

What's Your Hidden Energy Superpower? (And Your #1 Drain)

Discover Your Energy Archetype

Every high performer has a dominant energy battery — the unique source that fuels their best work. Take this short quiz to find out your *Energy Archetype* and learn how to recharge smarter, not harder.

The Energy Archetype Quiz

Answer each question by choosing the option that feels most true for you.

1. After a long, stressful day, what do you crave most?

- A) A workout
- B) Quiet time alone
- C) Venting to a friend
- D) Practicing a skill

2. Which phrase describes your best days?

- A) "I'm in motion and unstoppable."
- B) "My mind feels sharp and clear."
- C) "I'm in sync with my team."
- D) "Everything I do feels meaningful."

3. You're most thrown off by...

- A) Sitting still too long
- B) A messy plan
- C) Tense relationships
- D) Losing sight of the big picture