



The Gap Year Movement

Life Balance Assessment: Discover Your Soul-Pull Energy & Next Dream Chapter

Created by Amy Martinez (@gapyearwithamy) – Your Guide to Intentional Gap Years & Soul-Aligned Living

Welcome!

Dedicated professionals like you deserve a life that lights you up every day. This quick assessment is your personal battery check-in: it highlights where your energy, alignment, and joy are flowing strong—and where a gentle soul aligned shift (or intentional gap-year pause) could open even more magic. Inspired by real gap-year stories of rediscovery and wonder.

How to Use:

- Rate each statement honestly
 - (1 = Not at all true for me → 5 = Very true for me).
 - Tally your scores per section.
 - Review the positive insights and soul-aligned next steps.
 - Download, print, or fill digitally—your results are just for you!
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Section 1: Career & Work Energy

How aligned and energized does your professional world feel?

1. My workday leaves me with plenty of energy for the people and passions I love. (1–5)
2. I look forward to Mondays and feel excited about the possibilities ahead. (1–5)
3. My career supports the balanced, soul-aligned life I'm designing. (1–5)

Subtotal: __ /15

Section 2: Inner Clarity & Joy

How connected are you to your inner voice and what truly sparks joy?

4. I speak to myself with kindness and feel confident in my path. (1–5)
5. I feel deeply connected to my passions and what makes my soul sing. (1–5)
6. My stress levels feel manageable, supporting great sleep, mood, and relationships. (1–5)

Subtotal: __ /15

Section 3: Body Vitality & Movement

How nourished and alive does your body feel in daily life?

7. I move through my days with natural energy and ease. (1–5)
8. Healthy movement and eating feel joyful and energizing. (1–5)
9. I regularly give myself space to breathe, rest, and recharge. (1–5)

Subtotal: __ /15



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Section 4: Purpose & Soul-Pull Direction

How clear and magnetic does your bigger vision feel?

10. My goals and daily choices feel beautifully aligned with my values. (1–5)

11. I feel motivated and inspired to explore what brings me joy. (1–5)

12. I'm excited about big, soul aligned possibilities—like travel, new adventures, or fresh starts. (1–5)

Subtotal: __ /15

Total Score: __ /60

Scoring Insights (Your Glow Zones):

- **45–60: Radiating Balance** – You're in a beautiful flow! Lean into what's working and consider a mini-gap (weekend adventure or intentional pause) to amplify the magic.
- **30–44: Solid Foundation with Spark Potential** – You have strong areas—celebrate them! One or two gentle shifts could unlock even more soul-pull joy and possibility.
- **12–29: Opportunity for Soul-Pull Realignment** – Perfect moment to explore what lights you up. Many in the movement find an intentional gap year (or shorter pause) creates the clearest breakthroughs and wonders.

Personalized Next Steps (pick 1–2 from your highest/lowest sections):

1. High section score + next steps:
 - a. ...
 - b. ...
2. Low section score + next steps:
 - a. ...
 - b. ...



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Tailored Action Ideas:

Here are gentle, soul-aligned starters. Choose 1-2 that feel exciting, not overwhelming.

Career & Work Energy

- Try one “no-email evening” this week—replace it with something that recharges you (reading, a walk, or calling a friend).
- Explore gap-year style volunteering or a short project in a field that sparks curiosity—many find it brings fresh perspective.
- Block one “soul-discovery hour” in your calendar each week just for creative or exploratory work that feels playful rather than productive.

Inner Clarity & Joy

- Start a quick daily journal: spend 5 minutes writing three things that brought you a spark of joy or energy throughout your day.
- Try a short mindfulness moment with an app like Headspace—gap-year adventurers often love the guided “reset” or gratitude tracks.
- Speak to yourself like a kind friend: create one affirming phrase (“I’m allowed to choose what lights me up”) and repeat it during transitions.

Body Vitality & Movement

- Add one joyful movement ritual that feels good in your body—morning stretches by a window, a sunset walk, or dancing to your favorite playlist.
- Make one small nourishment upgrade that feels like self-care rather than restriction (e.g., a colorful smoothie, herbal tea ritual, or earlier wind-down routine).
- Create intentional rest pockets: experiment with a 10-minute “nothing” break midday or an earlier bedtime with no screens—notice how your energy shifts.



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Purpose & Soul-Pull Direction

- Spend 10 minutes daydreaming: write or voice-note what a more soul-aligned week or month could look like—no limits.
- Explore one small adventure that feels magnetic (a weekend road trip, local workshop, or even researching gap-year destinations that excite you).
- Connect with your “why”: revisit your values and pick one tiny daily choice that moves you closer to what feels meaningful and exciting.

Bonus Tip:

Print this page or keep it in your notes app. Revisit your assessment in 30 days and celebrate even the smallest shifts—every soul-aligned step creates more magic and clarity for your next dream chapter.

Ready for your next chapter?

Head to thegapyearmovement.com/blog for more stories, tools, and inspiration. Want more support designing your intentional gap year or soul-aligned life? Join the movement at thegapyearmovement.com or DM me @gapyearwithamy! ✨

Disclaimer: This is for reflection and inspiration only. For health or burnout concerns, please consult a trusted professional.