

# What Soul Season Are You In?

*Discover your current spiritual rhythm & unlock your next sacred step.*



Begin the Quiz



# *Welcome to the Soul Seasons Quiz*

Life isn't linear—it's cyclical.

Just like nature, your soul moves through seasons of healing, growth, refinement, and radiant service. This quiz will reveal where you are in your inner journey—and which archetype is guiding your next evolution

.

Let your season guide you. Your path awaits.

Start Now

# Which statement does most resonate with you right now?

*A) I'm rebuilding my energy and identity from the inside out. → Rooting*

*B) I feel a new sense of purpose emerging, but I'm unsure how to act on it  
→ Rising*

*C) I'm shedding layers, setting boundaries, and refining what stays. → Refining*

*D) I'm ready to lead, share, and serve more boldly. → Radiating*

**Please select the option that feels most aligned  
with your current state, and track them on a piece of paper.**

# What do you most need support with right now?

*A) Healing emotional wounds and feeling safe in my body.*

*→ Rooting*

*A2) Mastering my energy and maintaining my boundaries*

*→ Rooting*

*B) Gaining clarity and confidence to step forward with my voice.*

*→ Rising*

*C) Creating healthy systems and boundaries for what I've already started.*

*→ Refining*

*D) Aligning my mission with my spiritual values and serving at scale.*

*→ Radiating*



# How would you describe your current energy levels?

*A) Low and tender—I need rest and healing. → Rooting*

*B) Shifting and awakening—I'm gaining momentum. → Rising*

*C) Focused but fluctuating—I'm discerning what really matters.  
→ Refining*

*D) Strong and inspired—I'm ready to give and create. → Radiating*

# What feels most true about your voice or expression?

*A) I am still learning to hear and trust it. → Rooting*

*B) I'm experimenting with expressing myself more boldly. → Rising*

*C) I'm pruning and deepening how I express myself. → Refining*

*D) I know my message—I want to amplify it. → Radiating*

# What are you most craving right now?

*A) A sacred space to feel, heal, and be held. → Rooting*

*B) A community to grow with and guidance for my next bold step.  
→ Rising*

*C) Clarity, boundaries, and sustainable strategy. → Refining*

*D) Aligned opportunities to serve and be seen in purpose. → Radiating*

*D2) To guide others through deep transformation and create lasting impact.  
→ Radiating*



# When you think about your work or life, you...

*A) Want to slow down and reconnect with what matters. → Rooting*

*B) Feel ready to refine and rise with more purpose. → Rising*

*C) Know it's time to recalibrate and evolve your impact. → Radiating*

*D) Deep clarity on my soul's mission and impact. → Refining*

# Your current inner state feels like...

*A) I need rest, rhythm, and reconnection. → Rooting*

*B) I want to align my life with my truth. → Rising*

*C) I'm expanding into legacy or leadership.  
→ Radiating + Refining*

# When you're most alive, you feel...

*A) In deep conversation holding space → Rooting*

*B) Inspired, guiding others or initiating change → Rising*

*C) Focused, designing systems or solving complex problems  
→ Refining + Radiating*



# Your transformation superpower is...

*A) Emotional attunement and intuitive wisdom → Rooting*

*B) Vision casting and bold action → Rising*

*C) Structure building and clarity mapping  
→ Refining + Radiating*

# Which best describes your soul's calling?

*A) To heal and reconnect with my essence → Rooting*

*B) To empower and uplift others through authentic leadership → Rising*

*C) To build conscious systems and hold space for transformation  
→ Refining + Radiating*

*Now please add up your results. What do you have most of?*



*Find out your Archetype & Soul Season next:*



# You Are in a ROOTING SEASON

Archetype: The Healer/ Energetic Alchemist

*Your soul is whispering: slow down, come home.*

*You've given much, held much, carried much.*

*Now it's time to re-root, restore, and return to your sacred self.*

*You are not lost—you are returning to your natural rhythm.*





A photograph of a large, mature tree with thick, gnarled roots that spread out across the ground. The ground is covered with dry, brown leaves. In the background, there is a green lawn and a body of water under a clear sky. The text is overlaid on the image in a white, serif font.

**Download your Rooting Edition Journal –  
a safe space to breathe, reflect, and restore.**

**Explore the Rooting Coaching Path –  
1:1 sessions for grounding and identity healing.**

**Book a 1:1 Coaching or energy medicine session.**



# You Are in a RISING SEASON

Archetype: The Purpose Igniter / Devoted Leader

*Your soul is stirring, stretching toward its next expression.*

You've outgrown the old rhythms, and something truer is calling.

You are ready to rise—not from pressure, but from alignment.

It's time to build what's real, meaningful, and soul-designed.





A woman is shown in silhouette, facing right, with her hands raised to frame the sun. The sun is a bright, glowing orb in the center of the frame, surrounded by a warm, orange and yellow sky. The background is a soft-focus landscape, possibly a field or a body of water, with some distant hills or trees visible. The overall mood is peaceful and contemplative.

**Download your Rising Edition Journal –**  
align your actions with your values and voice.

**Book a Soul Alignment Call –**  
and refine your life, offerings, or next chapter .

**Join the Rising 3-Month Coaching Path.**



# You Are in a RADIATING SEASON

Archetype: The Sacred Architect / Visionary Strategist

*You've walked through fire. You've built foundations.  
Now, something deeper wants to emerge.*

Your mission is ready to evolve with you.  
You're not here to just grow—you're here to glow.





# CONTRIBUTE



**Download your Radiating Edition Journal –**

for refinement, recalibration, and visionary focus.

**Apply to the Radiance Refinement Coaching Path –**  
evolve your message, model, and sacred leadership.

**Explore the Sacred Economy Circle.**



# You Are in a REFINING SEASON

**Archetype: The Visionary /Spiritual Pioneer**

*You've seen what's possible. You've tasted the calling.  
Now you want to align your brilliance with sustainability.  
To pace your way in harmony and the purpose you serve.*

This is the season to edit what no longer fits,  
and refine what's already gold within you.





Download the Refining Edition Journal –realign your energy,  
clarify your direction, and track what truly matters

# LEGACY

**Book a Soul Alignment Call –**  
refine your systems, offerings, or focus with grounded support.

**Join the 3-Month Refinement Coaching Path –**for visionary integration,  
sustainable rhythm, and sacred legacy design.



*For your season of becoming:*

Together  
we are making  
it happen.







*Thank you.*