



*Find out if you are tapped into the
highest level of your Energetic IQ™*

Take the Energetic IQ™ Quiz

www.TamiGulland.com

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ENERGETIC IQ™ QUIZ

Are You Tapped into the Highest Level of Your Energetic IQ™?

Let's take an honest, loving look to discover your current level of Energetic IQ™. Choose the rating that is closest for you at this moment. Be honest and go with the first answer that comes to you! This is designed to give you clarity and empowerment in your life choices. RATING SCALE: 1 = Never 2 = Once in a while 3 = Sometimes 4 = Most of the time 5 = Always

I trust myself and that the decisions I make are right for me.

1	2	3	4	5
Never	Once in a while	Sometimes	Most of the time	Always

I respond from a calm and grounded place, rather than react when I feel emotionally triggered or confronted.

1	2	3	4	5
Never	Once in a while	Sometimes	Most of the time	Always

I consistently seek answers by checking in with my intuition and body intelligence and follow that guidance.

1	2	3	4	5
Never	Once in a while	Sometimes	Most of the time	Always

I take personal responsibility for my thoughts, behaviors, choices and outcomes.

1	2	3	4	5
Never	Once in a while	Sometimes	Most of the time	Always

I have a clear way to step out of the patterns that derail me (procrastination, overwhelm, self-sabotage) and quickly get back into aligned action.

1	2	3	4	5
Never	Once in a while	Sometimes	Most of the time	Always

I feel expansive and fulfilled with what I am creating in my . . .

Business/career

1	2	3	4	5
Never	Once in a while	Sometimes	Most of the time	Always

Relationships

1	2	3	4	5
Never	Once in a while	Sometimes	Most of the time	Always

Soul's Purpose

1	2	3	4	5
Never	Once in a while	Sometimes	Most of the time	Always

Health and Energy/Vitality

1	2	3	4	5
Never	Once in a while	Sometimes	Most of the time	Always

Wealth/Money

1	2	3	4	5
Never	Once in a while	Sometimes	Most of the time	Always

Energetic IQ™

is accessing and working with your unique energy, abilities and strengths to create the things you once thought impossible and be able to fully receive them.

How tapped into the highest level of your Energetic IQ™ are you?

Look at the answers you circled on your quiz.

Which statements did you circle 4s and 5s for? This shows you strengths in your Energetic IQ™.

Which statements did you circle 1, 2 and 3s for? These are the areas ready to be strengthened to elevate your **Energetic IQ™**.

Elevating your Energetic IQ™ is a practice and happens over time.

We are always tapped into our Energetic IQ™ at some level, although we may not be consciously aware of it. When we are able to circle mostly 4s and 5s on the survey we are then using our greater capacity to create with more ease in all area of our lives. This is a practice.

One of your most important resources is energy. The quiz you just completed gives you an understanding of how your energy is being directed. In order to create focus and follow through on your goals, you need to consciously direct your energy. This allows you to do what is most important to you.

Whatever you are inspired to change or create begins with a shift in your **Energetic IQ™**.

**Are you ready to begin to allow more of what
you truly want into your life –
your relationships? spiritual connection?
work/business? health? wealth?**

*Having the right support allows you
to get there more quickly.*

Can I help you bring your best self forward and connect you
with the highest wisdom of your Soul in all areas of your life,
so you can begin to put it into action with an Introductory
Energetic IQ™ Reading?

*Having an Introductory **Energetic IQ™** Reading
assists you in being clear, aligned, efficient and joyful. You
will have more focus and energy to support your actions
and results.*

- Book Your **Energetic IQ™** Introductory Reading
by emailing Tami@TamiGulland.com or calling
[303.697.0289](tel:303.697.0289) to reserve your reading. You will be
sent a PayPal invoice. Payment secures your spot.
Then, you will schedule your session with Tami and
receive a special guide to help you prepare.

About Tami



Tami Gulland is the Founder of
Energetic IQ™

Mastery. She is an Energy Mentor who senses what others aren't able to. She helps her clients connect with and attune to their Soul's purpose, desires and highest guidance. Then helps them practically apply this wisdom to create true joy, contribution and fulfillment. This allows them to feel more connected and alive in their spirituality, relationships, work, health, wealth and experience more of what they truly want.