

Are you in need of a lil omm?

This short wellness quiz will help you determine if you are thriving in your life.

True or False

1. I have a clear sense of mission and purpose in *all* areas of my life.
2. I eat well, sleep well, and my digestion is consistent.
3. I feel deeply connected to the most important people in my life and I spend time with them.
4. I take good care of myself in *all* areas of my life.
5. I feel as if I am the leader of my life and I have intentionality in mapping out the next season of my life.
6. I am able to handle the challenges that appear in my life with ease and I am able to process big emotions.



If you have answered mostly True: Congrats, baby. You are THRIVING! enJOY your life and the work you have done to get here. You may want to consider a weekly or monthly lil omm class or a retreat once a year to keep in flow. You are delightFULL!

If you have mostly False: My darling, lets get on the phone. I want you to have all this. It is possible for YOU. I believe it and I know it to be true. Consider some private coaching sessions or the THRIVE course to jumpstart your wellness. Want to learn more? E-mail me at pleasance@lilomm.com and we can set up a time to chat.