

INNER MEAN GIRL ASSESSMENT QUIZ

[VIDEO LINK CLICK HERE TO A SMALL
TALK ON YOUTUBE ABOUT THIS QUIZ](#)



On a scale of 1 to 10, rate the truth of each statement below with

1 Never 2-3 Rarely 4-5 Sometimes 4-8 Often 9 or 10 Almost Always

1. I compare myself to other people in ways that make me feel bad about myself.
2. Things never work out for me. That's just how life is.
3. I work so hard all the time, to the point where I exhaust myself.
4. I don't rest or relax unless I get sick or a catastrophe happens. I don't have time for resting.
5. I have a hard time saying no and setting boundaries. I say yes to helping other people or taking on more even when my plate is overflowing.
6. I have relationships that are unhealthy, toxic, and draining.
7. I connect with people by feeling their pain.
8. I believe it is wiser to listen to my rational mind more than my intuition.
9. I believe that people who are artists, are spiritually inclined, or do work for the good of society don't have a lot of financial success.
10. Even when I am disappointed or hurt, I make myself feel happy and look on the bright side.
11. I feel like other people talk about me and are out to get me or tear me down.
12. I wish that I could be more like other people who seem more successful, beautiful, thin, etc.
13. I make choices based on what others will think. Doing the "right thing" in their eyes is a guidepost for my choices.
14. I feel lonely and isolated.
15. I get obsessive about things being perfect.
16. I'd rather have a safe life than an adventurous life.
17. I often feel anxious, fearful, and filled with worry.
18. I think I should be further along in my life than I am.

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IMG ASSESSMENT QUIZ P2



19. I feel guilty, uncomfortable, or like a slacker or loser if I'm not doing something "productive."
20. I overindulge in things (like food, spending, alcohol, etc.) that feel good in the moment, but that I later regret.
21. I have a hard time celebrating milestones or my achievements. I just move on to the next thing.
22. Even if I am new to something, I expect myself to be masterful at it.
23. I feel like I am a bad friend, daughter, wife, etc. if I don't give a lot to other people, even if that means not taking care of myself.
24. I feel like it's my job to fix people I care about.
25. I'd like to delegate to others, but most people can't do as good a job as I can, so it's easier to do things myself.
26. Chaos and drama seem to follow me wherever I go. I am always putting out fires.
27. I feel like having more money will take away from my ability to be more creative or spiritual.
28. I feel overwhelmed often but I never let anyone know. I just suck it up.
29. If something can't be proven scientifically, I believe it's probably not true.
30. I am the kind of person who is always helping others, to the point that my life is focused more on others than myself.
31. I feel like no matter how much I do or how well I've done, I could have done it better.
32. I feel like when I reach my goal or attain a certain level of success, then I'll finally be truly happy, perpetually putting my happiness in the future.
33. It can be hard for me to fall asleep at night because all the things I have to do keep running through my mind.
34. I feel like I should be able to take care of myself without needing a lot of love and support from others.
35. I feel like I have to be strong and take care of a lot because being vulnerable or admitting I can't do something is weak.
36. I don't need much on the physical plane in terms of money. It's just not that important to me.
37. I think being sad or disappointed is a waste of time.
38. I feel like the other shoe could drop at any moment.
39. I gossip about people I know, celebrities, and more. I don't like to admit it, but I do.

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IMG SCORING



Add up scores for questions 3, 21, and 32.

This is your Achievement Junkie score: _____.

The Achievement Junkie is the pushy, relentless force that drives you hard to get to a goal you will never reach because the finish line just keeps moving. Her job is to keep you addicted to pursuing goals, by fooling you into believing that there is a magical destination that will indicate you have finally arrived, where you can rest, stop working so hard, and be enough. She makes you exhaust yourself and robs you of receiving the success and happiness from all your hard work.

Add up scores for questions 1, 12, and 18.

This is your Comparison Queen score: _____.

The Comparison Queen is your inner judge who assesses the success of your life by comparing you to other people or to where she thinks you should be, or used to be, which in her eyes is never enough. She makes you feel like an inadequate failure or like you are falling behind and not measuring up. She can also compare your best to everyone else's worst so that you feel superior.

Add up scores for questions 4, 19, and 33.

This is your Doing Addict score: _____.

The Doing Addict is an inner taskmaster and slave driver who makes sure you are always busy doing something. She makes sure you don't rest, relax, or play until your work is done or the items on the to-do list are checked off (which they never are). She makes your mind run constantly with all the to dos, making you stressed out, frenzied, always reacting to the outside world's demands.

Add up scores for questions 11, 26, and 39.

This is your Drama Queen score: _____.

The Drama Queen is the turmoil creator who thrives on chaos and loves to keep your life in a state of drama, which she views as excitement. Her job is to keep you from having to deal with your true emotions by whipping up all-consuming drama in your life or feeding off gossip and other people's chaos. She makes you use all your energy on the "drama" happening so that you don't have focus on the truth of your life.

Add up scores for questions 7, 24, and 30.

This is your Fixer and Rescuer score: _____.

The Fixer and Rescuer is the inner helper who loves to focus on what is wrong with everyone else and then gets you to spend all your energy and time helping others. She convinces you that what you are doing is the only choice you could make. She makes you sacrifice yourself in the name of helping others.

Add up scores for questions 5, 13, and 23.

This is your Good Girl score: _____.

The Good Girl is an inner people pleaser who is desperately afraid that no one will like her or love her if she doesn't do what people expect of her or if she doesn't give to others before she takes care of herself. She makes you give more time, money, and energy than you have to give, and she stifles your true feelings and emotions. (See page 20 for full description.)

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IMG SCORING P2



Add up scores for questions 8, 16, and 29.

This is your Head Tripper score: _____.

The Head Tripper is the rational, practical skeptic, whose job it is to discount your intuition and anything that feels too “touchy-feely” or “woo-woo.” She prides herself on your ability to not cry, to be unshakable, and to keep your emotions under wraps. She makes you feel weak for having emotions, and she makes you give up on your dreams because they aren’t “realistic.”

Add up scores for questions 25, 28, and 35.

This is your Invincible Superwoman score: _____.

The Invincible Superwoman puts the weight of the world on your shoulders and doesn’t let you set it down, no matter how heavy it gets— because she thinks you should be able to handle it. Her job is to keep you feeling and looking strong, never showing any weakness. She makes you do everything on your own and take on way more responsibility than humanly possible.

Add up scores for questions 9, 27, and 36.

This is your Martyr score: _____.

The Martyr is an inner spiritual guru, starving artist, or superactivist who has made it her job to use your spirituality, creativity, or social mission as a way to pretend you don’t need things on the earthly plane—including money, recognition, and success. She keeps you suffering for your cause, your art, or your spiritual pursuit, as a way to prove yourself worthy or better than others.

Add up scores for questions 10, 20, and 37.

This is your Overly Optimistic, Partying Cheerleader score: _____.

The Overly Optimistic, Partying Cheerleader is the one who tells you that everything will work out for you, even if you are about to dive head- first into a self-sabotaging choice. Her job is to make you feel good and happy in the moment, consequences be damned—it’s all about instant gratification. She cajoles you into making choices you later regret. (See page 28 for full description.)

Add up scores for questions 15, 22, and 31.

This is your Perfectionist score: _____.

The Perfectionist is the highly critical and often harsh, picky, or sharp critical inner authority figure whose job is to point out everything you’re doing wrong or that doesn’t measure up to her perfectionist standards. She makes you procrastinate, give more energy and time to a project than is necessary, and obsess over the smallest details that don’t matter.

Add up scores for questions 6, 14, and 34.

This is your Rejection Queen score: _____.

The Rejection Queen is the one who is deathly afraid of being rejected, unloved, and alone. Her job is to convince you that you are unlovable and doomed to be alone and that people don’t really want you around, showing you just how unsafe it is to let people in. And she’s great at choosing unhealthy relationships for you, to prove her theories. She makes you feel lonely and left out, like you don’t belong, and like it’s just safer to be on your own. (See page 32 for full description.)

Add up scores for questions 2, 17, and 38.

This is your Worrywart score: _____.

The Worrywart is the professional worrier and runner of worst-case scenarios, who loves to fill your mind with all the bad things that could happen. Her job is to keep you living in a heightened state of fear and anxiety. She makes you feel unsafe, unsure, and uncertain, filling your head with crazy thoughts so you are constantly anxious, upset, or scared.

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STEPS IN PERSONAL EVOLUTION



HERE IS THE [VIDEO LINK](#) TO
WATCH AND LISTEN TO THE
EXPLANATION OF THIS MODEL

1. Discover inner
blocks

2. Connect with
Inner Wisdom &
Resources

3. Design your
vision and
specific goals

4. Strategise
and take
massive bold
actions


5. Follow up
and kicking
your butt with
love!

6. Keep growing &
evolving in new
areas set more
goals & go to
step 1

NLP WISDOM & TOOLS

continuous learning and application of tools

USEFUL LINKS AND RESOURCES

- Join the Superpower Circle  on [Whatsapp Chat](#)
- [Follow my WhatsApp channel "6 steps to finding your brave program"](#)
- [Watch my online youtube videos – click here](#)
- [Browse my website](#)
- [Check out recommendations on my LinkedIn profile](#)
- Read books by my favourite authors for women empowerment and on self love including
- Christine Arylo, Sark, Louise Hay, Denise Duffield Thomas, Rebecca Campbell
- I also love: NLP for Dummies, The Four Agreements by Don Miguel Ruiz

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LIFE COACHING

LET'S HAVE
A CHAT SOON?

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