

The State of Your Superpowers Questionnaire

Reflect on your self-improvement journey. Rate each area below from 1 to 5. Use this as your personal map to journaling and growth!

Section 1: Personal Growth Tools & Techniques

Life Map for Self-Improvement

Do you know about a life map or your soul's blueprint?

- ☐ No
- If yes, how useful is it for you?

☐ ☐ ☐ ☐ ☐

Directing Your Inner Cast of Characters

Are you aware of your "inner cast"?

- ☐ No
- If yes, how effectively do you work with your inner parts?

☐ ☐ ☐ ☐ ☐

Community & Support

How happy are you with your support network?

☐ ☐ ☐ ☐ ☐

Discovering Allies & Guides

How satisfied are you with finding allies on your journey?

☐ ☐ ☐ ☐ ☐

Section 2: Self-Help & Inner Work

Curiosity & Wonder

How satisfied are you with your sense of curiosity?

☐ ☐ ☐ ☐ ☐

Intuition & Insight

How well do you use your intuition?

☐ ☐ ☐ ☐ ☐

Expressiveness & Well-being

How happy are you with your emotional and creative expression?

☐ ☐ ☐ ☐ ☐

Reframing Inner Stories

Are you familiar with reframing your inner stories?

- ☐ No
- If yes, how satisfied are you applying it?

☐ ☐ ☐ ☐ ☐

Do you know about your inner family and unconscious inheritances?

- ☐ Very much
- ☐ A little bit

Do you have practices to resolve inner conflicts?

- ☐ No
- If yes, how much do they help?

☐ ☐ ☐ ☐ ☐

Section 3: Emotional & Social Impact

Expansion of Consciousness

How much are you expanding your consciousness?

☐ ☐ ☐ ☐ ☐

Direct Feeling of the World

How satisfied are you with your ability to feel and find meaning?

☐ ☐ ☐ ☐ ☐

Tolerance & Awareness

How happy are you with your tolerance for conflict and stress?

☐ ☐ ☐ ☐ ☐

Section 4: Reflective Practices

Contemplative Journaling

How satisfied are you with a journaling practice?

☐ ☐ ☐ ☐ ☐

Creative Expression

How effectively do you use creative expression?

☐ ☐ ☐ ☐ ☐

Meditation & Visualization

How satisfied are you with your meditation/visualization?

☐ ☐ ☐ ☐ ☐

Questioning Thoughts & Beliefs

How competent are you at questioning your thoughts and beliefs?

☐ ☐ ☐ ☐ ☐

Final Reflections

What additional tools or practices would help you?

Write your thoughts here:

Any other reflections on your self-improvement journey?

Share your insights: