



The Subconscious Success Blocker Quiz

You're just a few questions away from uncovering the #1 subconscious block holding you back from true success.

Introduction

Are you constantly pushing, trying to improve, but still feel stuck? This quick quiz reveals the subconscious pattern blocking your success -- and gives you a personalized action plan to break free.

Instructions

Choose the answer that resonates most with your lived experience -- not what you think you **should** choose.

1. What drains your energy most during the week?

- Being constantly busy and doing too much (Overachiever)
- Trying to get things just right (Perfectionist)
- Taking care of everyone else's needs (Martyr)
- Managing everything yourself (Control Loop)
- Feeling like you're always catching up (Scarcity)

2. What do you secretly fear others might think of you?

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- I'm not working hard enough (Overachiever)
- I'm not good enough or capable (Perfectionist)
- I'm selfish if I put myself first (Martyr)
- I don't have it together (Control Loop)
- I'll never truly have enough (Scarcity)

3. What's the hardest thing for you to ask for?

- Time off or rest (Overachiever)
- Help with something important (Perfectionist)
- Space for yourself (Martyr)
- Delegation or letting go (Control Loop)
- Money or financial support (Scarcity)

4. How do you react when things feel uncertain?

- I double down and work harder (Overachiever)
- I obsess over every detail and plan (Perfectionist)

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- I focus on helping others to avoid my own stress (Martyr)
- I try to control the situation entirely (Control Loop)
- I spiral into worry and worst-case thinking (Scarcity)

5. What keeps you up at night?

- A never-ending to-do list (Overachiever)
- Worrying something wasn't done "right" (Perfectionist)
- Feeling like you're invisible or unappreciated (Martyr)
- Fear of things falling apart without you (Control Loop)
- Anxiety about money, time, or resources (Scarcity)

6. How do you respond when someone offers to help you?

- I usually say, "I've got it" (Overachiever)
- I feel guilty because I want it done my way (Perfectionist)
- I think they have more important things to do (Martyr)
- I don't trust it'll be done correctly (Control Loop)

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- I feel undeserving or worried I can't return the favor (Scarcity)

7. What would you most like to feel more of?

- Peace and rest without guilt (Overachiever)
- Freedom from pressure and self-criticism (Perfectionist)
- Self-prioritization and boundaries (Martyr)
- Trust in others and flexibility (Control Loop)
- Abundance and safety (Scarcity)

8. What causes the most internal frustration for you?

- That no matter how much I do, it's never enough (Overachiever)
- That I can't relax unless everything is perfect (Perfectionist)
- That I give so much but don't feel supported (Martyr)
- That I have to be in control all the time (Control Loop)
- That I always feel behind or like something's missing (Scarcity)

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Results & Personalized Action Plans

Mostly Overachiever

Core Belief: "If I slow down, I'll fall behind."

Root Blocker: Burnout cycle + self-worth tied to productivity.

Action Plan:

- Create space for rest and play weekly -- no guilt allowed.
- Practice receiving support and compliments.
- Redefine success beyond output.
- Coaching can help shift from hustle to alignment.

Mostly Perfectionist

Core Belief: "If it's not perfect, I've failed."

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Root Blocker: Shame around mistakes + high self-pressure.

Action Plan:

- Do one imperfect thing on purpose each week.
- Celebrate progress, not just outcomes.
- Shift inner dialogue from critic to coach.
- Inner rewiring through mindset coaching can be transformational.

Mostly Martyr

Core Belief: "Everyone else comes first."

Root Blocker: Lack of boundaries and self-prioritization.

Action Plan:

- Set one non-negotiable boundary this week.
- Affirm: "Taking care of me allows me to serve better."
- Ask for help with one thing.
- Coaching can support identity healing and reclaiming your voice.

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Mostly Control Loop

Core Belief: "If I don't manage it, everything will fall apart."

Root Blocker: Hyper-independence and fear of trusting others.

Action Plan:

- Delegate something small -- even if it's uncomfortable.
- Journal your fear story and rewrite it with curiosity.
- Practice flexibility in one area of life.
- Supportive coaching can help rebuild trust and flow.

Mostly Scarcity Thinker

Core Belief: "There's never enough -- time, money, energy."

Root Blocker: Deep belief in lack + fear of losing more.

Action Plan:

- Track your wins and abundance daily.

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- Practice "what if it *works*?" thinking.
- Take one bold action from a place of sufficiency.
- Abundance coaching can shift your core narrative.

Next Step

Ready to release your success blocker and rise into your next level?

Let's unpack your results and design a powerful plan together.

-> Book your free 30-minute breakthrough call now.

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