promotes “having it all”, often people are STILL unfulfilled. Many of us have lost the ability to find joy in our lives, so we distract ourselves with vices and vapid entertainment, just living life and going through the motions. Uniquely U. is for the people who understand that **there has got to be more to life than this.**

Uniquely U. offers people the opportunity to rediscover what brings them joy. It allows them to cultivate their creativity and connect with like-minded people with the simple purpose — to relearn how to enJOY their lives. If you're ready to discover another way, to reignite YOUR joy, here's how you find

**Uniquely U.**

## Are YOU worthy of happiness?



Answer the following ‘yes’ or ‘no’ questions (honestly). You’ll be creating your very own orange brick road that will lead you to becoming the best version of you!

**Spoiler alert:** The answer is YES! You ARE worthy of happiness!

### ORANGE

YES NO

Have I had difficulties or struggles in my past?	<input type="checkbox"/>	<input type="checkbox"/>
If so, have I not only overcome these difficulties but also have I learned something from these experiences?	<input type="checkbox"/>	<input type="checkbox"/>
Do I often feel compelled to help others?	<input type="checkbox"/>	<input type="checkbox"/>
Do I often find my story is inspiring to others?	<input type="checkbox"/>	<input type="checkbox"/>
Would it serve me to make some extra cash doing something that I love?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have something that I am extremely passionate about?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have a gift, a skill, or a specific knowledge base of something that I would like to share with others?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have a gift, a skill, or a specific knowledge base of something that I already share with others and am looking to broaden my reach?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have a brand or business that I would like to bring to the virtual arena?	<input type="checkbox"/>	<input type="checkbox"/>

### SOLAR

YES NO

Have I created a life that includes joy, passion and creativity?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have stories to tell?	<input type="checkbox"/>	<input type="checkbox"/>
Do I express my feelings with ease?	<input type="checkbox"/>	<input type="checkbox"/>
Do I like to dance and/or sing?	<input type="checkbox"/>	<input type="checkbox"/>
Do I struggle with communicating my thoughts?	<input type="checkbox"/>	<input type="checkbox"/>
Do I like to paint and/or draw?	<input type="checkbox"/>	<input type="checkbox"/>
Do I like to write/journal?	<input type="checkbox"/>	<input type="checkbox"/>
Do I enjoy photography/videography?	<input type="checkbox"/>	<input type="checkbox"/>

### FOREST

YES NO

Do I wish I felt better about my body?	<input type="checkbox"/>	<input type="checkbox"/>
Do I want to nourish my body more with healthy foods and physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
Do I spend more time on the couch than outdoors?	<input type="checkbox"/>	<input type="checkbox"/>
Am I curious about a plant-based diet?	<input type="checkbox"/>	<input type="checkbox"/>
Am I curious about plant medicine (in all its forms)?	<input type="checkbox"/>	<input type="checkbox"/>
Do I enjoy gardening?	<input type="checkbox"/>	<input type="checkbox"/>
Do I appreciate good health and wellness?	<input type="checkbox"/>	<input type="checkbox"/>
Do I neglect my health and wellbeing?	<input type="checkbox"/>	<input type="checkbox"/>

There's more on the back! >

RED	YES	NO
Is my life more chaotic than I would like it to be?	<input type="checkbox"/>	<input type="checkbox"/>
Do I complicate my life with too much mental activity?	<input type="checkbox"/>	<input type="checkbox"/>
Do I feel guilty when I allow myself to engage in activities that I enjoy?	<input type="checkbox"/>	<input type="checkbox"/>
Do I feel as if I don't have a choice in certain situations?	<input type="checkbox"/>	<input type="checkbox"/>
Am I uncomfortable setting boundaries for myself?	<input type="checkbox"/>	<input type="checkbox"/>
Do I feel that others don't 'hear' me when I speak?	<input type="checkbox"/>	<input type="checkbox"/>
Do I sometimes feel lethargic and disinterested in life?	<input type="checkbox"/>	<input type="checkbox"/>
Have I lost my spark?	<input type="checkbox"/>	<input type="checkbox"/>

TEAL	YES	NO
Am I dissatisfied with my current employment situation?	<input type="checkbox"/>	<input type="checkbox"/>
Am I bored at work?	<input type="checkbox"/>	<input type="checkbox"/>
Do I dread going to work?	<input type="checkbox"/>	<input type="checkbox"/>
Am I looking to make my side hustle my full time job?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have a "calling" but not sure where to start or how to "answer"?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have a fledgling business that needs assistance with its expansion?	<input type="checkbox"/>	<input type="checkbox"/>
Am I disorganized?	<input type="checkbox"/>	<input type="checkbox"/>
Am I currently in transition?	<input type="checkbox"/>	<input type="checkbox"/>

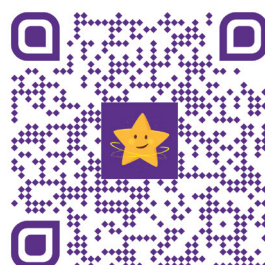
MIDNIGHT	YES	NO
Am I imaginative?	<input type="checkbox"/>	<input type="checkbox"/>
When I get a gut feeling (intuition), do I ignore it?	<input type="checkbox"/>	<input type="checkbox"/>
Am I drawn to conversations of energy and other esoteric subject matter?	<input type="checkbox"/>	<input type="checkbox"/>
Do I sometimes receive information in ways that I can't explain to others?	<input type="checkbox"/>	<input type="checkbox"/>
Do I sometimes just know stuff because I know stuff?	<input type="checkbox"/>	<input type="checkbox"/>
Am I drawn to crystals, sound bowls, oracle cards and other spiritual tools?	<input type="checkbox"/>	<input type="checkbox"/>
Am I beginning to see the world differently than I previously have and am searching for answers?	<input type="checkbox"/>	<input type="checkbox"/>
Am I able to detect patterns and see the big picture to discern what's the best course of action for my highest good?	<input type="checkbox"/>	<input type="checkbox"/>

NEW GREEN	YES	NO
Are my kids acting out?	<input type="checkbox"/>	<input type="checkbox"/>
Do I find myself frustrated with my children's behavior but am not sure what to do?	<input type="checkbox"/>	<input type="checkbox"/>
Am I a parent who doesn't have all the answers?	<input type="checkbox"/>	<input type="checkbox"/>
Can my parenting style use some tweaking?	<input type="checkbox"/>	<input type="checkbox"/>
Can I use some assistance with structure and behavior modification with my children?	<input type="checkbox"/>	<input type="checkbox"/>
Am I interested in meeting the needs of my child(ren) in a whole way?	<input type="checkbox"/>	<input type="checkbox"/>
Would I like more peace and harmony in my home?	<input type="checkbox"/>	<input type="checkbox"/>
Am I an educator, coach, or caregiver that could use some tips and tools to better assist the children?	<input type="checkbox"/>	<input type="checkbox"/>

**You're doing great!**

Now, tally how many times you checked 'yes' in each color section and write that number below:

ORANGE	SOLAR	FOREST	TEAL	RED	MIDNIGHT	NEW GREEN
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>



**Okay, ready to check your results?**

**Scan this QR code:** Hold up your smartphone camera to this code, click on the URL that pops up and **follow the orange brick road that leads to your best life! This is the fun part!**

