



The Wellness Village Quiz: Part Two – The Winter of Connection

Purpose of the Quiz

This quiz will help you assess how your relationships evolve during the quieter, reflective season of winter. It will guide you in recognizing which connections **endure through the cold**, which may have **faded into dormancy**, and where **new warmth is needed**. By identifying which archetypes are present and which need nurturing, you can take **intentional steps** to maintain balance in your wellness village.

Instructions

For each statement, reflect on your relationships and how they align with the **winter archetypes** of the 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.

The Kindred Spirit

- I have someone in my life who feels like **home**, no matter how much time passes.
 - This person and I share an **unspoken understanding**, even when words are not exchanged.
 - I feel safe being **completely myself** around them.
 - Even if we are apart, I trust that our **bond remains strong and unchanged**.
 - Their presence brings me **warmth, comfort, and a deep sense of belonging**.
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The Bridge-Builder

- I have someone who helps **mend misunderstandings** and strengthens connections.
 - This person encourages **open communication** and brings people together.
 - When I feel distant from someone, they help me **find common ground**.
 - Their presence reminds me that **rebuilding connections is always possible**.
 - I trust their ability to **navigate difficult conversations with grace**.
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The Mirror

- I know someone who reflects both my **strengths and blind spots** back to me.
 - This person challenges me to **see myself clearly**, even when it's uncomfortable.
 - I often gain **deep self-awareness** through our interactions.
 - Their presence helps me **acknowledge my growth, wounds, and potential**.
 - They do not let me **hide from my truths** but offer compassion in reflection.
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The Anchor

- There is someone in my life who provides **stability and grounding** when things feel uncertain.
 - This person is always **reliable, unwavering, and consistent** in their support.
 - When I feel lost, they remind me of my **strength and resilience**.
 - I never feel **judged by them—only understood and accepted**.
 - They offer comfort without trying to **change or fix** my struggles.
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The Catalyst

- I have someone in my life who **pushes me toward growth and change**.
 - This person does not let me **stay stagnant or stuck in comfort zones**.
 - They **challenge me** to take action, even when it feels risky.
 - Their energy brings **excitement and a spark of motivation** into my life.
 - I sometimes **resist their push**, but I recognize that it always leads to **something transformative**.
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The Storyteller

- I know someone who holds the **history of my connections**, reminding me where I've been.
 - Their presence ensures that **no moment is truly lost**, weaving the past into the present.
 - They help me see the **bigger picture of my journey**.
 - When I feel disconnected, they remind me of **who I am and where I come from**.
 - Their words and stories create **a thread connecting me to those who came before**.
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The Quiet Guardian

- I have someone who **protects and supports me**, even if they do so silently.
 - This person watches over me **without seeking recognition or credit**.
 - Their presence makes me feel **safe and emotionally secure**.
 - They are **attuned to my needs**, even if I don't express them.
 - I may not always notice their efforts, but I know they are **always looking out for me**.
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The Firekeeper

- I know someone who keeps my **passions and creativity alive**, even in quiet seasons.
 - This person reminds me of what **brings me joy and purpose**.
 - When I feel **burned out**, they **rekindle my inner fire**.
 - I leave our conversations feeling **inspired, energized, and ready to create**.
 - No matter how dark the night, their steady tending of the flames ensures **warmth, creativity, and connection**.
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The Threshold Keeper

- I have someone who helps me **navigate major life transitions**.
 - This person reminds me that **every ending is also a beginning**.
 - When I stand at a crossroads, they offer **guidance and reassurance**.
 - Their presence makes change feel **less overwhelming and more natural**.
 - They help me see that **growth often requires stepping into the unknown**.
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The Wanderer

- I have had relationships that were **brief but deeply meaningful**.
 - This person came into my life, left an impact, and **moved on, but not forgotten**.
 - Their presence reminds me that **not all connections are meant to last forever**.
 - They inspire me to **embrace impermanence and appreciate the present**.
 - Even if they are no longer in my life, I cherish the **lessons and memories they left behind**.
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Scoring Guide

- 🌟 **12–15 points: Thriving** – This role is **well-rooted in your life!** Take a moment to **appreciate and nurture** this connection.
 - ↻ **8–11 points: Needs Care** – This role is present but may need **more attention and investment**. What small steps can you take to deepen this relationship?
 - ❄️ **7 points or less: Vacant** – This energy is **missing in your village**. Consider how to **invite or cultivate** this connection in your life.
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Reflection and Action Steps

🌟 Thriving Roles

- Celebrate these connections! **Express gratitude** to those who fill these roles and look for ways to **reciprocate their support**.

↻ Roles Needing Care

- What small steps could strengthen this bond? **Consider a conversation, shared activity, or intentional time** to nurture this relationship.

❄️ Vacant Roles

- Is this energy missing in your life? **Explore where you could find it—through new communities, rekindled friendships, or even personal growth.**
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Why This Matters

Winter invites **quiet reflection, endurance, and rekindling warmth**. Some connections remain steady, some rest beneath the snow, and others need tending before they bloom again.

This quiz offers a **seasonal check-in**—an opportunity to mindfully assess where your relationships **support, challenge, or need attention**.

As winter softens into spring, **your wellness village will shift and grow**. By tending to your connections now, you'll step into the next season with **greater clarity, warmth, and balance**.