SACRED SPACES COUNSELLING CENTRE · FREE RESOURCE

Seeker, Apprentice or Sage?

Which path of the quest for the Stone are you walking?

A FREE QUEST FROM THE UPCOMING BOOK

The Neurodivergent's Guide to Life · Coming Soon

The quest for the Philosopher's Stone climbs three paths, and the Gems are gathered in order: you work with each one until it feels familiar before moving to the next. **For each Gem, tick the box that fits you right now.** No adding up, no math.

THE PATH OF THE SEEKER — GEMS 1–3

1	AWARENESS I can observe my thoughts, feelings and body sensations without judging them.	☐ Not yet	☐ Sometimes	☐ Familiar
2	REGULATION When emotions or body cues overwhelm me, I can notice and steady them.	☐ Not yet	☐ Sometimes	☐ Familiar
3	CONNECTION I feel genuinely connected: to myself, to others and to the wider world.	☐ Not yet	☐ Sometimes	☐ Familiar

THE PATH OF THE APPRENTICE — GEMS 4–6

4	COMPASSION I treat myself as an ally and accept my imperfections as part of being human.	☐ Not yet	☐ Sometimes	☐ Familiar
5	FLEXIBILITY When things change or go wrong, I can adapt and find the growth in the challenge.	☐ Not yet	☐ Sometimes	☐ Familiar
6	PERCEPTION I can catch the limiting stories I tell about myself and reframe them.	☐ Not yet	☐ Sometimes	☐ Familiar

THE PATH OF THE SAGE — GEMS 7–10

7	EXPRESSION I can voice my authentic needs and truth, even when it's uncomfortable.	☐ Not yet	☐ Sometimes	☐ Familiar
8	AUTHENTICITY I'm living in alignment with who I really am, not who I'm expected to be.	☐ Not yet	☐ Sometimes	☐ Familiar
9	PURPOSE I know what truly makes me come alive, and my life makes room for it.	☐ Not yet	☐ Sometimes	☐ Familiar
10	INTEGRATION My parts, lessons and skills feel woven into wholeness and acceptance.	☐ Not yet	☐ Sometimes	☐ Familiar

◆ **Now read down from Gem 1 and stop at the first Gem you did NOT tick "Familiar."** That's your starting Gem, and the path it sits on is your path.

My starting Gem: _____ **My path:** _____

YOUR RESULTS

Find Your Path

Your starting Gem tells you where your quest begins.

THE SEEKER — STARTING GEM 1, 2 OR 3

Where every great adventure begins.

Your quest is to answer the call: to explore, question and build awareness of the landscapes within and around you. Notice what is here, name it, and relate to it with care.

GEMS ON THIS PATH — **Awareness · Regulation · Connection**

THE APPRENTICE — STARTING GEM 4, 5 OR 6

Where insight becomes skill.

You're moving from observation to action: refining, experimenting and building daily practices rooted in your discoveries. Bring warmth, try lighter options, and shift the lens a little.

GEMS ON THIS PATH — **Compassion · Flexibility · Perception**

THE SAGE — STARTING GEM 7, 8, 9 OR 10

Where wisdom is integrated.

You're descending into the depths of your psyche, facing hidden parts and gathering your Gems into wholeness: speaking from the Self, aligning with who you are and naming your why.

GEMS ON THIS PATH — **Expression · Authenticity · Purpose · Integration**

Ticked "Familiar" for all 10 Gems? You've reached the summit. It's time to forge your Philosopher's Stone, and to keep cultivating it, since the Stone is something you tend for life.

HOW TO WALK YOUR PATH

- **Starting at Gem 1 or 2? That's common, and it isn't failure.** Regulation can't be skipped. Stabilize your system first; it's the foundation every other Gem is built on.
- **Familiar with later Gems but not earlier ones?** Those skills will help you, but the quest still starts at the base. Begin with your starting Gem.
- **Work with one Gem until it feels familiar**, then move to the next. Stuck or overwhelmed? Practise the Gem before it. The path isn't strictly linear, and rest is valid progress.

THIS QUIZ IS ONLY THE FIRST STEP · COMING SOON

The Neurodivergent's Guide to Life

Find and traverse the whole quest, all 12 levels and 10 Gems, in the upcoming book.

An Illustrated Odyssey into Healing & Living Divergently · Shaniah Quadras-Phillipps & Andrew Phillipps

Be first to know
sacredspacescounselling.com

This quiz is a tool for reflection and education. It is not a clinical assessment, diagnosis or substitute for professional care. If you are in crisis, call or text 9-8-8 (Canada) or call 9-1-1.