

AURA REIGN

SELF ASSESSMENT CODEX

Your Complete Strategic Self-Evaluation Before Reconstruction Begins

Introduction

The Assessment Codex is designed for complex women navigating major life transitions (divorce, burn out, feeling they have outgrown their life or simply desire for more). Before you embark in this journey, you need clarity to understand where is your starting point.

This Assessment is based on strategic intelligence and is best used alongside therapeutic, legal, or financial support where relevant. It takes around 20-30 minutes to complete.

For better results make sure to answer honestly, there are no wrong answers—only strategic insights waiting to be discovered that will help us guiding you on your journey.

HOW TO USE THIS CODEX

Step 1: Read each question carefully and answer based on where you are *RIGHT NOW*, not where you want to be.

Step 2: Use the scoring guide at the end of each section to calculate your score.

Step 3: Review your overall readiness profile to understand your strategic starting point.

Step 4: Read your personalized next steps based on your results.

Part I: Emotional Archaeology

Understanding Your Current Emotional Terrain

For each statement, rate yourself on a scale of 1-5:

- 1 = *Not at all true*
- 2 = *Slightly true*
- 3 = *Moderately true*
- 4 = *Very true*
- 5 = *Completely true*

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1. *I can identify and name my emotions without becoming overwhelmed.*
2. *I can sit with uncomfortable feelings without immediately escaping them.*
3. *I have processed the initial shock of my situation and am no longer in crisis mode.*
4. *I feel emotionally stable enough to make important decisions about my future.*

SECTION SCORE : _____/50

Part II: Values Excavation

Identifying What Truly Matters to You

For each statement, rate yourself on a scale of 1-5:

5. *I can clearly articulate my top personal values.*
6. *I can identify which values I compromised in my previous chapter.*
7. *I know which relationships in my life support my values and which don't.*
8. *I am prepared to create boundaries based on my values, even if others disapprove.*

SECTION SCORE : _____/50

Part III: Identity Audit

Assessing Your Sense of Self

For each statement, rate yourself on a scale of 1-5:

9. *I have a clear sense of who I am outside of my roles (wife, mother, partner).*
10. *I know what I want, independent of what others expect.*
11. *I trust my own judgment and intuition.*
12. *I can advocate for myself in difficult conversations.*

SECTION SCORE: _____/50

Part IV: Practical Readiness

Evaluating Your Material and Logistical Foundation

For each statement, rate yourself on a scale of 1-5:

13. *I have a clear understanding of my current financial situation.*
14. *My living situation is stable or I have a clear plan to stabilize it.*
15. *I have legal or professional support in place where needed.*
16. *I have the time and mental space to invest in strategic work.*

SECTION SCORE: _____/50

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Part V: Strategic Vision

Assessing Your Capacity to Think Forward

For each statement, rate yourself on a scale of 1-5:

17. *I can imagine a future that excites me, even if I don't know the details.*
18. *I have specific goals or desires for my next chapter.*
19. *I believe my best years are ahead of me.*
20. *I am ready to take strategic action, not just think about change.*

SECTION SCORE: _____ /50

SCORE: 200-250 Points

STRATEGIC MASTERY READY

Where You Are: You are strategically ready for reconstruction work. You have emotional stability, practical foundations in place, and a clear sense of vision. You're not in crisis—you're in planning mode. You understand yourself, your values, and what you want next.

What You Need:

- A sophisticated methodology to architect your next chapter with precision
- Strategic frameworks to turn vision into actionable steps
- Accountability and expertise to accelerate your progress
- Advanced tools for professional positioning, embodiment, and authority-building

Your Next Move: You're ready for **The Mastery Level Program** (Arts I-IV). This is complete reconstruction and embodiment work. You'll benefit from:

- Full strategic assessment and methodology customization
- Identity architecture and professional positioning
- Embodiment coaching and presence cultivation
- Ongoing strategic support

Recommended Action: Book a Strategic Consultation to discuss your customized reconstruction plan.

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SCORE: 150-199 Points

FOUNDATION BUILDING READY

Where You Are: You've moved beyond crisis and have good emotional stability. You have some clarity about your values and identity, and you're ready to do strategic work. However, you may need to shore up certain practical foundations or deepen your self-knowledge before full reconstruction.

What You Need:

- Structured assessment and deconstruction work
- Time to excavate values and audit identity more deeply
- Support in creating practical stability where needed
- A clear methodology for moving from "somewhat clear" to "strategically clear"

Your Next Move: You're ready for **The Foundation Level Program** (Arts I-II). This is deep assessment and strategic deconstruction work. You'll benefit from:

- Complete strategic assessment process
- Guided values excavation and identity audit
- Strategic planning for practical needs
- Personal methodology development

Recommended Action: Download additional resources and consider Foundation Level work. You may also benefit from a Strategic Consultation to identify specific gaps.

SCORE: 100-149 Points

PREPARATION PHASE

Where You Are: You're in transition. You have some emotional stability and practical awareness, but you're still working through certain elements. You may be in the middle of divorce, dealing with logistics, or still processing emotions. You have a desire for change but need more foundation before strategic reconstruction.

What You Need:

- Continued emotional support (therapy, support groups, trusted friends)
- Practical stability in key areas (housing, finances, legal matters)
- Time to process and grieve what needs to be grieved
- Self-directed assessment work to build clarity

Your Next Move: You're not quite ready for strategic reconstruction programs yet, but you can prepare yourself. Focus on:

- Working with a therapist if you're still emotionally dysregulated
- Getting practical foundations in order (legal, financial, housing)
- Self-study using resources like this Codex and our free tools
- Building your support system **Recommended Action:** Use our free resources (Strategic Reconstruction Toolkit, blog articles) and revisit this assessment in 3-6 months. If specific sections scored low, focus your energy there first.

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SCORE: 50-99 Points

CRISIS MANAGEMENT PHASE

Where You Are: You're likely in active crisis or recently out of crisis. Your emotional state may be volatile, practical foundations are unstable, and you're in survival mode more than planning mode. This is not a failure—this is where you are right now, and it's important to honor that.

What You Need:

- Immediate therapeutic support (trauma-informed therapist, crisis counselor)
- Practical crisis management (legal support, financial planning, safe housing)
- A strong support network (friends, family, support groups)
- Time and space to stabilize before strategic work

Your Next Move: Strategic reconstruction is not your next step—stabilization is.

This is the right and necessary focus. You need:

- Professional therapeutic support
- Legal/financial advisors as appropriate
- Crisis management resources
- Community support

Recommended Action: Focus on stabilization first. Our strategic work will be here when you're ready. Seek immediate support from qualified professionals. Return to this assessment when you feel more stable.

YOUR PERSONALIZED NEXT STEPS

Based on your total score and section scores, here's what to do next:

If you scored 200+:

1. Book a Strategic Consultation with Aura Reign
2. Prepare for Mastery Level work (Arts I-IV)
3. Begin thinking about your professional positioning
4. Consider what embodiment and presence work might look like for you

If you scored 150-199:

1. Download the Strategic Reconstruction Toolkit
2. Focus on the sections where you scored lowest
3. Consider Foundation Level work (Arts I-II)
4. Book a consultation if you want expert guidance on your specific gaps

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If you scored 100-149:

1. *Address practical needs first (legal, financial, housing)*
2. *Continue therapeutic work if emotions are still volatile*
3. *Use free resources for self-directed assessment*
4. *Retake this assessment in 3-6 months*

If you scored below 100:

1. *Seek immediate professional support (therapy, legal, financial)*
2. *Build your support network*
3. *Focus on day-to-day stability*
4. *Know that strategic work will be here when you're ready*

