

# MARYNERGY 愛 YOUR STATUS-QUO CHECK

**Connection. Healing. Growth.**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Welcome.** This questionnaire is not a test, but a mirror for you. There are no “wrong” answers, only your current truth. Take a moment for honest reflection. Your answers help me understand your exact starting point between physical strength, mental clarity, and energetic connection, so I can guide you in the best possible way.

## PART I: THE FOUNDATION

*(The Body & The Practice)*

### 1. How do you currently perceive your body in everyday life?

- The Temple:** I feel powerful, healthy, and sense a deep connection to my physicality.
- The Machine:** It functions, but I often ignore signals like fatigue or pain.
- The Burden:** I often feel exhausted, heavy, and cut off from my power.

### 2. What space do conscious routines (movement, silence, nature) occupy?

- Constant:** Daily practice is as natural to me as breathing.
- Inconsistent:** I often start motivated but lose the thread in the stress of daily life.
- Missing:** I live rather reactively and find hardly any time for the conscious care of body and mind.

### 3. How is your balance between “Doing” (Action) and “Being” (Rest)?

- Flow:** I switch intuitively between intense performance and deep recovery.
- Restlessness:** I struggle to do nothing and often fill pauses with distraction.
- Exhaustion:** I only function in “Doing” mode until I am forced to pause.

## PART II: THE ALIGNMENT

(*The Mind & The Emotion*)

### 4. What was your primary emotional state over the last 7 days?

- Clarity:** Calm, focused, and centered.
- Fluctuating:** Sometimes motivated, sometimes stressed or anxious.
- Fog:** Overwhelmed, driven, or emotionally numb.

### 5. When you think of “Truth” – how strongly do you trust your inner voice?

- Intuition:** I hear my inner voice clearly and make decisions based on it.
- Doubt:** I feel impulses but allow myself to be swayed by my mind or others.
- Noise:** I can no longer hear my voice amidst the mental noise and external expectations.

### 6. What is currently your biggest hurdle on the path to growth?

- Discipline:** I know what needs to be done, but I don't implement it consistently.
- Knowledge:** I feel disoriented and don't know where to start.
- Energy:** I simply lack the strength; I feel burnt out.

## PART III: THE GOAL

(*The Transformation*)

### 7. What is your most important focus for the next 3 months?

- Physical Mastery:** Strengthen, cleanse, and vitalize my body.
- Mental Liberation:** Reduce stress, dissolve fears, and find clarity.
- Holistic Integration:** Live the connection of body, heart, and mind.

### 8. What role does “Renunciation” (e.g., fasting, digital detox) play for you?

- Source of Power:** I regularly use conscious renunciation for cleansing and sharpening.

- Desire:** I would like to, but I am afraid it will be too difficult for me.
- Foreign Concept:** I consume (food, media, stimuli) mostly unconsciously.

## **9. How high is your willingness to invest in your transformation?**

- 100%:** I am ready to dedicate time and resources to reach my next level.
- Interested:** I want to change something, but it shouldn't disrupt my daily life too much.
- Skeptical:** I want to take a look first without committing.

## **10. When we look back in 6 months: What must have happened?**

- I have established an unshakable routine that carries me.
- I feel vital and at home in my body again.
- I have finally found clarity regarding my life path.

**Is there anything else you would like to share with me, or do you have a specific question we should clarify in our conversation?**

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**Thank you for your openness.** This questionnaire serves as a first important orientation on your path; however, we will unlock the true depth together in a personal conversation and within our collaboration.

**Please save this document and send it directly to me: [marynergy@gmail.com](mailto:marynergy@gmail.com)**

I will personally analyze your answers and get back to you with the next steps.

*„Wherever you are, be there.“*