

◆ QUIZ Soul Essence

DISCOVER YOUR SOUL ESSENCE

What qualities are at the heart of who you are?

There is something beneath the roles you play.

Beneath the expectations.

Beneath the labels.

Beneath the version of yourself you've learned to present to the world.

Something quieter.

Something more essential.

Your **Soul Essence** is the collection of qualities, values, and inner drives that continue to return throughout your life.

It isn't a personality type.

It isn't a fixed identity.

And it isn't something you need to "find" outside of yourself.

It is something you begin to recognize as you become more aware of who you already are beneath everything you've been taught to be.

This quiz explores seven Soul Essences:

The Earthkeeper — The Cultivator of Life
The Seeker — The Questioner of Existence
The Alchemist — The Transformer
The Healer — The Restorer of Wholeness
The Liberator — The Seeker of Freedom
The Dreamer — The Visionary
The Catalyst — The Igniter of Change

You may resonate with more than one.

Your Soul Essence can also evolve.

The person you are becoming may call forward qualities within you that have always been there—but have never had the opportunity to fully emerge.

So don't ask:

"Who am I supposed to be?"

Instead, ask:

"What has always felt true about me?"

HOW TO TAKE THE QUIZ

Choose the answer that feels most like you.

Don't choose the answer you think you *should* choose.

Choose the one that creates that small internal feeling of:

"Yes. That's me."

At the end:

- **A → The Earthkeeper**
- **B → The Seeker**
- **C → The Alchemist**
- **D → The Healer**
- **E → The Liberator**
- **F → The Dreamer**
- **G → The Catalyst**

Your highest score reveals your **Primary Soul Essence**.

Your second-highest reveals your **Secondary Essence**.

Together, they reveal your unique **Soul Essence Blend**.

QUESTION 1

What do you value most deeply?

- A. A sense of connection—to nature, home, community, and the world around me.
 - B. Understanding. I want to know why things are the way they are.
 - C. Growth. I believe difficult experiences can become catalysts for transformation.
 - D. Compassion. I want people to feel safe, supported, and whole.
 - E. Freedom. I need the ability to live according to my own truth.
 - F. Possibility. I believe life can become something more beautiful than what we currently see.
 - G. Change. I feel compelled to move things forward when something no longer works.
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QUESTION 2

When life becomes difficult, what instinctively guides you?

- A. I return to simplicity, nature, routine, and the things that ground me.
 - B. I try to understand what is happening and why.
 - C. I ask what this experience is trying to teach or transform within me.
 - D. I focus on healing—my own or someone else's.
 - E. I look for a way to regain my autonomy and freedom.
 - F. I imagine what could exist beyond the current circumstances.
 - G. I take action. I need to do something to change the situation.
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QUESTION 3

What kind of person naturally draws you in?

- A. Someone grounded, genuine, and deeply connected to the natural world.
 - B. Someone curious who challenges me to think differently.
 - C. Someone who has lived through difficulty and emerged wiser.
 - D. Someone compassionate who makes people feel safe to be themselves.
 - E. Someone unapologetically authentic who refuses to live by someone else's rules.
 - F. Someone imaginative who sees possibilities others can't yet see.
 - G. Someone courageous who inspires people to take action.
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QUESTION 4

What do you most want your life to feel like?

- A. Grounded, connected, peaceful, and meaningful.
 - B. Curious, expansive, and intellectually alive.
 - C. Deep, evolving, and transformative.
 - D. Loving, healing, and emotionally meaningful.
 - E. Free, authentic, and self-directed.
 - F. Inspired, imaginative, and full of possibility.
 - G. Purposeful, energized, and impactful.
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QUESTION 5

Which statement feels most true?

- A. I feel most myself when I am connected to the earth and the people around me.
 - B. I am always asking questions others don't think to ask.
 - C. I have a natural ability to turn endings into beginnings.
 - D. I often sense what people need before they say it.
 - E. I have always felt like I was meant to live life differently.
 - F. I can see possibilities long before they become reality.
 - G. I am often the person who gets things moving.
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QUESTION 6

What do you think the world needs more of?

- A. People who care for the earth and remember how interconnected everything is.
 - B. Curiosity and critical thinking.
 - C. People who are willing to transform rather than remain stuck.
 - D. Compassion, emotional safety, and genuine care.
 - E. Courageous people who refuse to abandon themselves.
 - F. Imagination and hope.
 - G. People willing to turn ideas into action.
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QUESTION 7

What are you most afraid of losing?

- A. My sense of belonging.
 - B. My ability to question and think independently.
 - C. My capacity to grow.
 - D. My connection to the people I love.
 - E. My freedom.
 - F. My ability to dream.
 - G. My sense of purpose.
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QUESTION 8

If you could change one thing about the world, what would you choose?

- A. Restore our relationship with nature and the planet.
 - B. Help people become more open-minded and curious.
 - C. Help people understand that change and transformation are possible.
 - D. Create a world where people feel safe, valued, and supported.
 - E. Help people break free from systems and beliefs that keep them small.
 - F. Help people believe in possibilities beyond what they can currently see.
 - G. Inspire people to stop waiting and start creating change.
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QUESTION 9

What do you naturally do when someone comes to you with a problem?

- A. Help them slow down and reconnect with what grounds them.
 - B. Ask questions until we understand what is really happening.
 - C. Help them see the experience from a new perspective.
 - D. Listen, empathize, and create a safe space for them.
 - E. Remind them that they have choices.
 - F. Help them imagine a different future.
 - G. Help them figure out what action they can take.
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QUESTION 10

What would you most like to be remembered for?

- A. Creating a life of beauty, connection, and care.
- B. Asking meaningful questions and expanding understanding.
- C. Showing others that transformation is possible.
- D. Making people feel seen, safe, and loved.
- E. Living authentically and refusing to abandon myself.
- F. Inspiring people to dream bigger.
- G. Creating meaningful change.

YOUR SOUL ESSENCE RESULTS

MOSTLY A — THE EARTHKEEPER

The Cultivator of Life

You are deeply connected to the idea that everything is interconnected.

You are drawn to nature, simplicity, home, community, ritual, and the tangible rhythms of life.

You understand that growth requires nourishment.

That healing requires safety.

That meaningful things often take time.

Your gift is your ability to create grounding and belonging.

Your essence:

Connection

Your strength:

Grounding, nurturing, and cultivating.

Your shadow:

Holding on too tightly to what feels familiar.

Your invitation:

Put down deeper roots without becoming afraid of growth.

MOSTLY B — THE SEEKER

The Questioner of Existence

You are driven by curiosity.

You want to understand.

You question assumptions.

You explore ideas, philosophies, cultures, psychology, spirituality, and the mysteries of existence.

You are rarely satisfied with surface-level answers.

Your gift is your ability to keep asking better questions.

Your essence:

Understanding

Your strength:

Curiosity, discernment, and intellectual exploration.

Your shadow:

Thinking so much that you forget to experience.

Your invitation:

Let yourself know through experience—not only through understanding.

MOSTLY C — THE ALCHEMIST

The Transformer

You understand that nothing is wasted.

Pain can become wisdom.

Endings can become beginnings.

Loss can become perspective.

You have an instinct for transformation.

You are drawn toward personal growth because you understand that becoming yourself often requires letting old versions of yourself fall away.

Your essence:

Transformation

Your strength:

Resilience, depth, and reinvention.

Your shadow:

Believing you always need to be transforming instead of simply being.

Your invitation:

You don't have to constantly become someone new. Sometimes you are allowed to simply inhabit who you are.

MOSTLY D — THE HEALER

The Restorer of Wholeness

You are deeply sensitive to the emotional worlds of others.

You notice what people don't say.

You feel the atmosphere in a room.

You often become the person others trust with their vulnerability.

Your gift is your capacity to create safety.

You remind people that they don't have to be perfect to be worthy of love.

Your essence:

Compassion

Your strength:

Empathy, presence, and emotional attunement.

Your shadow:

Taking responsibility for everyone else's healing.

Your invitation:

You are not responsible for saving everyone.

MOSTLY E — THE LIBERATOR

The Seeker of Freedom

Freedom is not a luxury for you.

It is a fundamental need.

You have a deep instinct to question expectations and create a life that feels authentic.

You may resist conventional paths—not simply because you are rebellious, but because you need to understand why you're following them.

Your gift is your courage to choose yourself.

Your essence:

Authenticity

Your strength:

Independence, courage, and self-determination.

Your shadow:

Mistaking commitment for confinement.

Your invitation:

True freedom isn't the absence of commitment. It is the freedom to consciously choose what you commit to.

MOSTLY F — THE DREAMER

The Visionary

You see beyond what currently exists.

You imagine.

You envision.

You dream.

You are often able to sense possibilities before they become obvious to others.

Your imagination is not a weakness.

It is one of your greatest tools.

Your gift is your ability to hold a vision for something that has not yet become real.

Your essence:

Possibility

Your strength:

Imagination, hope, and vision.

Your shadow:

Living so deeply in possibility that action becomes difficult.

Your invitation:

Dream it—but give the dream somewhere to land.

MOSTLY G — THE CATALYST

The Igniter of Change

You are here to move things.

You notice what isn't working.

You question stagnation.

You feel the urge to act.

You may naturally become a leader, initiator, advocate, or change-maker.

Your gift is momentum.

You help ideas leave the realm of possibility and enter reality.

Your essence:

Purpose

Your strength:

Action, courage, and influence.

Your shadow:

Trying to change everything at once.

Your invitation:

Not every problem needs your intervention. Choose the change that is truly yours to create.

YOUR SOUL ESSENCE BLEND

Your Soul Essence is not a single word.

You are a constellation.

Your primary essence shows what naturally leads you.

Your secondary essence reveals the energy that supports it.

Together, they create your **Soul Essence Blend**.

Perhaps you are:

THE EARTHKEEPER + THE HEALER

The Nurturer

You create safety, connection, and belonging.

THE SEEKER + THE DREAMER

The Visionary Philosopher

You question what is and imagine what could be.

THE ALCHEMIST + THE LIBERATOR

The Reinventor

You transform yourself by refusing to remain confined by old identities.

THE HEALER + THE ALCHEMIST

The Transformational Guide

You understand that healing isn't about returning to who you were. It's about becoming more whole.

THE LIBERATOR + THE CATALYST

The Revolutionary

You don't simply want freedom for yourself. You want to change the conditions that keep others from experiencing it.

THE DREAMER + THE CATALYST

The Visionary Creator

You see the future—and feel compelled to help build it.

THE SEEKER + THE INTUITIVE

The Mystical Explorer

You are comfortable exploring both reason and mystery.

Bohemia Collective