

The Kicotan Three Treasures Assessment™

Discover Your Current Balance of Jing • Qi • Shen

The Kicotan Three Treasures Method™

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Welcome

The **Kicotan Three Treasures Assessment™** is a 30-question educational self-reflection tool designed to help you explore three important dimensions of well-being:

Jing — Your Foundation

Rest • Recovery • Nourishment • Reserves • Healthy Aging

Qi — Your Daily Energy & Rhythm

Energy • Movement • Breathing • Rhythm • Activity

Shen — Your Mind & Inner Awareness

Calm • Clarity • Emotional Balance • Reflection • Mindfulness

There are no perfect scores.

The purpose is to notice where you already feel supported and where additional attention may be helpful.

How to Complete the Assessment

Think about your experiences during the **past two weeks**.

For each statement, select the answer that best describes you.

Rating Scale

0 — Rarely or Never

1 — Sometimes

2 — Often

3 — Almost Always

Record one response for every question.

PART ONE — YOUR JING

Foundation • Nourishment • Rest • Recovery

1.

I generally wake feeling rested.

0 1 2 3

2.

I maintain a reasonably consistent sleep routine.

0 1 2 3

3.

I give myself adequate time to recover after physically or mentally demanding days.

0 1 2 3

4.

My daily lifestyle feels sustainable rather than constantly exhausting.

0 1 2 3

5.

I eat nourishing meals on a reasonably consistent schedule.

0 1 2 3

6.

I recognize when my body needs rest and respond appropriately.

0 1 2 3

7.

I have healthy boundaries around activities that repeatedly drain my energy.

0 1 2 3

8.

I make time for activities that leave me feeling restored.

0 1 2 3

9.

I feel that I have adequate physical reserves for the demands of everyday life.

0 1 2 3

10.

My current lifestyle supports my long-term health and healthy aging.

0 1 2 3

Your Jing Score

Add questions **1–10**.

JING TOTAL: ____ / 30

Your Jing Result

21–30 — STRONG

Your responses suggest that many of your foundational habits are currently supporting your rest, nourishment, recovery, and daily reserves.

0–20 — NEEDS SUPPORT

Your responses suggest that strengthening your foundation may be a helpful area for exploration. Rest, recovery, nourishment, sustainable routines, and conservation of personal resources may deserve additional attention.

My Jing

Strong: ____

Needs Support: ____

PART TWO — YOUR QI

Energy • Movement • Breathing • Daily Rhythm

11.

My energy feels reasonably steady throughout most of the day.

0 1 2 3

12.

I include regular movement in my daily life.

0 1 2 3

13.

I notice my breathing and can intentionally slow it when I feel stressed.

0 1 2 3

14.

My daily routine has a healthy balance between activity and rest.

0 1 2 3

15.

I take appropriate breaks when sitting or working for long periods.

0 1 2 3

16.

I generally eat my meals at consistent times.

0 1 2 3

17.

Physical movement usually helps me feel more energized and engaged.

0 1 2 3

18.

I have enough energy to participate in activities that are important to me.

0 1 2 3

19.

My daily schedule allows periods for movement, breathing, or physical activity.

0 1 2 3

20.

My daily rhythm generally feels balanced rather than rushed, stagnant, or unpredictable.

0 1 2 3

Your Qi Score

Add questions **11–20**.

QI TOTAL: ____ / 30

Your Qi Result

21–30 — STRONG

Your responses suggest that your daily energy, movement, breathing, and rhythms are generally well supported.

0–20 — NEEDS SUPPORT

Your responses suggest that supporting daily energy, healthy rhythms, movement, breathing, and recovery may be helpful areas for exploration.

My Qi

Strong: ____

Needs Support: ____

PART THREE — YOUR SHEN

Calm • Awareness • Reflection • Emotional Well-Being

21.

I am able to experience periods of mental calm during my day.

0 1 2 3

22.

I recognize when stress is beginning to affect me.

0 1 2 3

23.

I have practices that help me calm myself when I feel overwhelmed.

0 1 2 3

24.

I make time for quiet, reflection, mindfulness, or contemplation.

0 1 2 3

25.

I am generally aware of the emotions I am experiencing.

0 1 2 3

26.

I can establish reasonable boundaries when I need them.

0 1 2 3

27.

I have relationships or connections that support my well-being.

0 1 2 3

28.

I regularly engage in activities that feel meaningful to me.

0 1 2 3

29.

I can redirect my attention toward practices that help me feel centered.

0 1 2 3

30.

I feel connected to a sense of meaning, purpose, or direction in my life.

0 1 2 3

Your Shen Score

Add questions **21–30**.

SHEN TOTAL: ____ / 30

Your Shen Result

21–30 — STRONG

Your responses suggest that you have several supportive practices related to awareness, reflection, emotional well-being, and inner calm.

0–20 — NEEDS SUPPORT

Your responses suggest that mindfulness, reflection, stress awareness, emotional well-being, healthy boundaries, and meaningful activities may be helpful areas for exploration.

My Shen

Strong: ____

Needs Support: ____

Your Three Treasures Profile™

Record your results.

Treasure	Score	Strong	Needs Support
Jing — Foundation	___ / 30	___	___
Qi — Energy & Rhythm	___ / 30	___	___
Shen — Awareness & Mind	___ / 30	___	___

Identify Your Primary Area for Support

Compare your three scores.

Your **lowest score** identifies the Treasure that may benefit from the greatest attention at this time.

My Primary Treasure for Support Is:

Your primary Treasure is not a diagnosis and does not mean that something is “wrong.”

It simply provides a starting point for education, reflection, and lifestyle exploration.

Your Educational Recommendation

If Your Primary Area Is JING

Your primary area for support is: JING

Your responses suggest that supporting your **foundation, nourishment, sleep, recovery, personal reserves, and sustainable lifestyle habits** may be helpful areas for exploration.

Begin by asking:

What is nourishing me—and what is depleting me?

If Your Primary Area Is QI

Your primary area for support is: QI

Your responses suggest that supporting **daily energy, healthy rhythms, movement, breathing, activity, and recovery** may be helpful areas for exploration.

Begin by asking:

Where does my life feel as though it is moving well, and where does it feel stuck?

If Your Primary Area Is SHEN

Your primary area for support is: SHEN

Your responses suggest that supporting **calm, mindfulness, emotional awareness, reflection, healthy boundaries, and meaningful daily practices** may be helpful areas for exploration.

Begin by asking:

What helps my mind become quiet enough to recognize what I need?

Your Personal Starting Point

My strongest Treasure is:

My Treasure that needs the most support is:

One area I would like to strengthen is:

One small practice I can begin this week is:

Strengthen All Three Treasures

The Three Treasures are interconnected.

Supporting Jing provides a stronger foundation.

Supporting Qi encourages healthy movement, function, and daily rhythm.

Supporting Shen cultivates awareness, reflection, and inner calm.

The goal of **The Kicotan Three Treasures Method™** is not to achieve a perfect score.

The goal is to understand your current patterns and learn how to make intentional choices that support your well-being over time.

Learn How to Strengthen All Three Treasures

Jing • Qi • Shen

Continue your journey inside:

The Kicotan Three Treasures Method™

Assess • Learn • Practice • Integrate • Sustain

Educational Disclaimer

The Kicotan Three Treasures Assessment™ is intended for **educational, wellness, and self-reflection purposes only**.

It is not a medical, psychological, nutritional, or diagnostic assessment and is not intended to diagnose, treat, cure, or prevent any disease or health condition.

Assessment results should not be interpreted as a clinical diagnosis or as a substitute for evaluation or treatment from an appropriately licensed healthcare professional. Individuals with health concerns should consult an appropriate qualified healthcare provider.

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