

MARYENERGY 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?

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: maryenergy@gmail.com

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

„Wherever you are, be there.“