

A QUIZ BY THE CALM CONFIDENCE METHOD

# WHICH HABIT KEEPS YOU EXHAUSTED?

Discover the hidden pattern that drains your energy — and what to do instead



Take the 5-minute quiz to discover your archetype



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WELCOME

**You're not overwhelmed because you're failing — you're overwhelmed because your mind learned habits that keep you stuck**

This quiz helps you uncover the hidden pattern running in the background of your daily life — the one that fuels guilt, worry, pressure, or emotional overload.

It's quick. It's simple. And it gives you clarity you can feel immediately.

Answer each question honestly. Pick the option that feels closest to your everyday reality. If more than 1 answer feels correct, note that down. At the end, you'll discover your Calm Confidence Pattern — plus a small, practical shift to start creating ease right away.



*warmly  
Yara x*

## Questions 1-2

### 1. When I finally have a moment to rest, I usually...

- A** start feeling guilty, like I should be doing something useful
- B** My mind won't stop worrying that I've forgotten something
- C** I end up redoing things because they weren't done the 'right' way
- D** I can't sit still, so I end up scrolling on my phone or cleaning instead of relaxing

### 2. The voice in my head always says:

- A** I should be doing more — I'm just not doing enough
- B** Don't screw this up, I can't afford to make a mistake
- C** I better do it myself; no one else will get it right
- D** If I slow down, I will fall behind

## Questions 3-4

### 3. What I crave most is...

- A** Just rest without feeling guilty, and someone else take care of the things
- B** A clear mind — I'm tired of the constant noise in my head
- C** To finally be able to trust other people to handle things
- D** To actually feel present again, instead of always running on autopilot

### 4. When someone offers to help me...

- A** I instantly feel guilty and say, 'No, it's fine, I'll do it
- B** overthink whether I'm burdening them or if I should accept
- C** I worry they won't do it properly, so I usually take over anyway
- D** I feel torn — part of me wants the help, but I still end up doing everything

## Questions 5-6

### 5. *The moment something unexpected happens...*

- A** I tense up because I didn't get to finish what I planned
- B** My mind races through every worst-case scenario
- C** I immediately jump in to fix it or take charge
- D** I try to keep everyone calm, even if I'm overwhelmed inside

### 6. *When I think about resting or slowing down...*

- A** I feel like I haven't earned it yet
- B** My thoughts get louder — it's hard to switch off
- C** I start thinking about everything that still needs to be managed.
- D** I worry someone will need me and I won't be available

## Questions 7-8

### 7. The hardest part of my day is...

- A** Stopping — I always feel like there's more I 'should' do
- B** Quiet moments — my brain doesn't know how to relax
- C** Letting go of control — even small things feel risky to delegate
- D** Trying to be everything for everyone without losing myself.

### 8. When someone is upset or stressed...

- A** I immediately wonder if I caused it or could've prevented it by doing better
- B** I replay the conversation later, wondering what I said wrong
- C** I step in and take charge before things get messy
- D** I feel responsible to fix it or make it right

## Questions 9-10

### 9. When I think about everything I need to do...

- A** I feel pressure to do it all — and do it well
- B** I get stuck thinking about where to start, and it stresses me out
- C** I jump into planning or fixing mode to keep things under control
- D** I put my own needs last so I don't let anyone down.

### 10. Before I go to sleep at night...

- A** I mentally review what I did 'right' and what I should've done better
- B** My mind keeps replaying the day — I can't shut the thoughts off
- C** I plan tomorrow in my head so I can stay on top of everything
- D** I think about how everyone else is doing and whether I supported them enough

## Understanding Your Archetype Score

**An archetype is not better or worse than another.**

**It's simply a word that describes a pattern your mind learned to help you feel safe, in control, or valued —**

**even if that pattern now keeps you stuck, overwhelmed, or exhausted.**

Each answer you chose (A, B, C, or D) corresponds to one of the four Calm Confidence archetypes:

- A = The Perfectionist
- B = The Overthinker
- C = The Controller
- D = The Caretaker

Take a moment to sum up all your answers for the 10 questions.

Whichever letter appears most often points to your dominant archetype — the pattern that shows up strongest when you're tired, stressed, or trying to rest.

If two letters are close or tied, that's completely normal. Many women carry two blended patterns, depending on the situation.

Now, read the description below for the archetype(s) that showed up most for you.

## The Perfectionist



*"I'll relax when everything's done"*

You push yourself because somewhere along the way you learned that being "good" means being productive, prepared, and never dropping the ball. Your mind links worth to doing, so slowing down feels risky — as if rest means you're falling behind or not trying hard enough.

**The cost** is a constant hum of pressure. Even small tasks feel heavy because they must be done "right," and any pause triggers guilt. Emotionally, you rarely feel satisfied. There's always something left to fix, improve, or finish, which keeps you in a cycle of tension and self-criticism.

The micro-shift is simple: progress, not perfection, brings peace. Try ending each day by naming three things you did well — not perfectly, just well. It trains your mind to see value in enough instead of chasing flawless.

## The Overthinker



*“What if I make the wrong choice?”*

Your mind tries to protect you by replaying every possibility, scanning for mistakes before they happen. Overthinking became a survival habit — a way to feel in control and avoid criticism, disappointment, or failure. Your brain believes that if you think long enough, you'll feel safe enough.

But **the cost** is mental exhaustion. Your thoughts loop, your decisions feel heavy, and even simple choices drain you. Rest doesn't feel restful because your mind keeps running in the background. Emotionally, you often feel uncertain, tense, and disconnected from the present moment.

The micro-shift is this: choose one next step, not the perfect step. When your brain spins, say: “I don't need the whole plan. I just need the next move.” It creates space and breaks the loop.

## The Controller



*“If I don’t handle it, everything will fall apart.”*

You learned early that being responsible, prepared, and in charge kept things safe — for you and for others. Control gives you a sense of stability, so letting go feels dangerous. You often take on more than your share because it feels easier to handle things yourself than to trust they’ll be done well.

The emotional cost is constant tension. You carry the weight of every detail, every plan, every outcome. Even when help is offered, receiving it feels uncomfortable. Deep down, you crave relief, but relaxing your grip triggers fear that things might go wrong.

The micro-shift: let one small thing be imperfect on purpose. Start tiny — allow someone else to do a task their way. Remind yourself, “Nothing breaks if it’s not my version of perfect.”

## The Caretaker



*“Everyone else comes first.”*

You're deeply tuned into others' needs, often before your own. You learned that being helpful, kind, and reliable kept relationships stable. Caring for others became your identity — and saying no feels selfish, even when you're drained. Rest feels uncomfortable because you're used to earning it through giving.

The cost is losing yourself in the process. You rarely feel present because your mind is always on someone else's comfort, mood, or expectations. Emotionally, you swing between giving too much and feeling invisible or depleted. You want connection, but you're often operating from obligation instead of genuine energy.

The micro-shift: pause before saying yes. One simple question changes everything: “Do I have the energy for this right now?” It brings you back into the picture — gently and without guilt.

# Next steps

## You're one small shift away from calm confidence

Awareness is always the first step — not doing more, not trying harder. Now that you see the pattern that keeps you stuck, you can begin to retrain your mind and body into something steadier, lighter, and far more sustainable.

Calm isn't luck or personality. It's a skill your brain is built to learn.

If you want to go deeper, join the **FREE** on-demand workshop:

***"5 Secrets to Enjoy Your Life & Achieve Without Burning Out."***

## I'm Ready for Calm

Hi, I'm Yara — a certified coach, recovering perfectionist, and mum of three. I know how heavy the invisible load can feel.

For years I ran on coffee and willpower, trying to slow down but only feeling more tired and guilty.

Everything changed when I learned what was really beneath the overwhelm — and built a calmer, lighter way to live.

Now I help other mums do the same: move from surviving to feeling supported, aligned, and alive again.

