**Mala Questionnaire**

Finding the stone that will connect to you!

A picture containing chain, necklace, table

Description automatically generated

**\*You can select more than 1 answer\***

1. **Currently, what is your emotional state?**
2. Very happy overall, can’t complain about much!
3. Experiencing waves of depression/anxiety/fear or all together
4. Pretty content, but want to be more connected with myself and others
5. Going through many emotional ups & downs
6. **What are your favorite colors to wear right now (jewelry & clothing)?**
7. Neutrals mostly, pretty simple (black, grey, white, brown, taupe/beige/ navy)
8. Bright, fun, vibrant colors (hot pink, salmon, yellow, orange, etc).
9. I don’t think much into colors to wear.
10. All depends on my mood each day!
11. **We have 7 chakras; each chakra represents a point on our body that helps our align our overall energy. Below, select each answer that fits with you currently (right Y or N, if you feel uncomfortable answering a Q feel free to skip).**
12. I have trouble communicating with others
13. It is challenging for me to speak the truth to others
14. It is difficult for me to be honest with myself
15. I currently feel disconnected with myself
16. I currently feel disconnected with others
17. It is hard for me to love myself
18. My sex drive is low right now
19. I consider myself to be self-aware
20. I always feel secure
21. My impulses usually get the best of me
22. I am not religious, but believe in a higher being
23. I don’t really have an opinion on religion or higher being
24. I feel tired and exhausted
25. I tend to give too much energy to others
26. I am confident physically
27. I get stressed easily
28. If in a stressful situation, I am calm and levelheaded
29. **Do you currently have any health conditions such as (heart problems, breathing, throat, reproductive, stomach, etc. feel free to just state the illness/problem & explain).**
30. **Do you meditate? If Y how often?**

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