



THE DISCOVER YOUR 'INNER SABOTEUR' QUIZ

Take the quiz to discover what's holding your headspace hostage.

No matter how capable you are, your energy gets tied up in unhelpful mental loops - replaying, overthinking, second-guessing. On the outside, you show up smart, hardworking, and prepared. But inside, your "inner saboteur" whispers on repeat - critiquing, catastrophising, or comparing. It's like background noise you can't switch off: not loud, but constant. It doesn't shout; it slowly chips away at your focus, clouds your vision, and drains the joy from your wins.

It's not about whether you can handle life (you clearly can). It's about the hidden cost: the peace of mind you sacrifice along the way. And how much weight you can carry before it feels just too heavy to hold.

You don't need 'fixing'. What you need is clarity on the real source of your exhaustion: the way your mind fixates on things you can't control. Once you *see* your pattern clearly, you can *catch* it in the moment, *tune out* the noise, and start to reclaim that wasted energy

Are you ready to meet your 'Inner Saboteur Archetype'?





START YOUR 'INNER SABOTEUR' QUIZ HERE:

Check the box that best describes you for each question:

Q1. When you lie awake at night, what's playing on repeat in your mind?

- ☐ ☒ "What if I've forgotten something important? What if it all goes wrong tomorrow?"
- ☐ ☒ "I should've said something different in that meeting. I can't believe I messed that up."
- ☐ ☒ "I hope I didn't upset anyone today. What if they think badly of me now?"
- ☐ ☒ "I can't believe they handled it like that — now I've got to pick up the pieces."

Q2. When you think back over your day, what frustrates you the most?

- ☐ ☒ "I could've done so much better — I let myself down."
- ☐ ☒ "I just can't switch off — there are too many unknowns hanging over me."
- ☐ ☒ "Why does no one else take responsibility? I always end up fixing it."
- ☐ ☒ "Did I say too much? Did I come across the wrong way?"

Q3. When something goes wrong, what's your first reaction?

- ☐ ☒ "Everyone must be disappointed with me. I need to smooth this over quickly."
- ☐ ☒ "This wouldn't have happened if they'd done their job properly."
- ☐ ☒ "That was my fault — I should've known better."
- ☐ ☒ "If this small thing went wrong, what else could spiral out of control?"

Q4. Which thought feels most familiar to you?

- ☐ ☒ "What if I've overlooked something important?"
- ☐ ☒ "If people just did things properly, life would be easier."
- ☐ ☒ "I don't want them to think badly of me."
- ☐ ☒ "Why did I say that? I sounded so stupid."





Q5. If a friend reassured you everything was fine, your gut reaction would be...

- ☐ ● *"They're just being nice. I still got it wrong."*
- ☐ ● *"They don't get it — people should just step up."*
- ☐ ● *"I just hope they're not secretly annoyed with me."*
- ☐ ● *"But what if something else goes wrong tomorrow?"*

Q6. When you feel mentally drained, it's usually because...

- ☐ ● *"I've been carrying everyone else's responsibilities again."*
- ☐ ● *"I've been second-guessing what people think of me."*
- ☐ ● *"I've been replaying my mistakes all day."*
- ☐ ● *"I've been stuck in a loop of 'what ifs' that never end."*

Q7. Which situation would stress you out the most?

- ☐ ● *Not knowing what will happen next week.*
- ☐ ● *Someone being upset with me and not saying why.*
- ☐ ● *Relying on someone who isn't reliable.*
- ☐ ● *Speaking up and then realising I said the wrong thing.*

Results: Your 'Inner Saboteur Archetype':

Count how many ●, ●, ●, ● you selected. The colour you chose most often reveals your archetype:

- **The Silent Achiever** – carrying too much on your shoulders.
- **The Perfectionist** – stuck replaying mistakes.
- **The Catastrophiser** – forever imagining the worst-case scenario.
- **The People-Pleaser** – bending over backwards for approval.





● The Silent Achiever – carrying too much on your shoulders

Scenario: You notice a project could go off-track, and instead of delegating or asking for support, you quietly take it all on yourself. In meetings, you volunteer for extra tasks “just to make sure it’s done right.” At home, you plan and organise family or personal responsibilities in great detail to avoid things falling through the cracks. You often feel exhausted, but feel like there’s no other option.

Inner Saboteur’s voice:

- *“If I don’t do it, it won’t get done properly.”*
- *“I have to make sure everything is perfect — I can’t rely on anyone else.”*
- *“It’s my responsibility, so I’ll just carry it myself.”*

How it feels:

You imagine all the moving pieces, each task stacked in your mind, and feel the weight of them. You rehearse every detail of the project or plan, thinking through what “could go wrong” if you don’t do it yourself. There’s a heaviness on your shoulders, a racing heart, and a restless energy — your mind carrying the burden of responsibility.

Gentle insight:

You’re highly capable, conscientious, and reliable — you are amazing. But constantly shouldering everything alone is exhausting and unnecessary. You’re not failing if you let others take part; your energy isn’t a limitless resource.





● The Perfectionist – replaying mistakes on repeat.

Scenario: After giving a presentation that went well, you still fixate on the one slide you rushed through. A colleague praises your work, but all you hear is the one moment you stumbled. Outside of work, you catch yourself replaying a conversation days later, wishing you'd phrased it differently.

Inner Saboteur's voice:

- *"You should have done that better."*
- *"Everyone noticed when you messed that up."*
- *"You'll never get it perfect — and that's not good enough."*

How it feels:

Your mind replays "highlight reels" of slip-ups like a film clip on loop. You hear the stumble in your own words, over and over, louder than the praise. A sinking feeling in your stomach, or a knot in your chest — your body relives the moment as if it just happened.

Gentle insight:

You hold yourself to such high standards because you care deeply about doing things right. That drive is a strength — but when it tips into replaying mistakes, it drains your energy instead of fueling your growth. What if mistakes weren't proof that you failed, but signposts showing how much you're learning?





● The Catastrophiser – forever imagining the worst-case scenario.

Scenario: An email from your manager drops into your inbox with just “Can we talk?” and your mind races through every possible disaster. You overpack for a trip, prepare for ten “what ifs” in a project, and sometimes can’t enjoy what’s happening now because your head is busy scanning the horizon for threats.

Inner Saboteur’s voice:

- *“What if this goes wrong?”*
- *“Have I forgotten something?”*
- *“If I don’t prepare for every possibility, I’ll look stupid.”*

How it feels:

You picture every possible disaster — the blank screen, the red face, the project collapsing. You rehearse difficult conversations or hear the “bad news” before it’s even happened. A racing heart, fidgeting, or the inability to sit still — your body bracing for impact that hasn’t arrived.

Gentle insight:

Your mind is brilliant at running scenarios — it helps you prepare and anticipate. But when every ‘what if’ is worst-case, it leaves you tense and unable to rest. What if your imagination could work *for* you instead of against you — rehearsing calm, best-case outcomes as vividly as the scary ones?





● The People-Pleaser – bending over backwards for approval.

Scenario: You agree to stay late, even though you're already drained, because you don't want to be seen as "difficult." You soften your opinion in meetings to avoid rocking the boat. Later, you lie awake replaying whether you upset someone by the way you worded an email.

Inner Saboteur's voice:

- *"What if they're disappointed in me?"*
- *"I don't want them to think I'm rude."*
- *"It's easier to just say yes than deal with the fallout."*

How it feels:

You imagine someone frowning at your message or whispering about you afterwards. You replay the tone of your own words, wondering, "Did I sound too harsh?" A heaviness in your chest or that hollow, drained feeling after overcommitting again.

Gentle insight:

You have a gift for empathy — you notice and care about how others feel, often before they've said a word. But constantly trying to keep everyone happy can silence your own needs. What if honouring your voice and setting gentle boundaries actually deepened trust and respect, rather than risking it?

