

Shades of Intimacy Power Assessment

Go through each of the five categories and their 2 subcategories. Read the different results for *asleep*, *awake*, *active*, and *accelerated* and give yourself an honest score between 1-12 for each one. You'll add your scores up at the end.

BODY

Fitness

The State of condition of being physically sound and healthy.

Asleep (1, 2, 3) Your Body Is a Slowing You Down.

- *You're Ignorant & Lazy when it comes to exercise.* You don't know how your body works and simply ignore any sense of reality with your body when it comes fitness. You can't remember the last time you actually went to the gym or even attempted to break a sweat. You have little thought about your body and how it effects your life. Fitness is not even part of your reality.

Awake (4, 5, 6) Your Body is a Massive Energy Leak.

- *You're knowledgeable & active when it comes to fitness.* You go to the gym several times a month but nothing consistent enough to actually transform your body. You know how much your body effects your life and you recognize your fitness must improve. You have frequent thoughts of leveling up your body through increased fitness but you still do very little to change things.

Active (7, 8, 9) Your body Supports you Well

- *You're very knowledgeable & active when it comes to fitness.* You are consistent with your workouts and train 3-5 times a week consistently and have for years in order to maintain your current look physically. You are very aware of how your Body effects your life and have done a good job doing just enough to maintain your physique year over year. You remember the days when your pushed for growth.

Accelerated (10, 11, 12) Your Body is a Weapon and You Leverage it To get More Out of Life.

- *You train like an athlete with Passion and Purpose.* You are more than consistent with your workouts. You no longer work out, you TRAIN. You see yourself as an athlete and your body as a weapon to experience life with. You deliberately create daily, weekly, monthly and quarterly Challenges that push your body to higher levels regardless of age. Competition and Fitness are one in the same for you.

WHAT IS YOUR SCORE? _____ / 12

BODY

Fuel

The substance that is eaten, drunk, or otherwise taken into the body to sustain life, provide energy, promote growth & expansion.

Asleep (1, 2, 3) Your Food Selection Is Irrelevant to You.

- *You understand little to nothing about nutrition* and have almost no thought about food on a daily basis. You eat what is in front of you and most often what is in front of you is fast food and shitty options that you have settled on as reality. You fuel your body with low quality foods and struggle with your energy levels but have never associated that what you eat has any impact on how you live. You eat to survive and are completely ignorant when it comes to nutrition.

Awake (4, 5, 6) Your Food Selection Is an Obstacle to You.

- *You have some study under your belt when it comes to food* but you still have limited understanding as to the actual effects that food is having on your overall wellbeing and activity levels. You occasionally will eat “healthy” but if you are honest you still do not really know what “Eating Healthy” looks like. You have at least learned that portion control is one way to manage the game of nutrition but still feel totally lost. You eat to live and have some knowledge about nutrition.

Active (7, 8, 9) Your Food Selection Is a Support to You.

- *You have a general plan when it comes to eating* and would not necessarily say you eat perfectly but you are more conscious of what you eat and when you eat daily. You enjoy eating but you are starting to experience food as fuel and less about fun. You are very aware of the connection between your energy and the food you consume and are always very aware that you can train in fitness what you fuck up in the kitchen. You eat to maintain and want to make sure that you don’t go backwards but are not necessarily creating progress toward something bigger.

Accelerated (10, 11, 12) Your Food is Fuel for Your Weaponized Body.

- *You look at Food as Fuel to fire you Weaponized body.* Green Smoothies, Supplements, Portion Control are top of mind knowledge and you eat for Power. You are not perfect in your eating but you are realistic with who you are, your tendencies and have created a master plan that serves you body to Access POWER at the deepest level through your food. You eat for Power and Fuel and each year that passes you become more and more passionately aware of the connection of Food and your future.

WHAT IS YOUR SCORE? _____ / 12

BEING

Connection

The act of connecting to spirit, source, God, universe.

Asleep (1, 2, 3) Your Spiritual Connection Is Irrelevant to You.

- *You are absolutely ignorant of anything beyond what you see and the idea that there might be something bigger than you in the unseen world is ludicrous. You have limited to no belief in GOD and rarely if ever think about life before you were here or after you die. Spirituality in your mind is Crazy and you choose to focus almost 100% of your energy on and only believe in what you can see.*

Awake (4, 5, 6) Your Spiritual Connection is an Obstacle to you.

- *You believe in GOD or the Universe and sense that there is an unseen power that drives all of life but you are confused as to how to access it or how it works. You are hit and miss with your attempts to learn and master this life force in the unseen spiritual realm and although you have a desire to understand and leverage a relationship with GOD or the Universe your behaviors demonstrate that it is truly not that important to you. You are stuck spiritually and want to change but truly have no idea where to start or what to do first.*

Active (7, 8, 9) Your Spiritual Connection is a Support to you.

- *You Know that GOD or the Universe is guiding you and that through experience have witnessed the Power that resides in you that comes from that Source. You practice spiritual disciplines regularly that allow you to feel that connection and you lean on it regularly when life gets complicated and confusing. Prayer and Meditation are regular disciplines and you have a series of beliefs about your Spirituality that supports you in living a happier and more fulfilling life. Your Spirituality matters to you and your current habits support you here in this category.*

Accelerated (10, 11, 12) Your Spiritual Connection is a Weapon to you.

- *You have come to know through experience that the greatest power in this life comes from what you cannot see. You feel the VOICE guiding you daily inside and have now begun to trust that VOICE from within with more certainty and power than ever before. Your Spiritual connection is not simply something that supports you it is something that Leads you and Liberates you daily. Your Connection and staying connected daily is at the top of your list of priorities when you awaken in the morning. Your spirituality does not just support you it has actually become a weapon for you in leading and living day to day.*

WHAT IS YOUR SCORE? _____ / 12

BEING

Certainty

The condition of belief in one's self and one's path in life.

Asleep (1, 2, 3) Your Knowledge of Self Is Irrelevant to You.

- *You can't see the point in knowing who you are as a person.* You have no understanding of your feelings, your belief systems, your habits or addictions. You have never even considered that knowing yourself as a person would even effect the reality of your life and so you simply wake up, go about the tasks of the day, go to sleep and then repeat the same game the next day.

Awake (4, 5, 6) Your Knowledge of Self is an Obstacle to you.

- *You have awoken to the reality that your life is directly impacted by who you ARE.* You have begun the journey to understanding yourself, what you believe and why and how this all effects your reality with real life day to day. You struggle to understand how to exactly begin to investigate the truth of who you are and although you know it is the gateway you are still unable to actually do it with much success.

Active (7, 8, 9) Your Knowledge of Self is a Support to you.

- *You have become very clear about who you have been and why* you have done what you have done in the past. You are almost addicted at a certain level with the study of your patterns and why you do what you do. You have begun to bring about significant change in your life from this awareness of self and find power in studying you. You have come to realize that accessing you is the gateway to understanding life. You have not mastered this skill yet but are more aware then you have ever been before.

Accelerated (10, 11, 12) Your Knowledge of Self is a Weapon to you.

- *You're being the change you wish to see in the world.* You are 100% knowledgeable of the fact that nothing in your world changes without you first changing what you believe, how you behave and how you choose to create. Your awareness of self has become an art form and your daily disciplines of studying YOU have allowed you to literally transform your life across the board. You have become an inspiration to those around with you and live a standard of authentic transparency that is mind bending to those around you.

WHAT IS YOUR SCORE? _____ / 12

BALANCE

Significant Other (Marriage or Partner)

The social unit. (If you are single you don't have to answer these questions.)

Asleep (1, 2, 3) Your Marriage or Partner Is Irrelevant to You.

- *You struggle to understand why you ever got married* and just about everything you associate with Marriage is based in pain. Your communication is nonexistent and if you do end up talking it is always about surface level topics that neither of you even care about. You not only can see no light at the end of the tunnel you have already surrendered to a life of pure shit as a couple and can't even muster the desire to care anymore.

Awake (4, 5, 6) Your Marriage or Partner is an Obstacle to you.

- *You understand why you want to be married but* no matter what you try to do you can't seem to get on the same page in operating as a couple and this has left you both very frustrated. Your connection finally has a small heart beat and has improved but you still find yourself wanting so much more than you are getting. You are starting to have communication about real topics unlike in the past although almost every single sensitive topic you engage on ends in a fight that leaves you both hurt and offended. You can see a small light at the end of the tunnel and desire to change who you are as a couple but you lack the mindsets or skillsets to even begin pulling this off.

Active (7, 8, 9) Your Marriage or Partner is a Support to you.

- *You have a partner who has become a powerful ally* as an effect of learning how to communicate with each other and your relationship has really taken off to places that you knew it could go. You feel for the first time in your entire life that your partnership or marriage is not a weight but is something that is actually inspiring and uplifting to you both. Your life is not amazing but for the first time you're your life you are actually connecting consistently and this is very fulfilling. You have begun studying and searching for the answers to leveling up your skillsets and mindsets in order to bring about real change and this commitment has restored a very beautiful level of trust to the relationship for both of you.

Accelerated (10, 11, 12) Your Marriage or Partner is a Weapon to you.

- *You have a partner who is beyond a partner and has become literally a weapon for you in life.* Your communication is open and authentic and is a source of rejuvenation, connection and inspiration for both of you. You are beyond questioning if they are the one and if the problems you face can be solved and have entered a space where you KNOW with 100% that you are going to be together forever. You support each other with your hopes and aspirations and of all the people in the world your partner has

become your best friend. Your skill sets as a married person in communication, sexuality and partnership are at elite levels and you are often asked how you did it as a couple.

WHAT IS YOUR SCORE? _____ / 12

BALANCE

Family

The offspring you have created, your sons & daughters, or your parents and siblings, or closest friends.

Asleep (1, 2, 3) Your Family is Irrelevant to You.

- *You avoid your family.* Your communication with your family is nonexistent and you can't remember the last time you have meaningfully engage with any of them. You can see no light at the end of the tunnel and are convinced that this shitty disconnection with your family is just the way it is.

Awake (4, 5, 6) Your Family is an Obstacle to You.

- *You attempt to engage your family* but your ability to connect and communicate with them is so poor that everything always goes to hell in a hand basket the minute you attempt it. You desire to be part of their lives but you truly have no idea how to actually do this and every day that passes it gets more and more and more difficult to engage. Your communication is better than it's ever been before and you find yourself making more attempts than ever to be a part of your family's lives but when it boils down to it you lack the fundamental skills necessary to pull this off.

Active (7, 8, 9) Your Family is a Support to You.

- *You love your family and they truly feel the same for you not just in word but in action.* You engage regularly with your family in meaningful conversation and your family has a bond with you that allows them to come to you with the hard realities of life. You are an active part in your family's lives and can feel the love between you expanding month over month. You have mastered a few basic skill sets that allow you to participate the way you always knew you could and this has left you feeling very good about your family and your future.

Accelerated (10, 11, 12) Your Family are a Weapon to You.

- *You honor your family, lead and guide them to growth and expansion as human beings in your stewardship.* You don't see your family as yours but simply as a stewardship that has been given to you to nurture and grow. You deliberately invest time energy and money daily, weekly and monthly in your family. You find massive power and strength in your life from the roles and though you do not always have the answers to everything they face you have built a bond of trust with you family that is unbreakable and when they ask who they trust the most in life it is you. Your relationship has transcended that of Parent and Child to that of Partners in life there to support each other and encourage though life.

WHAT IS YOUR SCORE? _____ / 12

BUSINESS

Mechanics

The Art & Science of creating money.

Asleep (1, 2, 3) Your Business or job is Irrelevant to You.

- *You have a business or job and it is failing and owns you.* You operate from pure scarcity and most days are convinced that throwing in the towel is the answer. You are confused across the board with your business or job and struggle to understand just about everything else to do with your career. You are not profitable and have no idea how to even begin to manage the chaos and debt that you have created for yourself.

Awake (4, 5, 6) Your Business or job is an Obstacle to You.

- *You have a business or job and it pays the bills and at the same time has put you into slavery* and along the way sucked the fun out of everything that you do. You have a very basic understanding of your career and this has allowed you to actually get off the ground but you are barely hovering. Your business or job demands a full-time commitment emotionally and this is taking its toll on you in every area of your life. You are profitable and have some plans for the future but are so slammed inside that working is almost a hell.

Active (7, 8, 9) Your Business or job is a Support to You.

- *You have a business or job and you have learned to OWN IT* and for the first time in your career feel like you have got something really special going. You have a high level of proficiency in all areas of work. You feel a deep sense of control of your career and the ability to continue to make it rain regardless of the conditions of the marketplace. You are very profitable and have been able to store away cash for a rainy day and long gone are the days when you were stressed looking at the bank accounts.

Accelerated (10, 11, 12) Your Business is a Weapon to You.

- *You have a business or job that is at the top of its industry and you know it.* You are no longer concerned about your career working, or making money as these basics have been mastered and the teams you have built around you support your vision and direction. You have finally been able to clear the game of scarcity and enter the land of abundance when it comes to your career and now have entered a phase of prosperity where money is no longer the primary reason or excuse for doing or not doing anything. You are VISION driven and Prosperity rains down upon all those you serve and who work for you.

WHAT IS YOUR SCORE? _____ / 12

BUSINESS

Money

Currency that you have created through production that now sits available to be used.

Asleep (1, 2, 3) Your Money is Irrelevant to You.

- *You do not have a plan* and if you are honest with yourself you don't feel worthy of a plan of any kind in your life. You find that nearly 100% of your mental capital is focused on survival and this scarcity has compressed your vision and not allow you to see for much past today. You are willing to risk everything in and around your life just to survive and the future feels very small.

Awake (4, 5, 6) Your Money is an Obstacle to You.

- *You have stepped into abundance* for the first time and can finally see the importance of a plan. You see others who have a plan and you are committed to creating your own to finally bring stability to your abundance but although you seek it, the past stories of scarcity are still very strong and seem to kill your motivation to do the painful work to actually create the plan you desire.

Active (7, 8, 9) Your Money is a Support to You.

- *You have transcended your past stories of scarcity* enough to establish a solid basic plan. You are truly feeling abundance entering your world at level that was previously unimaginable. The idea of returning to the chaos and survival you experienced in the past is unacceptable to you and your focus has begun to shift to expanding your PLAN in order to protect this new level of abundance.

Accelerated (10, 11, 12) Your Money is a Weapon to You.

- *You have stabilized abundance* and your plan empowers your daily to know that no matter what happens in the world around you, abundance can never be stripped away again. This reality has allowed you to turn your vision to prosperity and for the first time in your life your purpose of LEGACY has begun to open up. You are now clear that you will spend the rest of your life putting a dent in the universe by building an EMPIRE that you can pass on to future generations who will follow you.

WHAT IS YOUR SCORE? _____ / 12

BEDROOM

Quantity

How much sex and intimacy are you getting?

Asleep (1, 2, 3) You are numb below the waist

- *You can't remember the last time you had sex and/or sex that was a level above comatose.*
- Even if you want sex, you aren't getting it.
- You feel numb and might have no desire whatsoever.
- You cannot see a light at the end of the tunnel and have already surrendered to a sexless life.

Awake (4, 5, 6) You might have sex once a month

- *You connect with each other once a month, and the habit is fairly consistent.*

Active (7, 8, 9) You might have sex once a week

- *You have an active sex life weekly and feel good about the quantity of connection you are having.*

Accelerated (10, 11, 12) You have sex multiple times a week

- *You have sex regularly, multiple times a week.*

WHAT IS YOUR SCORE? _____ / 12

BEDROOM

Quality

What is the depth of the sex and intimacy you are getting?

Asleep (1, 2, 3) It relieves the stress

- *If you even have sex, you are just going through the motions.* If you are a man, you either ejaculate quickly or have a difficult time even getting an erection. If you are woman the idea of an orgasm is a dream. You literally go through the motions and use sex as sedation.

Awake (4, 5, 6) Sometimes it feels good...

- *You sense more pleasure is possible.*
- You have occasional sexual encounters that are ok but not deep nor do they lead to any other connection.
- Your sex life finally has a small heartbeat, but you still find yourself wanting so much more than you are getting.
- You are starting to have communication about sex but more often than not, it ends in a fight.
- You can see a small light at the end of the tunnel and desire to change but you lack the mindsets or skills to even begin pulling this off.

Active (7, 8, 9) You Can Talk About It – Connection and Approval

- *You have achieved a depth in your love making that is powerful.*
- You can communicate your sexual wants and needs and fantasies with each other, and you don't judge each other.
- You have moment where sex is way more than just animal lust: you feel genuine heart connection that rejuvenates you both. She has orgasms, and he lasts far longer than a few minutes. You've explored your bodies in other ways as well.

Accelerated (10, 11, 12) It's a love offering to the universe – Depth and Magic

- *You have sex that is divine in nature, that fuels your purpose and your soul.* You can talk about anything, and are openly willing to not only try nearly anything as a source of play, but to take it deeper into ecstatic levels. Your communication is open and authentic and your sex life is a source of rejuvenation, connection and inspiration for both of you.

WHAT IS YOUR SCORE? _____ / 12

DIMENSION SCORES

BODY _____ / 24

BEING _____ / 24

BALANCE _____ / 24

BUSINESS _____ / 24

BEDROOM _____/24

DOMAIN RANKING

0 - 12 SCARCITY

13 - 18 ABUNDANCE

19 - 24 PROSPERITY

OVERALL SCORE

TOTAL SCORE _____ / 120

OVERALL RANKING

0 - 60 SCARCITY

61 - 96 ABUNDANCE

97 - 120 PROSPERITY