



This is only YOUR life

YOUR JOURNEY | YOUR STORY

Craving a Break... Breaking *or* Down?

Take the Retreat Readiness Quiz 

You're holding it together (barely). You're the strong one. The giver. The one who just keeps going.

But lately? Your spark's missing, your body's tense, and you're thinking...

"I can't keep living like this."

This isn't just burnout. This is your sign.

Take this 2-minute quiz to discover if your nervous system needs a reset.

No long-form boxes. No overthinking. Just straight-up insight.



By *Kellie*

Trauma Informed Coach, Energy Therapist &
Narcissism Recovery Expert



Instructions:

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Choose the answer that feels most true right now. Be honest. This is for you.

1. How often do you feel emotionally overwhelmed?

- 1 Almost every day
- 2 A few times a week
- 3 Occasionally
- 4 Rarely



2. When was the last time you did something just for you?

- 1 I honestly can't remember
- 2 Over 6 months ago
- 3 A few weeks ago
- 4 I do this regularly

3. Which statement feels most true right now?

- 1 I feel stuck and disconnected from myself
- 2 I've been "surviving," not really living
- 3 I'm trying, but I need support
- 4 I feel balanced and content



Instructions:

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Choose the answer that feels most true right now. Be honest. This is for you.

4. *How's your sleep?*

- 1 I can't switch off and struggle to fall asleep
- 2 I wake up feeling exhausted
- 3 It's up and down
- 4 I sleep well most nights

5. *What's your energy like during the day?*

- 1 Drained, even after rest
- 2 On edge or wired
- 3 Numb or unmotivated
- 4 Energized and focused



6. *How often do you put everyone else's needs before your own?*

- 1 Every. Single. Time.
- 2 Most of the time
- 3 Sometimes
- 4 Rarely



Instructions:

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Choose the answer that feels most true right now. Be honest. This is for you.

7. How connected do you feel to your purpose or sense of self?

- 1 Totally lost
- 2 I'm questioning everything
- 3 I'm trying to reconnect
- 4 I feel pretty aligned



8. What's your body trying to tell you? (Tick all that apply)

- 1 🤯 Headaches / tight chest / fatigue
- 2 🌀 Anxiety or racing thoughts
- 3 😬 Emotional numbness or sudden outbursts
- 4 💪 I feel physically fine

9. What comes up when someone offers to help you?

- 1 Guilt
- 2 "I don't need help" reflex
- 3 Relief but I still say no
- 4 I accept it with gratitude



Instructions:

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Choose the answer that feels most true right now. Be honest. This is for you.

10. When you think about taking a retreat, your first thought is:

- 1 That's selfish / I can't justify it
- 2 I want to but I feel guilty
- 3 I need this. My body's begging for it
- 4 I already go on regular retreats



SCORING:

Tally your answers:

- 1 Each number 1 = 3 points
 - 2 Each number 2 = 2 points
 - 3 Each number 3 = 1 point
 - 4 Each number 4 = 0 points
- For Q8, give yourself 1 point per box ticked.





RESULTS:

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0-8 points: You're managing (for now)

You're holding things together. But rest isn't a reward it's a requirement. A retreat could help you reconnect before burnout bites.

9-16 points: You're in the burnout zone

You're emotionally loaded and energetically low. A retreat isn't indulgence, it's medicine. This is your invitation to rest, reflect, and reset.

17+ points: You're overdue.


This isn't about wanting a break. It's about needing one. You're running on survival mode, and your body is waving the red flag. The retreat is your lifeline. It's time to come back to you.



RESULTS PAGE :

*Your soul's been whispering.
This quiz just turned up the volume.*

Let's stop surviving and start healing.

 4 days in Spain. Healing. Breathwork. Transformation.
It's not a luxury. It's your reset.



See the Retreat Info + What's Included



Book a Clarity Call With Kellie

You've done the quiz. Now take the next step.
Because sister? —you deserve this.

