

# Which Driver Is Running Your Decisions?

Quick Self-Assessment (2–3 minutes)

**Instructions:** For each question, choose the option (A–E) that feels most like you. At the end, count your letters.

1. When I feel stuck, it's usually because:

- A) I feel limited or boxed in
- B) I don't feel fully sure yet
- C) I'm thinking about how other will see it
- D) I don't feel confident I'll do well
- E) It doesn't feel like me

2. I feel most energized when:

- A) I have options and flexibility
- B) I know what to expect
- C) I feel connected and included
- D) I feel capable and on top of things
- E) I'm doing something that feels like me

3. I tend to hesitate when:

- A) Something feels too structured
- B) Things feel uncertain
- C) I might be judged
- D) I might fail
- E) It feels too ordinary

4. I get frustrated when:

- A) I feel controlled or restricted
- B) Things are unclear or unpredictable
- C) I feel left out or misunderstood
- D) I feel like I'm not doing well
- E) I can't be myself

5. When making decisions, I care most about:

- A) Having options
- B) Feeling sure
- C) How it affects others
- D) Doing it well
- E) Whether it feels like me

**Results:**

A = Freedom

B = Security

C = Belonging

D = Competency

E = Self-Expression

Most people don't get stuck because they don't know what to do. They get stuck because they don't see what's driving their patterns.