

Hip Tranquil Chick Quiz



Hip Tranquil Chick (hip-tra[ng]-kwəl-'chik) n.,
 A woman who weaves her practice of yoga and love of
 all things fabulous into a hip and tranquil lifestyle.



You know you're a hip tranquil chick if you answer yes to the following:

(1 = Yes 2 = Sometimes/Maybe 3 = Not Sure 4 = No)

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| 1. Do you dream of doing big things? | 1 | 2 | 3 | 4 |
| 2. Do you long for balance while maintaining your bustling social life? | 1 | 2 | 3 | 4 |
| 3. Is thinking globally and serving others important to you? | 1 | 2 | 3 | 4 |
| 4. Would you never dream of leaving home without lip gloss? | 1 | 2 | 3 | 4 |
| 5. Is yoga, in one of its many forms, a must-have piece of your lifestyle? | 1 | 2 | 3 | 4 |
| 6. Is creativity as important to you as breathing? | 1 | 2 | 3 | 4 |
| 7. Are you striving to be a savvy, girly, empowered woman? | 1 | 2 | 3 | 4 |
| 8. Are kitten heels, a long strand of faux pearls, a little black dress, and the perfect bamboo yoga pants staples in your wardrobe? | 1 | 2 | 3 | 4 |
| 9. Do you love throwing cheap chic soirées in your swanky surroundings? | 1 | 2 | 3 | 4 |
| 10. Is your vision to lead a mindfully extravagant life? | 1 | 2 | 3 | 4 |
| 11. If time and money were not an issue, would you be living the way you are living now? | 1 | 2 | 3 | 4 |
| 12. Are there ways that you could express yourself more authentically? | 1 | 2 | 3 | 4 |
| 13. Do you see challenges as growth opportunities? | 1 | 2 | 3 | 4 |
| 14. Do you embody a passion for learning and growing? | 1 | 2 | 3 | 4 |
| 15. Are you doing all that you can to leave a hip and tranquil legacy? | 1 | 2 | 3 | 4 |
| 16. Are you exploring the benefits of simply being by sitting still for at least 5 minutes each day? | 1 | 2 | 3 | 4 |
| 17. Is laughter one of your daily must-haves? | 1 | 2 | 3 | 4 |
| 18. Do you surround yourself with people who help uplift you? | 1 | 2 | 3 | 4 |
| 19. Is cultural literacy (understanding other cultures not like you and the value of appreciating art, ballet, operas, etc.) important to you? | 1 | 2 | 3 | 4 |
| 20. Do your everyday choices express your values? | 1 | 2 | 3 | 4 |