

Visibility Archetype Quiz

Identifying the patterns that influence your visibility, leadership,
and growth

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Discover Your Visibility Archetype

This quiz is designed to help you identify the primary way you relate to visibility, leadership, and being seen in your work. Your Visibility Archetype reflects how you tend to navigate expression, authority, and growth, especially in moments that require clarity, confidence, or leadership presence.

As you move through the questions, answer based on your most common pattern, not what you wish were true or what you think should be true. An honest reflection will give you the most useful insight.

This resource is intended to offer orientation and perspective. It helps you notice how certain habits and tendencies may be influencing your visibility and leadership in business, without analyzing their origin or asking you to change anything yet.

Use this quiz as a starting point for understanding how you currently show up, and where greater clarity, confidence, or support may strengthen your growth moving forward.



Your Visibility Archetype Quiz

Choose the response that best reflects how you typically show up, especially around visibility and leadership.

Question 1: Social Media Posting

When you think about posting something personal or vulnerable on social media, what typically happens?

- A) I freeze up and tell myself I'll do it when it's more polished or perfect
- B) I start second-guessing what people will think and adjust my message to make it more palatable
- C) I feel a surge of energy to create something impressive that proves my worth
- D) I get excited initially but then find reasons to delay or pivot to something else
- E) I overthink every word and angle, analyzing it to death before ultimately not posting
- F) I feel clear about my message, check in with my boundaries, and share authentically

Question 2: Leadership Opportunity

You're offered an opportunity to speak at an industry event or lead a high-visibility project. Your immediate reaction is:

- A) "I'm not ready yet. Maybe when I have more experience/credentials/preparation."
- B) "What if they don't like me? I should probably tone down my approach to fit in."
- C) "Yes! This is my chance to prove myself and show what I'm capable of."
- D) "That sounds amazing! But wait... what if it conflicts with this other thing I'm working on?"
- E) "Let me research the best approach and create a comprehensive plan first."
- F) "Let me check if this aligns with my goals and capacity before responding."



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Question 3: Setting Boundaries

A potential client or collaborator makes a request that doesn't feel aligned with your values or capacity. You:

- A) Avoid responding or give a vague answer to delay the confrontation
- B) Say yes while feeling resentful, worried about disappointing them
- C) Say yes if it advances my success, even at personal cost
- D) Initially say yes enthusiastically, then find ways to back out later
- E) Overthink the decision endlessly without giving a clear answer
- F) Kindly but clearly decline and offer an alternative if appropriate

Question 4: Receiving Feedback

When you receive positive feedback or recognition for your work, you:

- A) Feel uncomfortable and try to deflect or minimize it
- B) Question whether they really mean it or worry about future expectations
- C) Feel validated but also pressured to maintain that standard
- D) Feel excited momentarily but then shift focus to the next project
- E) Analyze what they said rather than letting yourself feel the appreciation
- F) Thank them genuinely and allow myself to receive the recognition



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Question 5: Visibility Consistency

When it comes to showing up consistently in your business (content, networking, visibility), you:

- A) Disappear for long stretches, then feel guilty about being invisible
- B) Show up but adjust your message based on who you think is watching
- C) Show up consistently but feel exhausted and burnt out from the pressure
- D) Start strong with new strategies but lose momentum and pivot frequently
- E) Plan perfectly but struggle to execute consistently
- F) Show up regularly in alignment with my energy and business goals

Question 6: Decision Making

When making important business decisions (pricing, offers, partnerships), you:

- A) Avoid deciding altogether or delay until forced to choose
- B) Try to figure out what others want or expect from me
- C) Make bold decisions quickly to maintain momentum and prove capability
- D) Make decisions impulsively then second-guess or change direction
- E) Research exhaustively but struggle to commit to action
- F) Trust my inner guidance, gather necessary info, and decide with confidence



Your Visibility Archetype Quiz

Question 7: Success & Achievement

When you achieve a significant milestone or success in your business, you:

- A) Feel exposed and want to hide from the increased visibility it brings
- B) Minimize your achievement or attribute it to luck or others' help
- C) Feel proud but immediately focus on the next achievement to maintain worth
- D) Celebrate briefly then feel restless and ready for something new
- E) Analyze what made it successful rather than emotionally experiencing the win
- F) Celebrate fully, acknowledge my contribution, and integrate the lesson

Question 8: Energy & Sustainability

At the end of a week where you've been visible in your business (posting, networking, showing up), you typically feel:

- A) Drained and relieved it's over - I need to hide and recover
- B) Exhausted from monitoring how I was perceived and adjusting constantly
- C) Burnt out from maintaining high performance and proving myself
- D) Restless and already thinking about pivoting to a new approach
- E) Mentally tired from overthinking every interaction and outcome
- F) Energized and fulfilled - my visibility felt aligned and sustainable



Your Visibility Archetype Quiz

Question 9: Authentic Expression

When it comes to sharing your true voice, opinions, or message publicly, you:

- A) Keep it to myself - it feels safer to stay quiet and unseen
- B) Soften or adjust my message to avoid conflict or judgment
- C) Share confidently but only show my "strong, successful" side
- D) Share passionately about many things but don't commit to one clear message
- E) Share ideas intellectually but keep personal revelation at arm's length
- F) Share my authentic perspective while respecting others' views

Question 10: Rest & Recovery

When you think about taking time off or slowing down in your business, you:

- A) Feel relief but also guilt for not being productive or visible
- B) Feel anxious that people will forget about me or I'll lose momentum
- C) Feel resistant - rest feels like weakness or losing my competitive edge
- D) Get excited about rest but then get bored and jump into something new
- E) Feel like I should use the time to optimize systems or learn something
- F) Honor my need for rest as essential for sustainable growth



Your Visibility Archetype Quiz

Question 11: Embodiment & Presence

When you're in a visibility situation (speaking, posting a video, leading a meeting), where is your attention focused?

- A) I feel disconnected or numb - like I'm not fully present in my body
- B) On others' reactions - scanning faces, comments, or energy to gauge if I'm doing it right
- C) On my performance - am I impressive enough, articulate enough, successful enough
- D) Scattered across multiple thoughts - already thinking about what's next
- E) In my head - analyzing my words, approach, and strategy in real-time
- F) Grounded in my body, connected to my message, and present with others

Question 12: Personal Power & Worth

When someone challenges your ideas, pricing, or approach, your internal response is:

- A) I shrink back and question whether I should be putting myself out there at all
- B) I immediately wonder if I did something wrong or need to adjust to please them
- C) I feel defensive and double down to prove I'm right and credible
- D) I lose confidence in my current direction and consider pivoting entirely
- E) I spiral into analyzing whether my approach is actually sound
- F) I stay grounded in my worth and consider their perspective without losing myself



Your Visibility Archetype Quiz

Question 13: Vision & Alignment

You have a vision for your business and the impact you want to create. When it comes to embodying that vision:

- A) The gap between vision and action feels paralyzing - I stay stuck
- B) I'm afraid of being judged if I fully step into it, so I play small
- C) I'm living parts of the vision but at great personal cost and exhaustion
- D) My vision keeps evolving so I can't commit to embodying any single one
- E) I have the vision perfectly mapped but struggle to move into action
- F) I'm actively embodying my vision with clarity and purpose

Question 14: Relationship with Failure

When something doesn't go as planned or you experience a setback in your business:

- A) I take it as confirmation that I should stay invisible and not try again
- B) I internalize it as proof I'm not good enough or that I did something wrong
- C) I push harder to prove myself and avoid appearing weak or unsuccessful
- D) I lose interest and pivot to something entirely new
- E) I analyze what went wrong endlessly without taking new action
- F) I reflect on the lesson, adjust course, and move forward with self-compassion

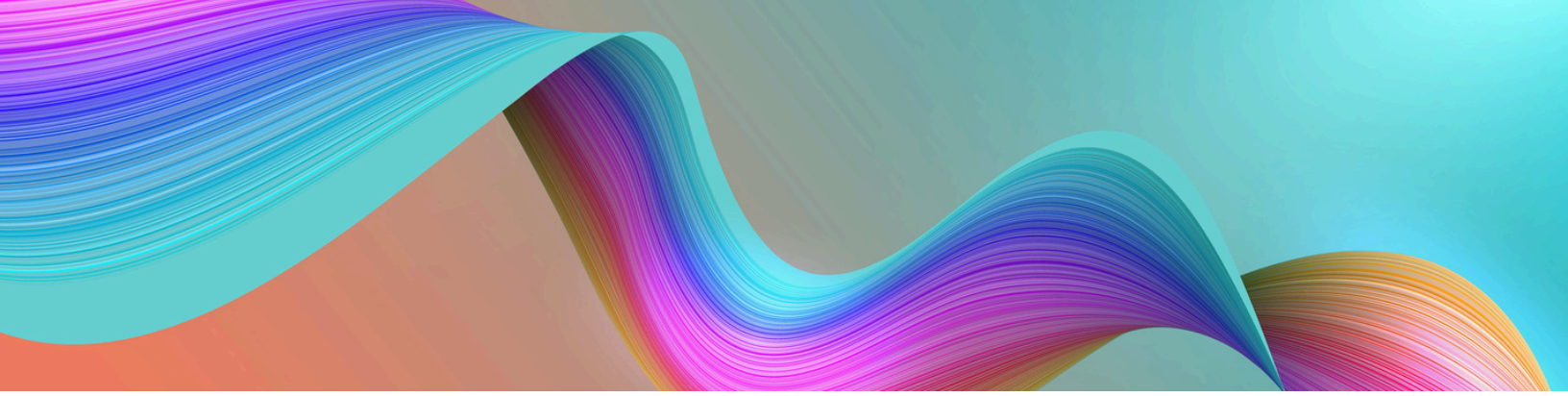


Your Visibility Archetype Quiz

Question 15: Leadership Presence

When you imagine yourself as a leader in your field, fully visible and making your desired impact:

- A) I can't fully picture it - it feels unreachable or unsafe
- B) I can see it but worry I'll be judged, criticized, or not accepted
- C) I can see it but it looks exhausting - constant performance and pressure
- D) I can see it but the vision keeps changing - I'm not sure which version to pursue
- E) I can see it clearly in my mind but can't feel it in my body
- F) I can see it, feel it, and I'm actively stepping into that version of myself



Get Your Results

Count how many of each letter you selected across all 15 questions:

___ A's = The Phantom

___ B's = The Chameleon

___ C's = The Fortress

___ D's = The Wanderer

___ E's = The Observer

___ F's = The Embodied Visionary

Your Primary Archetype

Your results point to your primary Visibility Archetype—the way you most often relate to visibility, leadership, and being seen in your work. This archetype reflects a familiar pattern, not a fixed identity. You may recognize aspects of more than one, but your highest score highlights the pattern most likely shaping how you show up right now.

Each Visibility Archetype carries both strengths and growth edges. None are better or worse than another. Some archetypes reflect areas where visibility and leadership feel more effortful, while others reflect greater ease or integration. Understanding your archetype helps clarify where visibility feels natural, where it feels challenging, and where refinement or support can strengthen leadership and growth.

Visibility Archetype Descriptions

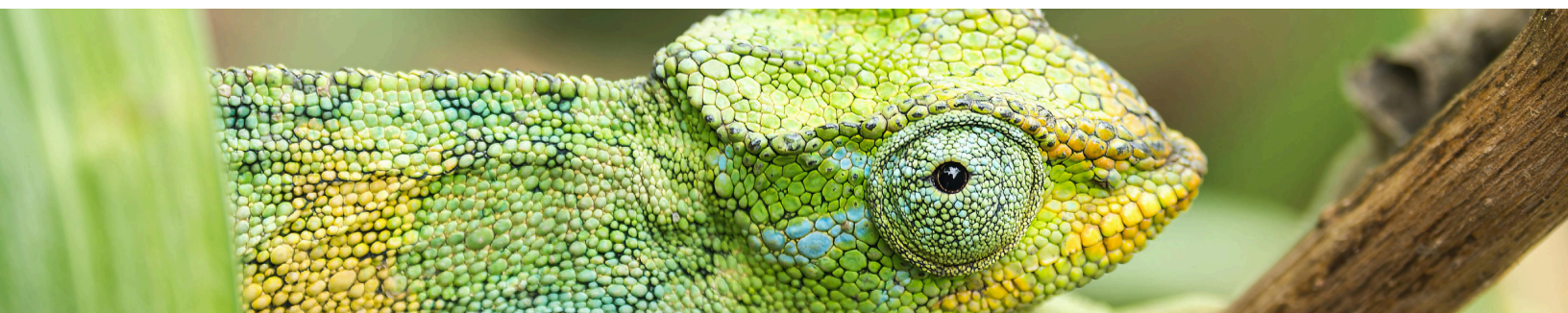


The Phantom

You tend to stay behind the scenes, even when you have insight, experience, or leadership capacity to offer. Visibility may feel unnecessary, distracting, or energetically costly, leading you to minimize your presence or delay stepping forward in your work.

Reflection:

What might shift in your work or leadership if visibility felt purposeful rather than exposing?



The Chameleon

You adapt easily to different people, environments, or expectations, often adjusting how you present yourself to fit the moment. While this flexibility can support connection, it may also blur your message or make it harder to feel anchored in your own authority.

Reflection:

What could change if your visibility were guided more by internal clarity than by external expectations?

Visibility Archetype Descriptions



The Fortress

You value self-reliance and control around your work and leadership presence. This can create a sense of protection and competence, but may also limit collaboration, support, or expansion when visibility feels tied to vulnerability.

Reflection:

What possibilities might open if visibility didn't require full control and doing everything on your own?



The Wanderer

You feel drawn toward growth and expansion, but your visibility may feel inconsistent or ungrounded. Direction can shift frequently, which can make it difficult to sustain momentum or feel rooted in a clear leadership presence.

Reflection:

What would shift if you could pair exploration with steadiness in how you show up in your business?

Visibility Archetype Descriptions



The Observer

You are thoughtful, perceptive, and often take time to watch, learn, and integrate before stepping forward. While this creates depth, it can also keep you on the sidelines longer than necessary when action or visibility would support growth.

Reflection:

What might become possible if insight were paired with timely, intentional action?



The Empowered Visionary

You experience visibility as purposeful and aligned, and you tend to lead from clarity and internal authority. Growth often centers on refining structure, boundaries, and sustainability so your vision can be expressed consistently without overextending your capacity.

Reflection:

What would support you in expanding your impact while preserving clarity, capacity, and long-term momentum?



Your Journey Continues

Now that you've identified your Visibility Archetype, you have clearer insight into how visibility, leadership, and growth currently show up in your work. These patterns provide insight that can inform how you lead, communicate, and expand your work with greater intention and clarity.

Go Deeper with the Visibility Archetype Guide (VIP Access):

If you're a VIP attendee, you have access to a deeper Visibility Archetype guide that expands on each archetype and explores how it influences leadership, boundaries, and business growth. This resource is designed to help you better understand how your archetype shows up in real-world decisions and where refinement or support can strengthen your work.

If you're not yet a VIP, [upgrading](#) gives you access to this deeper exploration along with additional expert resources inside the summit.

Access the Visibility Archetype Guide inside the VIP portal.

If you're not yet a VIP, upgrading gives you access to this deeper exploration along with additional expert resources inside the summit. Use the QR code below to upgrade and access your VIP gifts:





If you want support applying your Visibility Archetype to real decisions around leadership, boundaries, and growth, you're invited to join:

The Visibility Breakthrough Blueprint Masterclass

The Visibility Breakthrough Blueprint is a focused masterclass that turns visibility awareness into practical leadership clarity. It examines how internal visibility dynamics influence leadership presence, boundaries, and business growth—and how to work with them intentionally.

Using a clear, trauma-aware framework, the class supports:

- Identifying visibility barriers that shape how you show up
- Understanding their impact on leadership and boundaries
- Making intentional visibility decisions that support sustainable growth

Investment: \$97

👉 **Join the Visibility Breakthrough Blueprint masterclass. here:**

<https://eliteascensionsummit.com/linda-dieffenbach>



I look forward to continuing this conversation with you through the summit and beyond.

Many blessings,

Linda

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Let's Keep In Touch



Meet Linda

Linda Dieffenbach, BSW, RMT, is a trauma-informed healing arts practitioner, coach, and educator with over two decades of experience supporting personal transformation and professional growth. Her work weaves together compassionate coaching, energy healing, and practical skill-building to help individuals move beyond old patterns and show up with greater confidence, clarity, and purpose.

Linda is the creator of the Trauma-Informed Energy Healing & Coaching Certification, a comprehensive training that prepares practitioners to work with clients in ethical, grounded, and heart-centered ways. She also offers Reiki practitioner training and mentorship, guiding students to develop strong foundations in energy work, intuitive awareness, and professional integrity.

Through private coaching, group programs, and professional education, Linda supports both individuals and practitioners in deepening self-trust, strengthening presence, and translating inner growth into meaningful change in their lives and businesses. Her approach honors the whole person—mind, body, spirit, and lived experience—while emphasizing practical tools that can be used in real-world settings.

For more about Linda and her offerings, visit

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