

# The Unblurred Woman Self-Assessment

10 Questions. 5 Minutes. Discover where your blur begins.

## QUESTION 01 – JOY

My Score \_\_\_\_

When did you last feel genuinely, fully energized by your life – not just accomplished?

Rate 1-5: 1 = I cannot remember / 5 = Recently and regularly

## QUESTION 02 – IDENTITY

My Score \_\_\_\_

How clearly can you describe who you are outside of your professional roles?

Rate 1-5: 1 = I have no idea / 5 = Crystal clear

## QUESTION 03 – ALIGNMENT

My Score \_\_\_\_

How often do your daily actions reflect what actually matters most to you?

Rate 1-5: 1 = Almost never / 5 = Almost always

## QUESTION 04 – ENERGY

My Score \_\_\_\_

How much of your energy goes to things that genuinely fill you versus things that drain you?

Rate 1-5: 1 = Almost all draining / 5 = Mostly filling

## QUESTION 05 – BOUNDARIES

My Score \_\_\_\_

How confidently do you protect your time, energy, and peace from others' demands?

Rate 1-5: 1 = I struggle to say no / 5 = I hold boundaries consistently

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### QUESTION 06 – PERFORMANCE

My Score \_\_\_\_

How often do you feel like you are performing a version of yourself rather than being yourself?

Rate 1–5: 1 = Almost constantly / 5 = Rarely or never

### QUESTION 07 – REST

My Score \_\_\_\_

How well do you recover from the demands of your professional and personal life?

Rate 1–5: 1 = I never truly rest / 5 = I recover fully and regularly

### QUESTION 08 – PURPOSE

My Score \_\_\_\_

How connected do you feel to a sense of meaning and purpose beyond your job title?

Rate 1–5: 1 = Completely disconnected / 5 = Deeply connected

### QUESTION 09 – SELF-WORTH

My Score \_\_\_\_

How much does your sense of value depend on your productivity and achievements?

Rate 1–5: 1 = Completely dependent / 5 = Completely independent

### QUESTION 10 – BOUNDARIES

My Score \_\_\_\_

How ready do you feel to stop waiting for the right time and start choosing yourself now?

Rate 1–5: 1 = Not ready at all / 5 = I am ready right now

## Score Interpretation- What your score means

**10-24**

**Deeply blurred** –  
urgent support needed

**25-35**

**Moderately blurred** –  
the drift is real

**36-50**

**Lightly blurred** –  
ready to rise further

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