

Welcome to LifeDesign Lady!



Taking this Energetic Personality Styles Inventory, a 5 – 10 minute assessment to identify your 📍 anchor, ✨ spark, ❤️ heart or 🦉 sage – is a simple step for sparking access to the creative quantum portal, granting you a teeny-tiny, sneak peek at the flavor of my empowerment programs. *(this is not meant as an absolute; it is one of many self-reflection and personal growth tools)*

A key question to ask yourself and even journal about over the next several months: “Whose voice is narrating my life – the one I was taught to obey, the one I exiled to survive or my inborn, authentic, energetically-aligned voice? Those who sense they are not operating from the truly aligned Self, will find great value in my story as is unveiled in my book not to mention its accompanying empowerment programs.

My book (spring 2027 release) extends well beyond memoir, offering access to creative empowerment programs rooted in energy psychology practices, ancient wisdom, modern science, art-infused expression, neuroscience, and practical tools to help you live a life more aligned with your true personality style, inborn energetic make-up and sharpen your intuition restoring your superpowers!

How to take the Energetic Personality Styles Assessment

For each statement circle: 1 = Rarely, 2 = Sometimes, 3 = Often, 4 = Almost always. Add the three item scores for each archetype (range 3–12). Rank archetypes from highest (primary) to lowest (least preferred). If two archetypes tie, use the tie-breaker prompts at the end.



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12-statement assessment questionnaire

Anchor

1. I prefer clear plans, routines, and knowing what to expect. 1 2 3 4
2. I feel good when things are orderly and responsibilities are handled. 1 2 3 4
3. I take pride in being dependable and following through. 1 2 3 4

Spark

4. I enjoy new experiences, spontaneity, and taking risks. 1 2 3 4
5. I get bored with too much routine and like to jump into action. 1 2 3 4
6. I trust my gut and prefer learning by doing. 1 2 3 4

Heart

7. I prioritize caring for others and creating harmony. 1 2 3 4
8. I make decisions guided by values, relationships, and emotional resonance. 1 2 3 4
9. I'm energized by collaboration and deep conversations. 1 2 3 4

Sage

10. I enjoy analyzing ideas, learning, and solving complex problems. 1 2 3 4
11. I prefer evidence, logic, and understanding how things work. 1 2 3 4
12. I like time alone to think and refine my perspectives. 1 2 3 4

Scoring

- Anchor total: _____ (sum items 1–3)
- Spark total: _____ (sum items 4–6)
- Heart total: _____ (sum items 7–9)
- Sage total: _____ (sum items 10–12)

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Rank order (highest → lowest)

1. _____ 2. _____ 3. _____ 4. _____

Tie-breaker (choose which prompt feels most like you)

A = I keep promises (Anchor)

B = I try new things (Spark)

C = I follow my heart (Heart)

D = I question assumptions (Sage)

Quick interpretation

- Primary (highest): dominant style — where you naturally show up and draw energy.
- Secondary: supports or balances your primary style.
- Tertiary & Least: styles to develop intentional understanding around or to call on when needed.

A note on combinations

Most people show a mix of styles and will lean into one or two. Use your primary to personalize daily practices if you feel you are currently operating from an authentic energy archetype and your secondary to balance. Intentionally practicing tertiary and least styles builds flexibility when relating with others.

One sentence archetype descriptors

⚓ **Anchor** — steady, organized, responsible as defined by societal norms; values structure and reliability.

⚡ **Spark** — energetic, spontaneous, action-oriented; values freedom and excitement, often trailblazers in life and work.

♥ **Heart** — empathetic, cooperative; values connection and meaning, often benefit from focusing more on self-care.

🦉 **Sage** — curious, analytical, idea-driven; values insight and competence as defined by societal standards.

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High-level, one-line practices by energetic personality style

- ⚓ Anchor — micro-routines, checklists, focused work blocks; when overwhelmed: grounding breaths + 1-step at a time prioritization.
- ✨ Spark — movement breaks, idea sprints, small creative experiments; when scattered: 10-minute timed tasks + write/sketch ideas.
- ♡ Heart — check-ins/how do I feel, values journaling, gratitude sharing; when drained: set compassionate boundaries for self-love + solo restoration activities or meaningful rest.
- 🦉 Sage — reflective journaling, mapping ideas, research blocks; when stuck: run 1 small test or concrete action/ask does it feel aligned?

Ways to clear stuck energy by energetic personality style

- ⚓ Anchor = routine decluttering, clear home, work space, mind
- ✨ Spark = movement-based clearing, walk, expressive arts
- ♡ Heart = relational clearing, write a letter expressing your feelings; you don't even have to send it to the receiver
- 🦉 Sage = reflective mapping or journaling, imagine life as if you already arrived at intended goal

Below is a variety of practices by energetic style to apply in daily life

Personalize practices to your primary type (IF, you feel strongly you are operating in alignment with your true energetic make-up). Recognize opportunities to exercise reasonable flexibility when interacting with someone who has a different type than you. Might you strike a win-win by intentionally leaning into relationship differences without going so far as to step out from your authentic energy make-up? Journal, map, sketch or reflect for 10-15 mins./day, how did various exchanges and real scenarios play out?

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 **Anchor** — steady organizer who creates safety through structure

Daily affirmations

- I am grounded, capable, and complete in the present moment.
- My routines create freedom and room for joy.
- I keep my promises to myself and that builds trust.

Concrete steps to align & improve life, love, and confidence

- Clarify non-negotiables: list 3 daily routines that support your wellbeing and protect them first.
- Delegate one responsibility this week to restore bandwidth and model healthy boundaries in relationships.
- Use small wins to build confidence: track three completed tasks each evening and celebrate them.

Micro-practices

- 1) Daily 5-minute practice: “Ground & Plan” — sit with breath for 1 min, review today’s top 3, set one tiny first action.
- 2) Quick habit to balance stress: when overwhelmed, pause and name three facts (not feelings) to steady your mind.
- 3) Relational prompt for the week: “Which practical support would make my partner feel loved?” Ask and offer one tangible help.

✨ **Spark** — energetic initiator who creates momentum through action

Daily affirmations

- I am a bold creator; my momentum opens doors.
- Curiosity fuels my courage to begin again.
- I trust my impulse to move toward what lights me up.

Concrete steps to align & improve life, love, and confidence

- Channel novelty into tiny experiments: schedule a 15-minute “idea sprint” three times this week; test one idea in a small way.
- Create one reliable anchor (ritual or accountability) to contain your energy so relationships feel safe.
- Practice saying “one at a time”: choose one project to finish before starting the next to build follow-through confidence.

Micro-practices

- 1) Daily 5-minute practice: “Spark Sprint” — set a 5-minute timer, do one bold micro-action toward a nagging idea. Try 1 idea as test.
- 2) Quick habit to balance stress: when scattered, three deep inhales + a single prioritized task list item.
- 3) Relational prompt for the week: “How can I show up steady while keeping my adventurous edge?” Share one plan with a loved one.

♡ **Heart** – relational center who creates meaning through connection

Daily affirmations

- My compassion is my compass; it guides me home.
- I deserve tenderness and honest boundaries.
- I give and receive love with clarity and courage.

Concrete steps to align & improve life, love, and confidence

- Schedule a weekly check-in with yourself + share an appreciation and one need with a key person.
- Practice compassionate boundary setting: name one thing you'll say "no" to this week to protect your energy yet realize we are all mirrors for one another.
- Turn emotional insight into action: journal one feeling and one small behavioral change you can easily take that honors it.

Micro-practices

- 1) Daily 5-minute practice: "Heart Check" – breathe deeply, name one gratitude + one honest need, then send both silently to someone and fully trust that the quantum field will deliver it!
- 2) Quick habit to balance stress: when drained, create a 10-minute solo reset (walk, tea, journal, poetry reading).
- 3) Relational prompt for the week: "What would make me feel safer with you?" Ask this in a short, non-blaming way.

 **Sage** – insightful strategist who creates clarity through ideas

Daily affirmations

- Clarity is my gift; I honor inquiry over noise.
- I trust my mind yet equally understand the power of 'sharpened intuition' to illuminate the next right step.
- Reflection and building up my trust in the unseen fuels my confident forward motion.

Concrete steps to align & improve life, love, and confidence

- Carve weekly "reflection time" (60–90 minutes) for study, idea mapping, or synthesis—protect it as sacred. Then let it go and allow intuition to fill in the blanks. Ask for clarity before going sleep at night.
- Translate insight into experiment: choose one hypothesis about your life, test it for two weeks, and record outcomes.
- Practice vulnerability through explanation: share one clear model of your thinking when discussing feelings with others being mindful not to overshare because your intuition holds the highest answers.

Micro-practices

- 1) Daily 5-minute practice: "Map & Move" — write one question, map two possible answers, pick one micro-action.
- 2) Quick habit to balance stress: when overthinking, switch to a 5-minute tactile task (organize a drawer, make tea, place bare feet to the earth) to reset the nervous system.
- 3) Relational prompt for the week: "Tell me how you see this situation; here's my framework"—invite dialogue, not debate and sometimes trust that your higher self knows the answer not the external.

Thank you for partaking in this mini exercise designed to get you thinking about your true energetic personality style and whether or not you are operating in alignment with your “True Self” or from a place brought about by societal rules, family expectations and external conditioning.

~ For updates on my book and programs as well as creative, purpose-driven pop-ups that aid with authentic connection to self and others, coming to your neighborhood, follow **Instagram @jennifershowers_lifedesignlady**.

If you are interested in having Jennifer present or facilitate your function, you may contact her at info@LifeDesignLady.com.



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