Reframed 20-Question Lead Magnet Assessment for Individual Performance

1. Procrastination: When you have an important task, how often do you find yourself naturally waiting until closer to the deadline to start?
2. Perfectionism: How often do you prefer to refine your work multiple times before you feel fully comfortable sharing it?
3. Fear of Failure: When starting a new project, how often do you find yourself thinking about what could go wrong before you think about what could go right?
4. Self-Doubt: How frequently do you find yourself questioning whether your approach is the right one, even when you’ve prepared well?
5. Overwhelm: How often do you feel that the number of tasks on your plate makes it tricky to decide where to begin?
6. Motivation: When working on personal goals, how easily do you find motivation from within, even without outside deadlines?
7. Perceived Control: How often do you feel like you have a strong say in how you structure your own tasks and priorities?
8. Time Management: How comfortable do you feel with the way you currently manage your time for personal projects?
9. Focus and Distraction: How often do you notice yourself getting drawn into other activities when you intended to focus on a personal task?
10. Inner Critic: How often do you catch yourself being self-critical about your work rather than acknowledging what you’ve done well?
11. Perceived Effort: Do you sometimes feel like you put in more effort than others to meet your own standards, and if so, how often?
12. Handling Feedback: How comfortable are you when you receive feedback, and how often do you find it helpful for making improvements?
13. Resourcefulness: When you encounter an unexpected challenge, how confident do you feel in your ability to find a workaround?
14. Emotional Response: How often do emotions like frustration or anxiety play a role in how you approach your tasks?
15. Goal Clarity: How clear do you feel about your personal goals, or do you sometimes find yourself wondering what you’re aiming for?
16. Self-Compassion: How often do you allow yourself to be understanding and kind to yourself when things don’t go perfectly?
17. Patterns of Avoidance: Do you notice that certain types of tasks are easier to postpone than others, and how often does that happen?
18. Energy Levels: How much do your energy levels throughout the day influence your productivity on personal projects?
19. Sense of Achievement: How often do you take a moment to acknowledge your own achievements, even the small wins, in your day-to-day tasks?
20. Archetype Hint: When you reflect on your typical work approach, do you see yourself more as someone who often tries to help others, someone who prefers doing things their own way, or someone who carefully double-checks themselves before acting?

**Scoring System:**

* Strongly Agree = 5 points
* Agree = 4 points
* Neutral = 3 points
* Disagree = 2 points
* Strongly Disagree = 1 point

Overall Resistance Score (sum of all 20 answers):

* 20–40 = Low Resistance
* 41–70 = Moderate Resistance
* 71–100 =High Resistance

**Archetype Categories and Corresponding Questions:**

1. Perfectionist Achiever  
   * Question 2: How often do you prefer to refine your work multiple times before sharing it?
   * Question 10: How often do you catch yourself being self-critical about your work?
   * Question 11: Do you feel like you put in more effort than others to meet your own standards?
2. Helper and Over Giver  
   * Question 5: How often do you feel overwhelmed by the number of tasks, especially related to helping others?
   * Question 13: When faced with an unexpected challenge, how confident are you in helping others find a solution?
   * Question 15: How clear are you about your personal goals, or do you sometimes prioritize others’ needs over your own?
3. Avoider  
   * Question 1: How often do you wait until closer to the deadline to start an important task?
   * Question 3: When starting a new project, how often do you think about what could go wrong first?
   * Question 17: Do you notice certain tasks are easier to postpone than others?
4. Cautious Evaluator  
   * Question 4: How frequently do you question your approach, even when prepared well?
   * Question 8: How comfortable are you with the way you manage your time for personal projects?
   * Question 14: How often do emotions like frustration influence how you approach tasks?
5. Independent Doer  
   * Question 6: How easily do you find motivation from within for personal goals?
   * Question 7: How often do you feel like you have control over how you structure your tasks?
   * Question 12: How comfortable are you with receiving feedback and using it for improvement?

**Tallying the Results:**

1. Perfectionist Achiever: Add up the scores for questions 2, 10, and 11.
2. Helper and Over-Giver: Add up the scores for questions 5, 13, and 15.
3. Avoider: Add up the scores for questions 1, 3, and 17.
4. Cautious Evaluator: Add up the scores for questions 4, 8, and 14.
5. Independent Doer: Add up the scores for questions 6, 7, and 12.

**Individual Performance Results**

**🌟 Understanding Your Resistance**

Your answers reveal that resistance is shaping how you approach personal performance. Resistance is not a flaw. It is the emotional friction that makes follow-through harder than it needs to be. It shows up in repeating patterns, self-beliefs, and habits that once felt protective but now quietly hold you back from reaching your full potential.

**📊 Personal Resistance Levels**

Low Resistance (20–40): You generally take action with clarity and consistency. Challenges still arise, but resistance has minimal influence on your daily habits. You may notice small moments of hesitation or self-doubt, yet they rarely prevent progress.

Moderate Resistance (41–70): You are capable and motivated, but subtle resistance shows up in your patterns. Procrastination, overworking, or self-criticism may slow momentum. These habits don’t completely block your progress, but they make success feel harder than it should.

High Resistance (71–100): Resistance is strongly shaping your performance. Tasks feel heavy, perfectionism or avoidance may dominate, and emotions like frustration or doubt often get in the way. On the surface, it may look like effort is there, but resistance quietly drains energy and prevents results from matching your potential.

**🧠 Individual Archetypes**

**The Perfectionist Achiever**

You set impossibly high standards for yourself. Tasks often expand because “good enough” never feels complete. This creates cycles of overworking, refining, and second-guessing. While you may feel proud of your precision, progress often feels slower than it should. At the core is a belief that your worth is tied to flawless performance, which quietly traps you in endless effort and self-criticism.

**The Helper and Over Giver**

You step in to support others, often at the cost of your own priorities. Saying yes feels natural, while saying no feels selfish. Over time, this stretches you thin and leaves your personal goals neglected. Beneath the surface is a belief that value comes from being needed or from carrying more than your share. What feels generous in the moment becomes a pattern of exhaustion and unfinished progress for yourself.

**The Avoider**

You delay, distract, or sidestep tasks that feel heavy. It is not laziness — it is resistance in the form of fear or overwhelm. The longer you wait, the bigger the task feels, and the more guilt builds up. On the surface, procrastination looks like avoidance of responsibility. In reality, it is protection from the discomfort of failure or judgment. The cost is that progress stalls while pressure quietly grows.

**The Cautious Evaluator**

You pause, analyze, and double-check before moving forward. This carefulness protects you from mistakes, but it also causes hesitation. Progress slows as you wait for certainty that rarely comes. At its core is a belief that a wrong step would cost too much. While your thoroughness prevents errors, it also prevents momentum. What begins as caution quietly becomes paralysis.

**The Independent Doer**

You prefer to handle things on your own terms. Autonomy fuels your motivation, but it can also isolate you. Feedback feels like interference, and collaboration slows you down. On the surface, this independence looks strong. In truth, it builds walls that limit growth and support. Resistance shows up as a need to stay in control, which creates both freedom and loneliness in your progress.