



DISCOVER YOUR 'INNER SABOTEUR' QUIZ



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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, clouding your vision, and draining 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 your energy.

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





START YOUR DISCOVER 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 take a different approach 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 again."
- ☐ ● "I just can't switch off - there are too many unknowns hanging over me."
- ☐ ● "There's just not enough time for me to fix everything?"
- ☐ ● "Did I say too much? Did I come across the wrong way? Hope I didn't upset them."

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 I'd have stepped in earlier."
- ☐ ● "That was my fault - I should've known better."
- ☐ ● "If this 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’re being kind but I’m just so tired of dealing with things when someone doesn’t step up.”
- ☐ ● “I just hope they’re not secretly annoyed with me.”
- ☐ ● “What else is going to go wrong tomorrow?”

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

- ☐ ● “There’s not enough time in the day to do everything, I’ll have to work through the evening.”
- ☐ ● “I bet she thinks I’m terrible at my job.”
- ☐ ● “I can’t get that mistake out of my head, it just keeps replaying. I’m getting a headache”
- ☐ ● “I’m dreading tomorrow. What if I fail and lose this huge opportunity.”

Q7. Which situation would stress you out the most?

- ☐ ● Not knowing what is going to go wrong next.
- ☐ ● Someone being upset with me and not saying why.
- ☐ ● Relying on someone and feeling out of control.
- ☐ ● 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 are incredibly self-sufficient but often feel exhausted and feel like there’s no other option.

Inner Saboteur’s voice:

- “I’ll just get this done, then I know it’s done properly.”
- “I have to make sure everything is perfect - Relying on someone else is too stressful.”
- “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 heaviness on your shoulders, a racing heart, and 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.

Gentle reminder - It is safe to ask for help - set your boundaries and expectations from the start.





● 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 could go back and change what you said.

Inner Saboteur's voice:

- “You should have done that better.”
- “Everyone noticed when you messed that up.”
- “You need to get it perfect, or it will reflect poorly on you.”

How it feels:

Your mind replays “highlight reels” of slip-ups like a film on loop. You hear the stumble in your own words, over and over, drowning out the praise. A sinking feeling in your stomach, or a knot in your chest - your body re-lives the moment as if it just happened.

Gentle insight:

You hold yourself to such high standards because you care deeply about doing things right. Your 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?

A gentle reminder - You are good enough.





● **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. Your mind jumps straight to, “Maybe a client has complained. Or a colleague. Maybe my work is slipping, and my manager has noticed. I have been feeling tired recently – maybe it’s affecting my work.”

You struggle to live in the present moment and enjoy what’s happening now because your head is busy scanning for threats so you can prepare yourself.

Inner Saboteur’s voice:

- “Have I forgotten something?”
- “What if the client is unhappy with me?”
- “What if we lose the client and it’s all my fault.”

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 possible case scenario, it leaves you tense, anxious 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?

Gentle reminder - be kind to yourself. Breathe and ground yourself. Life in the present moment is comfortable and safe. Visit often.





● **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?

Gentle reminder - You are loved and appreciated. Being an advocate for your needs is essential and others will respect you for it.

