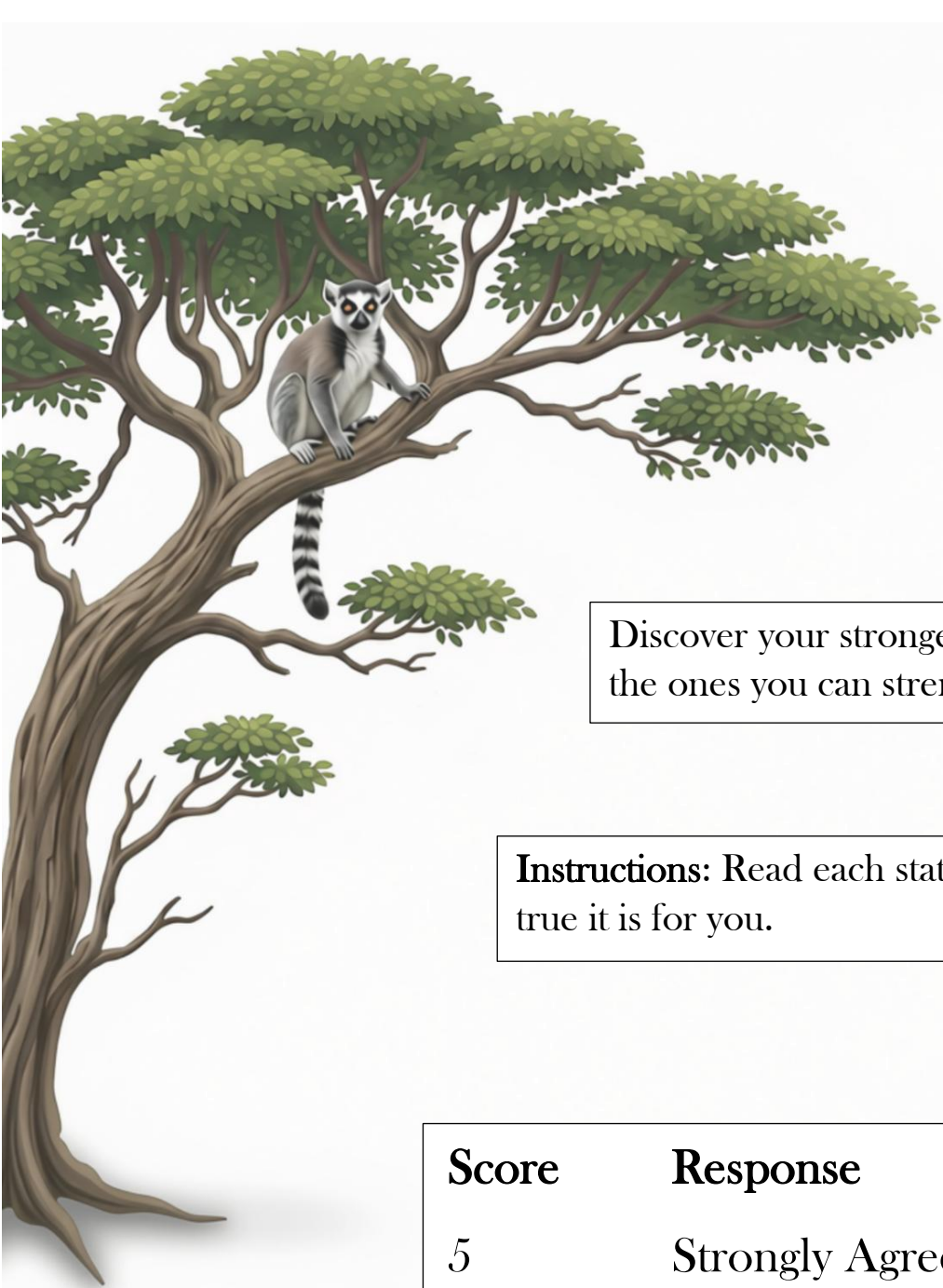




Animal Instincts Assessment

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.

You've Discovered Your Instincts. What's Next?

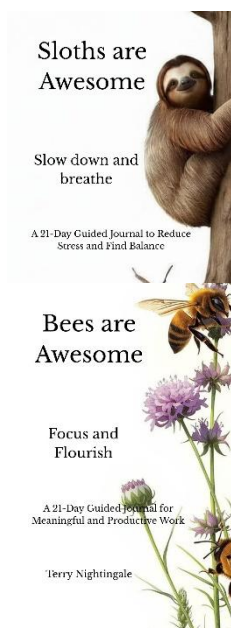
Every instinct can be strengthened.

Visit the Animal Instincts Resource Centre to discover:

- ✓ Articles tailored to help grow your instincts
- ✓ Free practical tools
- ✓ 21-day guided journals
- ✓ New resources added regularly

👉 Continue your journey here: <https://www.animalinstincts2026.au/resources>

Here's a couple of 21-day guided journals 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.

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.

