Let Your True Self Lead

Conscious Gentle Leadership™

LET YOUR TRUE SELF LEAD

What's Pulling You Away from Your True Self?

A gentle self-discovery quiz to recognise your inner patterns and explore a kinder, more aligned way forward.



Welcome

You may be capable, caring and successful — yet still feel pressure, disconnection or the sense that something is missing.

Sometimes, the patterns that once helped us succeed can quietly disconnect us from what we truly need.

This is your invitation to pause, look within, and listen.

Through eight simple questions, you'll explore how you tend to respond to pressure and discover an inner pattern you may recognize in yourself.

There are no right or wrong answers. This isn't a test of who you are or how well you're doing. It's an opportunity to meet yourself with greater awareness and compassion.

Take a few minutes. Answer honestly.
Be curious about what you discover.

You don't need to be perfect.
You just need to be you.

The Inner Pattern
Quiz

Choose one answer that resonates most with you for each question and note your letter (A-E) on a paper. There are no right or wrong answers.

1 When your week feels heavy, what drains your spark the most?

- A “Taking on too much and never feeling able to slow down”
- B “Feeling that everything needs to be done perfectly”
- C “Giving so much to others that I lose touch with my own needs.”
- D “Feeling responsible for keeping everything under control”
- E “Worrying that I won’t have enough time, money or energy”

Quiz Questions 2 and 3

2

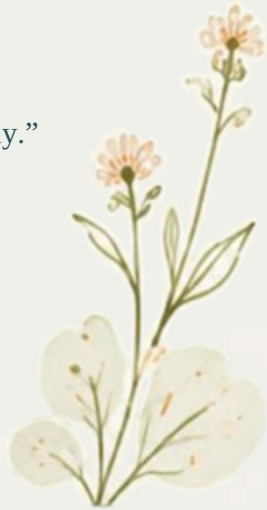
What tends to keep you up at night?

- **A** I push harder and get busier
- **B** Thinking something wasn't done "right"
- **C** Feeling unseen or unappreciated
- **D** Fear that things will fall apart if I let go
- **E** Anxiety about time, money, or resources

3

How do you usually respond when someone offers to help you?

- **A** "Thanks, but I've got it."
- **B** "I'd rather do it my way."
- **C** "I feel guilty or undeserving"
- **D** "I don't trust it'll be done properly."
- **E** "They have more important things to do.".



The Inner Pattern Quiz

Quiz Questions 4 and 5

4 **What would you most like to feel more of?**

- ○ **A** Peace and rest — without guilt
- ○ **B** Freedom from pressure and self-criticism
- ○ **C** Self-prioritization and inner worth
- ○ **D** Trust, flow, and surrender
- ○ **E** Safety, abundance, and ease

5 **What's your biggest internal frustration?**

- ○ **A** No matter how much I do, it never feels enough
- ○ **B** I can’t relax unless everything’s perfect
- ○ **C** I give so much but rarely feel supported
- ○ **D** I’m exhausted from needing to control things
- ○ **E** I’m always catching up or chasing stability

The Inner Pattern Quiz

Quiz Questions 6 and 7

6 **When life feels uncertain, what's your instinctive response?**

- ○ A I push harder and get busier
- ○ B I plan and perfect until I feel safe
- ○ C I focus on others to avoid my own discomfort
- ○ D I try to control everything around me
- ○ E I worry about worst-case scenarios

7 **When you finally have time for yourself, what tends to happen?**

- ○ A I struggle to stop doing and feel I should be productive
- ○ B I notice all the things I haven't done well enough
- ○ C I think about who else might need me
- ○ D I find it hard to switch off because I'm still managing things in my mind
- ○ E I worry that resting now may leave me short of time or resources later

The Inner Pattern Quiz

Quiz Question 8

8 **When you achieve something important, what is your first instinct?**

- ○ A Move straight on to the next task
- ○ B Focus on what I could have done better
- ○ C Think about everyone who helped or still needs me
- ○ D Check that everything is secure and nothing has been overlooked
- ○ E Wonder whether the success will be enough to make me feel secure

Ready to see your result?

Notice which letter you chose most often — A, B, C, D, or E. Then check the most answered letter in the next pages to reveal what that pattern means.

A B C D E



A. The Over-Doer

Core Belief

"If I slow down, I'll fall behind."

What this pattern may be protecting

You've linked your self-worth to productivity. Rest feels unsafe because it challenges your identity as the one who "gets it done."

A gentle shift

Redefine success beyond doing. Try one day each week where you rest without guilt — you'll notice your intuition gets louder when you're still.

Next step

You don't need to push harder — you need to align deeper.



B. The Inner Perfectionist

Core Belief

"If it's not perfect, it's not enough."



What this pattern may be protecting

It keeps you feeling safe, competent and in control. Perfection feels safer than disappointment
or criticism.



A gentle shift

Do one thing imperfectly this week on purpose. Notice that your value doesn't depend on outcomes.



Next step

You deserve to feel proud of progress, not perfection.



C. The Caregiver Who Forgets Themselves

Core Belief

"Everyone else comes first."

What this pattern may be protecting

You learned to equate love with sacrifice, but self-abandonment only leads to quiet resentment and burnout.

A gentle shift

Set one small boundary today — and honour it. Every "no" you give to others is a "yes" to your own energy.

Next step

Reclaim your space — your needs matter too.

D. The One Who Holds It All

Core Belief

"If I don't manage it, everything will fall apart."

What this pattern may be protecting

You've built safety by staying in control, but that also keeps you tense and isolated.

A gentle shift

Delegate one small thing this week and let it be imperfect. Trust grows from experience, not certainty.

Next step

Freedom begins when you stop holding everything together alone.

E. The Protector of Enough

Core Belief

"There's never enough."

What this pattern may be protecting

This belief keeps you in survival mode even when you're safe. You've trained your brain to expect lack.

A gentle shift

Each evening, write down three ways you already have "enough." Gratitude rewires scarcity into sufficiency.

Next step

True abundance starts from within — and it's already available to you.

Thank You for Taking This Time for Yourself

Your inner pattern is not your identity.
It is simply something you can begin to understand with greater awareness and compassion.

What if there is another way?

Through my Conscious Gentle Leadership™ approach, I support individuals and leaders in reconnecting with themselves and moving forward with greater clarity, confidence and purpose.

Ready to explore your next step?

If something in this quiz resonated with you, I invite you to a Free Clarity Call — a relaxed conversation to explore what you discovered and what might be possible for you.

Book Your Free Clarity Call

No pressure. Just a conversation.

With warmth, Diana Ingrid

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