

Autumn Evans Coaching

Instructions:

For each question, choose the answer that feels most true lately (not what you wish were true).

1. When something goes wrong, your first thought is:

- A. "What can I learn from this?"
- B. "This is frustrating, but I'll deal with it."
- C. "Why does this always happen to me?"
- D. "I probably messed this up somehow."

2. How do you feel about your future right now?

- A. Excited and curious
- B. Cautiously hopeful
- C. Uncertain and uneasy
- D. Overwhelmed or stuck

3. When you rest, you usually feel:

- A. Rested and recharged
- B. A little guilty but still okay
- C. Distracted or restless
- D. Guilty, like you should be doing more

4. Your inner voice sounds like:

- A. Encouraging and supportive
- B. Practical and sometimes critical
- C. Doubtful or second-guessing
- D. Harsh and self-critical

5. When you think about your current life, you feel:

- A. Aligned and purposeful
- B. Managing, but wanting more
- C. Disconnected or drifting
- D. Trapped or exhausted

6. How do you respond to challenges?

- A. I lean in and try to grow
- B. I handle them, but with stress
- C. I avoid them if I can
- D. I feel overwhelmed quickly

7. Your energy lately feels:

- A. Steady and motivated
- B. Up and down
- C. Low or inconsistent
- D. Drained most of the time

8. When you think about yourself, you mostly feel:

- A. Proud
- B. Neutral
- C. Unsure
- D. Not good enough

Your Results

Mostly A's

Growth-Oriented Mindset

You're in a place of expansion. You believe in change and possibility, and that's actively shaping your life in a positive way.

Effect on your life:

You're likely moving forward, taking healthy risks, and building something meaningful.

Mostly B's

Stable but Stretched Mindset

You're functioning well, but there's underlying pressure.

Effect on your life:

You're maintaining things—but possibly at the cost of deeper fulfillment or rest. This can lead to burnout if ignored.

Mostly C's

Uncertain / Avoidant Mindset

You may feel disconnected or unsure of direction.

Effect on your life:

You might be delaying decisions, avoiding discomfort, or feeling stuck in "in-between" spaces.

Mostly D's

Overloaded / Self-Critical Mindset

You're carrying a lot—mentally and emotionally.

Effect on your life:

This mindset can shrink your confidence, increase exhaustion, and make even small things feel heavy.