

Holistic Intelligence

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RATE YOUR HQ LEVEL	Absolutely	Mostly	Somewhere in	Mostly	Absolutely
Answer each question by putting a 1 in the column that most applies to you	TRUE	TRUE	THE MIDDLE	UNTRUE	UNTRUE
You want to make some changes - but don't					
You moan, or blame, or gossip negatively					
You feel stressed					
You think negatively about yourself					
You're overweight					
Life hasn't turned out the way you'd like it					
You procrastinate					
You feel powerless in certain areas of your life					
You hold on to past hurts					
You feel disconnected or empty					
You worry					
You feel like you don't belong					
You don't exercise much					
Others push your buttons easily					
You don't speak your truth					
You feel restricted in different ways					
You always seem to want more					
You don't see a wonderful future					
You drink too much alcohol					
You eat food that's not good for you					
TOTAL					
Multiply by	1	2	3	4	5
Gives you					

Overall Total of 5 columns

%
