

DO YOU NEED REIKI?

TAKE THIS QUIZ AND FIND OUT!



HOW OFTEN DO YOU FEEL STRESSED OR OVERWHELMED?

- A. RARELY
- B. OCCASIONALLY
- C. FREQUENTLY
- D. ALMOST CONSTANTLY



DO YOU EXPERIENCE PHYSICAL SYMPTOMS SUCH AS HEADACHES, MUSCLE TENSION OR FATIGUE?

- A. RARELY OR NEVER
- B. OCCASIONALLY
- C. FREQUENTLY
- D. ALMOST CONSTANTLY



HOW WELL DO YOU SLEEP AT NIGHT?

- A. SOUNDLY
- B. FAIRLY WELL
- C. RESTLESSLY
- D. POORLY



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QUIZ



DO YOU OFTEN FEEL EMOTIONALLY DRAINED OR DEPLETED?

- A. NOT REALLY
- B. SOMETIMES
- C. QUITE OFTEN
- D. ALL THE TIME



HAVE YOU EXPERIENCED SIGNIFICANT LIFE CHANGES OR EMOTIONAL CHALLENGES RECENTLY?

- A. NO
- B. A FEW MINOR CHANGES
- C. SOME MINOR CHANGES
- D. YES, SEVERAL MAJOR CHALLENGES



HOW CONNECTED DO YOU FEEL TO YOUR BODY AND EMOTIONS?

- A. VERY CONNECTED
- B. MODERATELY CONNECTED
- C. SOMEWHAT DISCONNECTED
- D. COMPLETELY DISCONNECTED



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QUIZ



DO YOU HAVE TROUBLE LETTING GO OF PAST TRAUMAS OR NEGATIVE EMOTIONS?

- A. NO, I'M ABLE TO LET GO EASILY
- B. SOMETIMES
- C. OFTEN
- D. I FIND IT EXTREMELY DIFFICULT



HOW SATISFIED ARE YOU WITH YOUR OVERALL SENSE OF WELL-BEING?

- A. VERY SATISFIED
- B. MODERATELY SATISFIED
- C. SOMEWHAT SATISFIED
- D. VERY DISSATISFIED



FOR EACH QUESTION, ASSIGN YOURSELF THE FOLLOWING POINTS:

- A. 1 POINT
- B. 2 POINTS
- C. 3 POINTS
- D. 4 POINTS

ADD UP YOUR TOTAL SCORE _____



REIKI QUIZ RESULTS

RESULTS INTERPRETATION:

- **8-16 Points:** Reiki might be beneficial for you as a tool for relaxation and stress reduction.
- **17-24 Points:** Reiki could offer significant benefits for your physical and emotional well-being.
- **25-32 Points:** Reiki may be highly beneficial for you in addressing deep-seated emotional issues and promoting holistic healing.

Remember, this quiz is just a starting point. Consider scheduling an appointment to discuss your specific needs and goals to help bring overall balance and wellness to your mind, body and emotions.