🌿 THE IDENTITY SEASON SELF-DIAGNOSIS ASSESSMENT

A gentle, reflective tool to help you understand where you are —

and what your soul needs next.

This assessment helps identify which of the four Identity Seasons you are currently in:

- **Lost Self**
- **Wounded Leader**
- **Seeker**
- **Rising One**

⭐ HOW IT WORKS

1. Read each of the 12 statements.
2. Check every statement that feels true for you.
3. Count how many checks fall under **EACH SEPARATE** Season.(You should have 4 separate totals)
4. Your highest total = your current Identity Season.

🌸 SECTION 1 — LOST SELF

You're in a season of disconnection, fog, or identity confusion.

Check all that apply:

- I feel disconnected from who I used to be.
- I often feel numb, shut down, or emotionally flat.
- I'm unsure what I want, need, or feel.
- I've lost confidence in my voice or decisions.
- I feel like I'm watching my life instead of living it.
- I crave clarity more than anything.

🌙 SECTION 2 — WOUNDED LEADER

You're strong, capable, and high-functioning — but tired, overwhelmed, or carrying too much.

Check all that apply:

- I push through even when I'm exhausted.
- I feel responsible for everything and everyone.
- I'm overwhelmed but still performing.
- I rarely feel emotionally safe or supported.
- I'm tired of being the strong one.
- I know I need healing, but I don't slow down.

🔎 SECTION 3 — SEEKER

You're searching for clarity, direction, and alignment.

Check all that apply:

- I know I'm meant for more, but I'm not sure what.
- I'm asking deeper questions about purpose and identity.
- I feel like I'm in-between chapters.
- I'm curious, open, and reflective.
- I'm trying to understand the meaning behind my experiences.
- I want direction and a clear next step.

🔥 SECTION 4 — RISING ONE

You're stepping into a new version of yourself — stronger, clearer, and more aligned.

Check all that apply:

- I feel momentum building inside me.
- I'm becoming more confident and grounded.
- I'm ready for aligned action.
- I feel hopeful about the future.
- I'm shedding old patterns and stepping into new ones.
- I feel like I'm rising into who I was meant to be.

⭐ HOW TO SCORE YOUR RESULTS

Count how many statements you checked in each section.

- **Highest score = your Current Identity Season**
- **Second highest = your supporting season**
- **Lowest score = your growth edge**

⭐ WHAT TO DO NEXT

Now that you know your Identity Season, CLICK the link below to explore more about your Identity Season results and your personalized coaching path.

www.charlottehunt.com/Identity Season Results Page - Charlotte D. Hunt - Resilience & Renewal Coach