

Discover Your Purpose:

A 12-Question Quiz¹

by

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Re-Brand Yourself through Hypnosis

Find clarity and direction by tapping into your passions, strengths, and values.

Your purpose isn't something you have to invent from scratch—it's already inside you, waiting to be uncovered. This short quiz will help you reflect on what energizes you, what matters most, and how you're wired to contribute to the world. Answer each question honestly. There are no right or wrong answers—just insights.

1. What kind of work makes you lose track of time?

- A. Solving problems or analyzing data
 - B. Helping or mentoring others
 - C. Creating art, content, or experiences
 - D. Organizing, planning, or building systems
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2. Which compliment feels most satisfying to you?

- A. "You're so smart."
- B. "You really made a difference."
- C. "You're incredibly creative."
- D. "You're so reliable and organized."

3. When you're at your best, what are you doing?

- A. Strategizing or figuring something out
 - B. Encouraging someone or lending support
 - C. Making something beautiful or meaningful
 - D. Executing a plan or leading a team
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4. What kind of impact do you want to make?

- A. Innovate or bring new ideas to life
 - B. Empower and uplift others
 - C. Inspire through creativity or expression
 - D. Improve systems or create stability
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5. What frustrates you the most in the world?

- A. Wasted potential or inefficiency
 - B. Injustice or lack of empathy
 - C. Lack of creativity or originality
 - D. Disorganization or lack of direction
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6. What type of books or content are you most drawn to?

- A. Science, tech, or psychology
 - B. Self-help or human-interest stories
 - C. Art, music, or personal growth
 - D. Productivity, business, or planning
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7. Which environment brings out your best?

- A. Quiet, independent workspace
 - B. Collaborative, people-focused settings
 - C. Freedom to explore and express
 - D. Structured, results-oriented teams
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8. What do people often come to you for?

- A. Advice or problem-solving
 - B. Support or a listening ear
 - C. Inspiration or creative ideas
 - D. Organization or leadership
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9. Which word resonates most with you?

- A. Insight
 - B. Compassion
 - C. Expression
 - D. Clarity
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10. When faced with a challenge, you usually...

- A. Break it down logically
 - B. Think about how others are affected
 - C. Get inspired to create or innovate
 - D. Make a step-by-step plan
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11. What excites you most about the future?

- A. Discovering new things
 - B. Making a positive difference
 - C. Sharing your unique voice
 - D. Building something lasting
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12. If money weren't an issue, what would you do every day?

- A. Research or learn something new
 - B. Volunteer or support a cause
 - C. Create art, write, or perform
 - D. Start or manage a meaningful project
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Scoring Instructions:

Count how many times you chose each letter:

- **Mostly A's** – Your purpose likely involves *knowledge, innovation, or strategy*.
- **Mostly B's** – Your purpose may center on *service, empathy, or healing*.
- **Mostly C's** – You thrive in *creative, expressive, or inspirational* roles.
- **Mostly D's** – You're built for *structure, leadership, or execution*.

Use your result as a starting point to reflect on your strengths and how you can align your work with what lights you up.