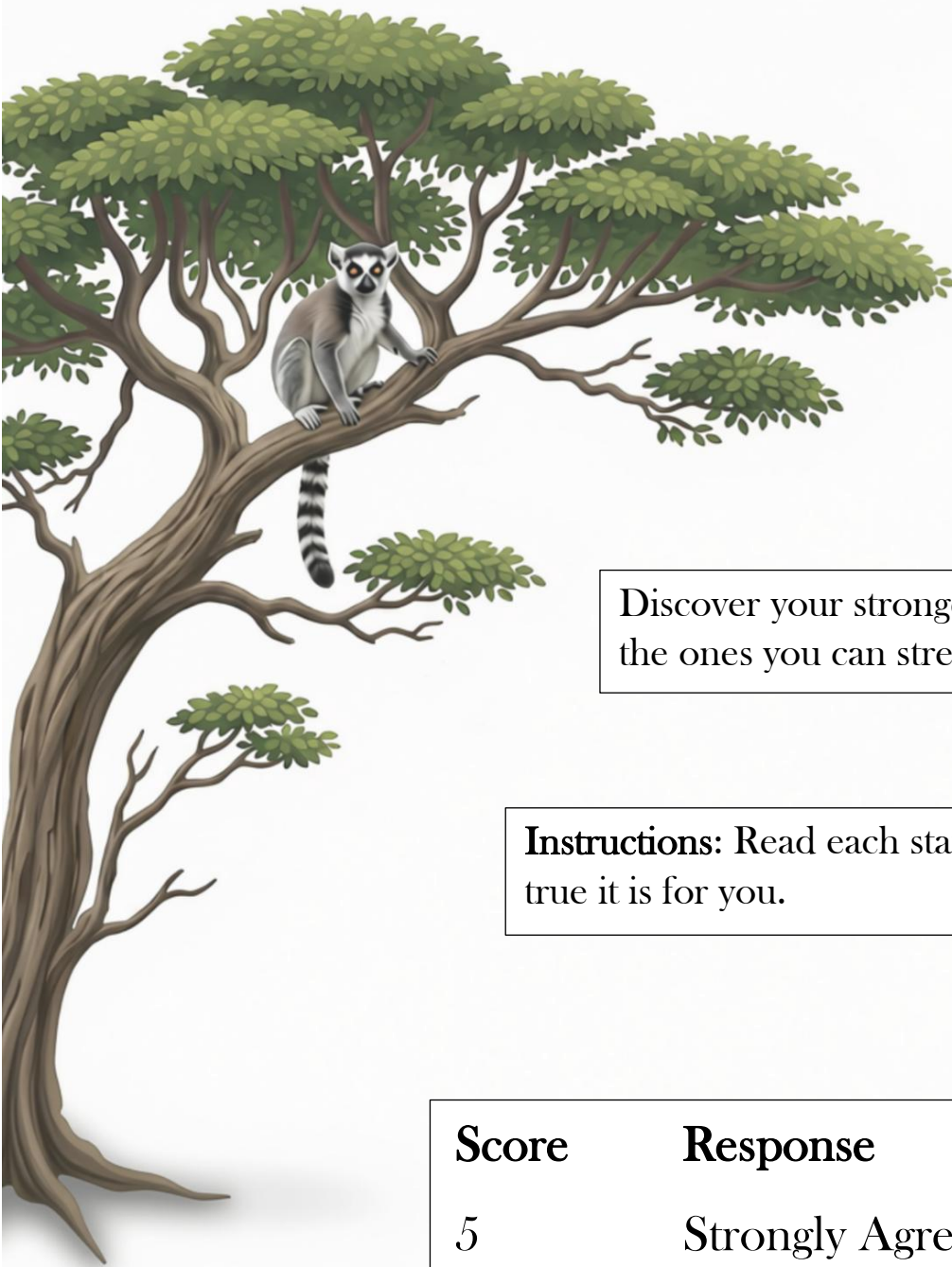


Animal Instincts Assessment



Discover your strongest instincts—and
the ones you can strengthen to flourish

Instructions: Read each statement and rate how
true it is for you.

Score	Response
5	Strongly Agree
4	Agree
3	Neutral
2	Disagree
1	Strongly Disagree



The 42 Statements

#	Statement	Score
1	I regularly pause before making important decisions.	
2	I rarely let distractions pull me away from my priorities.	
3	I recover well after periods of intense work.	
4	I naturally encourage others when they are struggling.	
5	I am comfortable taking responsibility when leadership is needed.	
6	I enjoy planning well ahead rather than simply reacting.	
7	I finish what I start, even when motivation fades.	
8	I prefer thinking carefully before speaking.	
9	I protect uninterrupted time for important work.	
10	I recognise when my body and mind need rest.	
11	People describe me as approachable and supportive.	
12	I am willing to have difficult conversations when necessary.	
13	I usually see the "big picture" before focusing on details.	
14	I make steady progress through consistent daily habits.	
15	I learn from mistakes before making another attempt.	
16	I know exactly what my most important task is each day.	
17	I rarely feel guilty when taking time to recharge.	
18	I actively look for opportunities to help others succeed.	
19	I stay calm when others become anxious.	
20	I regularly step back to evaluate whether my work still aligns with my goals.	
21	Small improvements motivate me to keep going.	
22	I seek understanding before offering advice.	
23	I resist the temptation to multitask.	
24	I have healthy routines that help me maintain energy.	
25	Working with others usually energises me.	

#	Statement	Score
26	I make decisions even when the outcome is uncertain	
27	I enjoy exploring new ideas and possibilities.	
28	People can rely on me to follow through consistently.	
29	I think carefully about the long-term consequences of my choices.	
30	I focus more on meaningful work than simply staying busy.	
31	I maintain a healthy balance between work and personal life.	
32	I value cooperation more than competition.	
33	I remain confident even when facing criticism.	
34	I regularly review where I am heading in life and work.	
35	I believe persistent effort usually produces better results than bursts of inspiration.	
36	I enjoy learning from people with different perspectives.	
37	I give my full attention to one task at a time.	
38	I intentionally schedule time for rest before I become exhausted.	
39	I celebrate other people's successes as much as my own.	
40	I am willing to step outside my comfort zone.	
41	I avoid getting so caught up in today's tasks that I lose sight of my long-term purpose.	
42	I keep moving forward even when progress feels slow.	

Scoring: Add together your scores for each animal.

Animal	Q#	Total
 Bee	2, 9, 16, 23, 30, 37	_____
 Sloth	3, 10, 17, 24, 31, 38	_____
 Lion	5, 12, 19, 26, 33, 40	_____
 Eagle	6, 13, 20, 27, 34, 41	_____
 Ant	7, 14, 21, 28, 35, 42	_____
 Dolphin	4, 11, 18, 25, 32, 39	_____
 Owl	1, 8, 15, 22, 29, 36	_____

Possible scores:

- 6-14 - Growth Opportunity
- 15-20 - Developing
- 21-25 - Healthy
- 26-30 - Signature Strength

The animal with my highest score was

The animal with my lowest score was

What Your Scores Mean

Bee - Focus

High scorers:

- Concentrated
- Productive
- Purposeful
- Disciplined

Growth area: You may benefit from reducing distractions and becoming more intentional with your attention.

Sloth - Recovery

High scorers:

- Sustainable
- Balanced
- Calm
- Self-aware

Growth area: You may be pushing too hard without giving yourself permission to recover.

Lion - Courage

High scorers:

- Confident
- Decisive
- Resilient
- Willing to lead

Growth area: You may avoid necessary risks or difficult conversations.

Eagle – Perspective

High scorers:

- Strategic
- Visionary
- Future-focused
- Intentional

Growth area: You may spend too much time reacting instead of planning.

Ant – Consistency

High scorers:

- Reliable
- Persistent
- Disciplined
- Dependable

Growth area: You may rely on motivation instead of building sustainable habits.

Dolphin – Connection

High scorers:

- Collaborative
- Encouraging
- Empathetic
- Supportive

Growth area: You may achieve more by intentionally investing in relationships.

Owl – Wisdom

High scorers:

- Thoughtful
- Reflective
- Discerning
- Good decision-maker

Growth area: You may react too quickly instead of taking time to reflect.

Where do I go from here?

Congratulations!

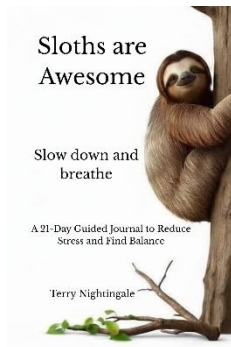
You have discovered the instincts that come naturally—and the ones that deserve more attention.

Remember:

Great work isn't about becoming a different person.
It's about developing the instincts that help you flourish.

Check out our resources on this website.

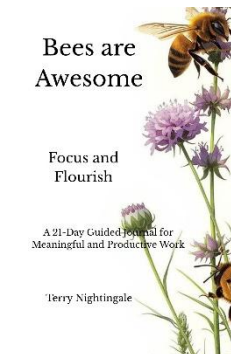
Here's a couple you may find helpful:



Sloths are Awesome, Slow Down and Breathe is one of several 21-day guided journals designed to help you slow your pace, reflect honestly, and reconnect with what actually matters—before life forces you to.

For pricing on Amazon feel free to explore it here:

<https://geni.us/qMdXgJ>



Bees Are Awesome: Focus and Flourish is another 21-day guided journal. This journal helps you cut through distraction, focus on what matters most, and discover the satisfaction of meaningful and productive work.

For pricing on Amazon feel free to explore it here: <https://geni.us/wYgt>