



Wellness Village Quiz: Discover Your Relationship Ecosystem

Purpose of the Quiz

This quiz will help you assess the roles fulfilled in your wellness village, identify strengths in your current connections, and explore opportunities to nurture or create relationships. Whether your connections are thriving, need care, or feel vacant, this quiz is designed to inspire actionable steps toward balance and growth.

Instructions

For each statement, reflect on your relationships and how they align with the archetypes in your wellness village. Assign points to each statement using the following scale:

- **3 points:** Strongly agree—this role is well-filled in my life.
- **2 points:** Somewhat agree—this role is partially filled but could use attention.
- **1 point:** Strongly disagree—this role is not filled in my life.

At the end of the quiz, tally your scores for each archetype and use the scoring guide to reflect on your ecosystem.

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The Wise Elder

1. I have someone who offers wise advice during challenging times.
2. This person helps me see the bigger picture when I feel stuck.
3. I turn to this person for clarity and perspective.
4. Their presence feels grounding and steady in my life.
5. I feel inspired by their life experiences and insights.

The Listener

1. There is someone who listens to me without judgment.
2. This person holds space for my thoughts and emotions.
3. I feel understood and validated after conversations with them.
4. They don't try to "fix" me but support me through empathy.
5. I trust them to be a consistent source of emotional support.

The Cheerleader

1. I have someone who celebrates my achievements enthusiastically.
2. This person encourages me to pursue my dreams and goals.
3. They remind me of my strengths when I doubt myself.
4. I feel uplifted and inspired after spending time with them.
5. They consistently motivate me to believe in my potential.

The Challenger

1. I know someone who encourages me to step out of my comfort zone.
2. This person pushes me to grow in positive ways.
3. They motivate me to face fears and try new things.
4. Their encouragement has led to significant personal development.
5. I feel more capable and confident after interacting with them.

The Healer

1. I have someone who helps me process pain and find peace.

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2. Their presence is comforting and restorative during difficult times.
 3. I feel emotionally safe and supported when I'm with them.
 4. This person encourages me to prioritize self-care and resilience.
 5. Time spent with them leaves me feeling renewed.
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The Adventurer

1. I know someone who inspires me to embrace new experiences.
 2. They encourage me to explore beyond my comfort zone.
 3. I feel invigorated by their passion for discovery and curiosity.
 4. Their energy reminds me of the joy in trying new things.
 5. They inspire me to pursue both small and big adventures.
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The Protector

1. I have someone who makes me feel safe and secure.
 2. They stand by me during challenging times, offering stability.
 3. This person advocates for me when I need support.
 4. I feel calm and reassured in their presence.
 5. They are a consistent source of emotional and practical safety.
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The Dreamer

1. I know someone who encourages me to dream big and envision possibilities.
 2. They help me broaden my perspective and see creative solutions.
 3. This person inspires hope and imagination in my life.
 4. They make me excited about the future and its possibilities.
 5. Their ideas motivate me to think beyond my current limitations.
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Scoring Guide

- **12–15 points:** Thriving—This role is well-filled in your life. Celebrate and nurture this relationship.
- **8–11 points:** Needs Care—This role exists but could use attention. Reflect on how to deepen this connection.

- **7 points or less:** Vacant—This role is unfulfilled. Consider ways to invite this energy into your wellness village.
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Reflection and Action Steps

Thriving Roles

- Celebrate these relationships by expressing gratitude or spending quality time together.
- Reflect on how these connections contribute to your wellness village and how you can continue to nurture them.

Roles Needing Care

- Identify ways to strengthen these connections. Could you initiate meaningful conversations or plan shared activities?
- Reflect on whether you've communicated your needs clearly and how you can invest more in this relationship.

Vacant Roles

- Seek opportunities to fill these gaps. Join new communities, reconnect with old friends, or pursue interests that align with your values.
 - Reflect on what this role would bring to your life and take intentional steps to welcome this energy into your wellness village.
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Why This Matters

Your wellness village thrives on balance, diversity, and intention. By understanding the roles your relationships play, you can take actionable steps to cultivate deeper connections and a more vibrant ecosystem. Relationships ebb and flow, and by nurturing these bonds, you can create a supportive and dynamic network that uplifts and sustains you.