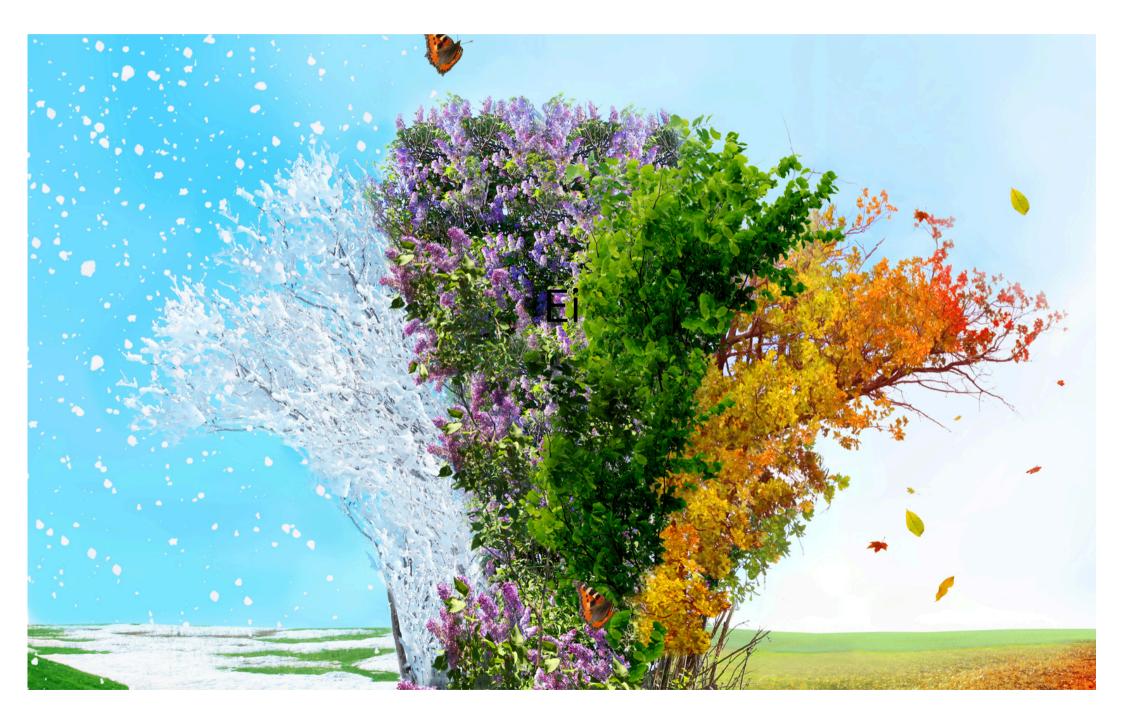
What Soul Season Are You In?

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. \rightarrow Rooting
- B) I feel a new sense of purpose emerging, but I'm unsure how to act on it \rightarrow Rising
- C) I'm shedding layers, setting boundaries, and refining what stays. \rightarrow Refining
- D) I'm ready to lead, share, and serve more boldly. \rightarrow 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.
 - \rightarrow Rooting
- A2) Mastering my energy and maintaining my boundaries
 - \rightarrow Rooting
- B) Gaining clarity and confidence to step forward with my voice.
 - \rightarrow Rising
- C) Creating healthy systems and boundaries for what I've already started.
 - \rightarrow Refining
- D) Aligning my mission with my spiritual values and serving at scale.
 - \rightarrow Radiating

How would you describe your current energy levels?

- A) Low and tender—I need rest and healing. \rightarrow Rooting
- B) Shifting and awakening—I'm gaining momentum. \rightarrow Rising
- C) Focused but fluctuating—I'm discerning what really matters.
 - \rightarrow Refining
- D) Strong and inspired—I'm ready to give and create. \rightarrow Radiating

What feels most true about your voice or expression?

- A) I am still learning to hear and trust it. \rightarrow Rooting
- B) I'm experimenting with expressing myself more boldly. \rightarrow Rising
 - C) I'm pruning and deepening how I express myself. \rightarrow Refining
 - D) I know my message—I want to amplify it. \rightarrow Radiating

What are you most craving right now?

- A) A sacred space to feel, heal, and be held. \rightarrow Rooting
- B) A community to grow with and guidance for my next bold step.
- \rightarrow Rising
- C) Clarity, boundaries, and sustainable strategy. \rightarrow Refining
- D) Aligned opportunities to serve and be seen in purpose. \rightarrow Radiating
- D2) To guide others through deep transformation and create lasting impact.
 - \rightarrow Radiating

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

- A) Want to slow down and reconnect with what matters. \rightarrow Rooting
- B) Feel ready to refine and rise with more purpose. \rightarrow Rising
- C) Know it's time to recalibrate and evolve your impact. \rightarrow Radiating
- D) Deep clarity on my soul's mission and impact. \rightarrow Refining

Your current inner state feels like...

- A) I need rest, rhythm, and reconnection. \rightarrow Rooting
- B) I want to align my life with my truth. \rightarrow Rising
- C) I'm expanding into legacy or leadership.
 - → Radiating + Refining

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

A) In deep conversation holding space \rightarrow Rooting

B) Inspired, guiding others or initiating change \rightarrow Rising

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

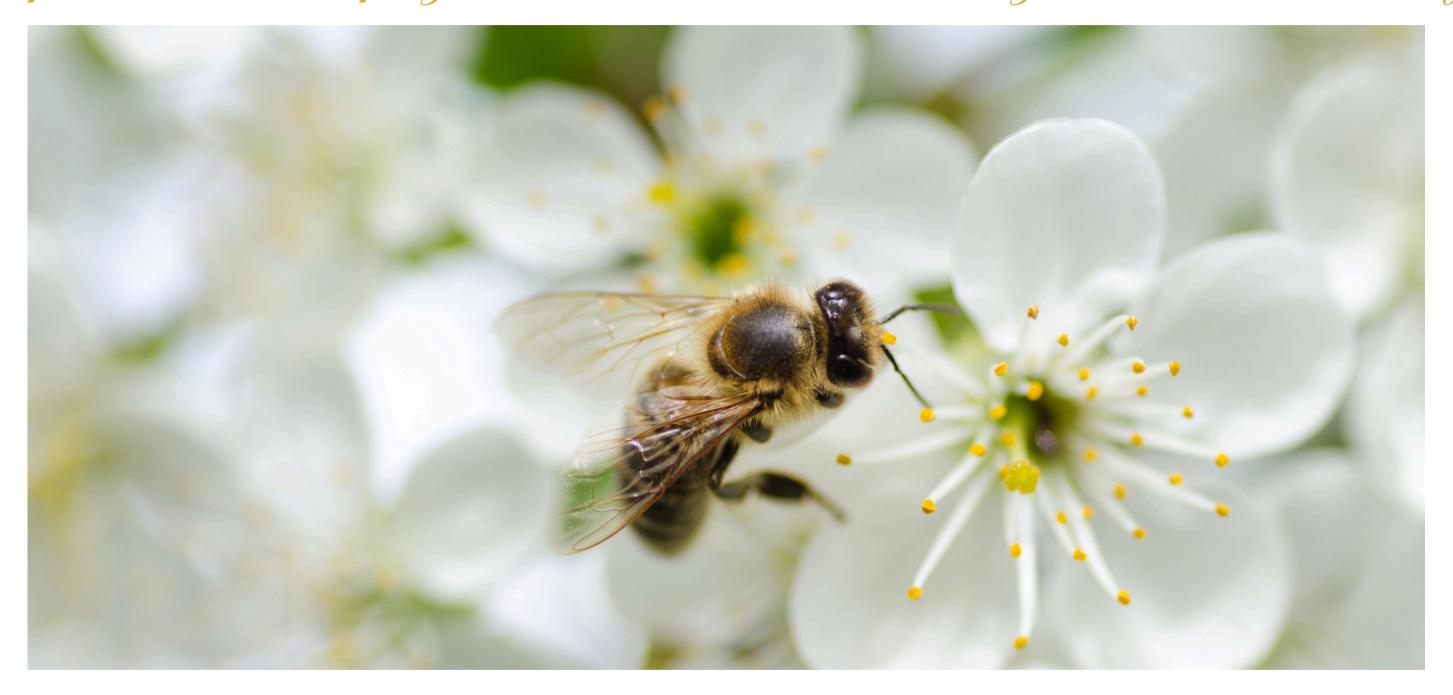
Your transformation superpower is...

- A) Emotional attunement and intuitive wisdom \rightarrow Rooting
- B) Vision casting and bold action \rightarrow Rising
- C) Structure building and clarity mapping
 - → Refining + Radiating

Which best describes your soul's calling?

- A) To heal and reconnect with my essence \rightarrow Rooting
- B) To empower and uplift others through authentic leadership \rightarrow 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.





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.





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.





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.





GAL CITY 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:





Thank you.