



Energy *Archetypes*[™]

The Energetic Profile Assessment

created by Kimberely Arana with Unshakable *Soul*

Answer each question by circling **one letter** that you feel best reflects you. Tally how many of the corresponding letters you get at the end:

1. When I wake up in the morning, I

- | | |
|--|---|
| Am rested and ready. | A |
| Pace myself so I'll have energy to get through the day. | B |
| Need to talk to someone else to get my energy flowing. | C |
| Jump in and do things for someone else before doing things for myself. | D |
| Am spilling over with lots of ideas. | E |
| Ready and out the door quickly. | F |
| Get things done that need to get done. | G |

2. I prefer to channel my energy

- | | |
|---|---|
| So it pours out full-blast. | A |
| Into interactions with other people. | B |
| Inwards so I'll have it if I need it. | C |
| In service to others. | D |
| Outward in dynamic or expressive ways. | E |
| Into thoughts and actions that help me get things done. | F |
| Into steady progress. | G |

3. People tend to describe me as:

- | | |
|-------------------------------------|---|
| Energetic with a strong personality | A |
| Inspiring | B |
| Sociable | C |
| Compassionate | D |
| Engaging | E |
| Ambitious | F |
| Responsible | G |

4. When I get stressed out, I tend to:

- | | |
|----------------------------------|---|
| Check out or give up. | A |
| Get critical and more rigid. | B |
| Get preoccupied. | C |
| Go limp. | D |
| Get frustrated or hypercritical. | E |
| More demanding. | F |
| Fell resentful. | G |

5. During conflict with another person, if the person pushes me on facts or reasoning, I:

- | | |
|--|---|
| Cede my point to the other person, even if I know I'm right. | A |
| Argue my point, relying on the data I have. | B |
| Dig in, confident, in the fact that I'm right. | C |
| Give in. | D |
| May change my mind. May not. But I do have a habit of messing up the details. | E |
| Take command of the discussion and bury the other person with all I know about the matter. | F |
| Nitpick their ideas to death. | G |

6. When working on a team, I tend to:

- | | |
|--|---|
| Go along with others' ideas. | A |
| Fight for my ideas. | B |
| Help others see the merits of the best ideas (often mine). | C |
| Want everyone to get along so I just do what the group wants to do. | D |
| Love the process of creating ideas or solutions. | E |
| Jump into action while others talk, talk, talk. | F |
| Think through the work to be done and make sure everyone is on task. | G |

7. I gain from energy from (Note: this counts as two letters!):

My relationship with the Universe.	A
Working with others.	B
Inspiring ideas.	C
Helping others.	D
Using my imagination.	E
Getting things done.	F
Order, stability, and progress.	G

8. When I'm feeling tapped out, I know that I can feel renewed by:

Engaging in a spiritual practice.	A
Talking with a friend or mentor.	B
Refocusing on my goals, vision.	C
A heart-felt pep talk.	D
A little downtime, surrounded by beauty.	E
A little caffeine and some deadline pressure.	F
Focusing on a checklist of things to do.	G

9. Sometimes I feel myself pulled along by:

Something greater than myself.

A

A sense of connection with others.

B

A powerful purpose.

C

A need to help those in need.

D

My imagination.

E

Sheer ambition.

F

A pragmatic need to get things done.

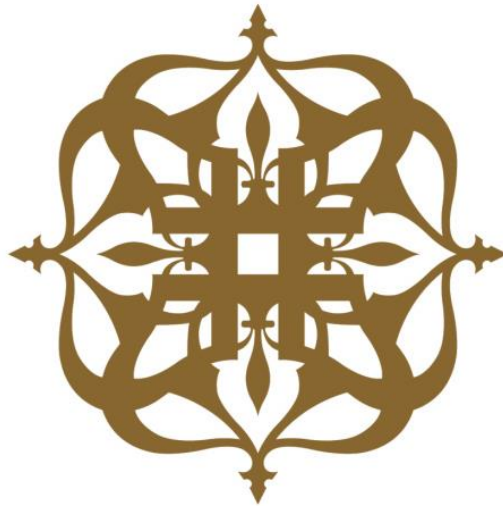
G

Tally your score:

Letter	How Many?	Your Archetype is:
A		The Spiritualist
B		The Leader
C		The Visionary
D		The Giver
E		The Creative
F		The Driven One
G		The Manager

Tally up how many of the same letter you received – the highest amount of the same letter is your Energy Archetype. Discover more about your archetype in the accompanying notebook.

If you received two with the same amount, carefully read the information for each and share your outcome with a close friend or family member for the tie-breaker opinion (remember, sometimes you don't realize core traits that others readily see!).



Express Yourself:

Questions? Comments?

Want to better understand your unique Energy Archetype,
or identify and transform your Challenge Chakras?

Reach out for a private reading, I would love to hear from you:

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