

AM I IN SURVIVAL MODE? SELF-AWARENESS QUIZ



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“Sometimes when we begin to ask deeper questions about our lives, it is the moment when our healing truly begins. Trust that if something inside you is stirring, it is your soul guiding you home to yourself”



AM I IN SURVIVAL MODE?

SELF-AWARENESS QUIZ

Before we begin, take a moment to check in with yourself. This quiz is not about labelling or judging; it is simply a moment of honest reflection.

Sometimes we push through life for so long that we stop noticing what is really happening.

By answering these questions honestly, you may begin to see where your energy is being drained and what part of you may be asking for care, healing, or change.

Sometimes life can have us in survival mode, and we can miss the cues as we keep going, but when we pause, we notice the heavy, stuck, or disconnected feeling.

This worksheet may help you understand what might be keeping you in survival mode, aka energy leaks.

Choose the answer that feels most true for you right now. At the end, count which letter you chose the most to reveal the answer. You can choose more than one letter at each question.

It's time to shift the focus from them to you.



SELF-AWARENESS

QUIZ

1. *WHEN I WAKE UP IN THE MORNING, I USUALLY FEEL:*

- A. Emotional or sadness, which is hard to shift
- B. A sense of dread about going to work
- C. Physically tired or drained even after sleeping
- D. A mix of everything and you're not sure why

2. *WHEN PEOPLE ASK 'HOW ARE YOU', IF I WAS BEING HONEST I WOULD SAY:*

- A. "I'm okay but I'm still processing grief"
- B. "Busy, just getting through work"
- C. "Tired, not feeling great lately"
- D. "I don't really know how I feel"

3. *WHAT FEELS MOST DIFFICULT FOR ME RIGHT NOW:*

- A. Moving forward, making change
- B. Feeling trapped in a job that doesn't fulfil me
- C. Having the energy to do everyday things
- D. Feeling lost about what direction life should go



SELF-AWARENESS

QUIZ

4. *WHEN I IMAGINE MY IDEAL LIFE, WHAT FEELS LIKE THE BIGGEST OBSTACLE?*

- A. Letting go of what I thought was my ideal life
- B. My job or work situation
- C. My health or energy levels
- D. Uncertainty about what I really want

5. *WHAT DRAINS ME THE MOST AT THE MOMENT?*

- A. Processing the past
- B. Work stress or lack of purpose in my job
- C. Physical exhaustion or ongoing health struggles
- D. Feeling disconnected from myself

6. *WHEN I HAVE TIME TO MYSELF, I USUALLY:*

- A. Reflect on past experiences or where things went wrong
- B. Try to forget about work and switch off
- C. Rest because my body needs it
- D. Dream about what my perfect life would look like



SELF-AWARENESS

QUIZ

7. *WHAT STATEMENT FEELS MOST TRUE FOR ME?*

- A. "I haven't fully processed the things that have hurt me in the past."
- B. "My job is draining my energy and joy."
- C. "My body just isn't keeping up with life right now."
- D. "I feel lost and unsure of my purpose."

8. *IF LIFE FELT LIGHTER, IT WOULD PROBABLY BE BECAUSE:*

- A. I had healed more of my emotional past
- B. I found work that feels meaningful
- C. My health and energy improved
- D. I felt clearer about who I am and what I want

9. *WHEN I THINK ABOUT THE LAST YEAR OF MY LIFE, WHAT STANDS OUT THE MOST?*

- A. Processing a lot, emotional challenges, or big life changes
- B. Feeling stuck or uninspired in my work life
- C. Ongoing fatigue or health challenges
- D. Questioning the direction of my life



SELF-AWARENESS

QUIZ

10. *WHEN I IMAGINE MAKING A BIG CHANGE IN MY LIFE, WHAT FEELS LIKE THE BIGGEST BARRIER?*

- A. The emotional ups and downs I go through
- B. Financial or work responsibilities
- C. My energy or physical wellbeing
- D. Not knowing what direction to take

11. *WHAT DO I FIND MYSELF LONGING FOR THE MOST RIGHT NOW?*

- A. Emotional peace and healing
- B. Work that feels meaningful or fulfilling
- C. More energy and physical wellbeing
- D. Clarity about my purpose or path

12. *IF I COULD CHANGE ONE THING IN MY LIFE RIGHT NOW, IT WOULD BE:*

- A. Finally feeling lighter from past
- B. Having work that brings joy
- C. Feeling healthy, energised, and strong again
- D. Feeling connected to my true self and direction



**Now count how many A's, B's, C's and D's you chose.
Whichever letter you chose the most may highlight
what is currently keeping you in survival mode.**

SELF-AWARENESS YOUR RESULTS

MOSTLY A – GRIEF SURVIVAL MODE

You may still be carrying emotional pain or loss that hasn't had the space to fully heal.

Grief does not run on a timeline. Many women quietly carry it for years while continuing to show up for life.

If this is you, your heart may simply be asking for more compassion, support, and space to process what you've been through.

MOSTLY B – WORK SURVIVAL MODE

Your work may be draining more energy than it gives back. Many women stay in jobs that feel misaligned because life responsibilities come first.

But living in constant work stress can slowly disconnect you from your joy and purpose.

Your soul may be asking you to reconsider what meaningful work looks like for you.



SELF-AWARENESS

YOUR RESULTS

MOSTLY C – BODY SURVIVAL MODE

Your body may be asking for rest, care, and attention. When we are physically unwell or exhausted, everything in life feels heavier. Your body is not working against you — it is communicating with you. Listening to what it needs may be an important step toward feeling better.

MOSTLY D – SOUL DISCONNECTION

You may be feeling lost, uncertain, or disconnected from who you truly are. This often happens when life has taken us down paths that no longer align with our deeper self. While it can feel uncomfortable, it is often the beginning of a soul awakening and realignment.



We have covered a lot. If you have found that this has brought up some triggers, grab a pen and paper and journal. It can be helpful to get things out on paper for processing.



Awareness is the first step toward healing.

If this quiz helped you recognise that you may be living in survival mode, lets celebrate because awareness is the first step to healing. And I believe this is your soul sending you a sign that it's time for realignment.

Survival mode is not forever.

Many women quietly carry grief, exhaustion, or a feeling of disconnection while continuing to show up for life every day. But survival mode is not where we should be operating from. These feelings are simply signals from your soul and body asking you to reconnect with yourself.

Imagine connecting with your soul.

Imagine waking up feeling more connected with yourself, trusting your inner guidance, and feeling empowered to make decisions that truly align with who you are.

This is what I do, I help women reconnect with their soul and trust their intuition for empowered self-guidance.

Are you ready to create a life that feels aligned, meaningful, and authentic - to you!

Together we can unlock how you can:

- Reconnect with your inner voice and intuition
- Move beyond survival mode
- Heal emotional patterns that keep you stuck
- Learn to trust your own guidance and inner wisdom

Are you ready to say goodbye to survival mode?

If you feel called to explore this journey DM '**Reset**' for the next step.

