

Find Your Work Energy Archetype™



A Self-Discovery Tool
for Clarity, Alignment &
Work That Actually Fits



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Introduction



If you've ever caught yourself thinking, "There's gotta be more to work than just getting through the day" you're not imagining things. And you're definitely not the only one.

I created the Work Energy Archetypes™ as a way to name what so many of us feel but rarely say out loud: that the way we work isn't always working for us.

This isn't about ditching your job or building an empire (unless that's your thing). It's about getting curious, paying attention to how your work makes you feel, and realizing, maybe for the first time, that loving your work and making money aren't mutually exclusive.

So take the quiz. Play with the questions. Notice what comes up. It might just spark something bigger.



Quiz: Find Your Work Energy Archetype

Below you'll find five questions. Don't overthink it, go with the answer that feels the most true right now. Then take a moment to reflect on what your answer might be telling you.

1. How do you usually feel on Sunday night?

- A) Dread. I start spiraling around 4PM.
B) Meh. I'm used to it.
C) Curious or even excited about the week ahead.

Reflection:

What's really behind how you feel?

Have your Sundays always felt this way, or is this something new?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

3. When someone asks what you do for work, how do you feel?

- A) Embarrassed, annoyed, or like I have to explain.
- B) Confident, but detached.
- C) Lit up—or at least genuinely connected to it.

Reflection:

How much of your identity is wrapped up in your work?

Would you describe your work differently if no one was judging?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

- A) I panic—I probably forgot something.
B) I fill it with busywork.
C) I pause, reflect, or let myself rest.

Reflection:

What does “productivity” mean to you—and who taught you that?

How do you feel when you're not actively doing something?

[illegible]

5. Your biggest work fear is:

- A) Losing my income or not being able to make ends meet.
- B) Becoming irrelevant or stagnant.
- C) Waking up one day and realizing I lived someone else's idea of success.

Reflection:

What's underneath that fear?

Is it yours—or something you were taught to worry about?

[illegible]

6. What gets you through your workday most of the time?

- A) Pure necessity. Bills don't pay themselves.
- B) Routine and responsibility. I'm good at what I do.
- C) A sense of purpose or progress, I like where it's going.

Reflection:

What keeps you showing up every day?

Does your work feel like something you're building—or just something you're maintaining?

[illegible]

- A) Drained. Like I've given everything and have nothing left.
B) Neutral. Not bad, not great.
C) Satisfied. Even if it was a lot, it feels worth it.

Reflection:

What parts of your day actually energize you—and which parts wear you down?

If your body could describe your workday in one word, what would it be?

[illegible]

Tally Your Results



Now that you've answered all 7 questions, go back and count how many times you chose A, B, or C. Don't stress if you're not all one letter—most of us are a mix.

- Mostly A's? → You're in **Survival Worker** mode
- Mostly B's? → You're likely a **Stability Seeker**
- Mostly C's? → You're a **Fulfillment Seeker**

Quick Note Before You Peek at Your Results:

This quiz isn't here to box you in—it's here to give you language for where you are, so you can decide where you want to go.

You might move between these archetypes depending on your season of life, your workload, or even your mood this week. That's normal. But noticing your current pattern? That's where the real magic starts.

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On the following pages we'll discuss the three work energy archetypes, how they might make you feel, what you might need and an action item to try.



Survival Worker

How you're showing up:

You're doing what needs to be done. You've got bills, responsibilities, and maybe even a business to run, but deep down, it feels like you're always playing catch-up. Work might feel heavy, stressful, or just flat-out exhausting. You're not lazy. You're surviving. And that takes more energy than most people realize.

How you might feel:

- Tired... all the time
- Disconnected from your own goals
- Like you're reacting to everything and choosing almost nothing
- Resigned, checked out, or quietly frustrated

Things you might say (or think):

- "I don't have time for anything else right now."
- "It pays the bills."
- "As long as I get through the week."

What you might really need:

Hope. Breathing room. A reminder that you actually do have choices, even if they're not easy or immediate. Survival mode numbs your spark but it doesn't mean it's gone. The first step? Start noticing what drains you, what energizes you, and what you've been telling yourself you "can't" do.

Try this:

Pick one thing this week you're doing only out of obligation. Ask yourself if there's a way to pause it, delegate it, or even just do it differently. Small shifts add up.



Stability Seeker

How you're showing up:

You've built something solid maybe even impressive. You've got systems that work, you're reliable, and you're known for getting things done. On paper, everything looks good. But something's missing. You're not struggling... but you're not lit up either.

How you might feel:

- Competent but restless
- Stuck in “good enough”
- Like you're playing it safe instead of playing it true
- Quietly wondering if you're allowed to want more

Things you might say (or think):

- “It's fine. It works.”
- “I don't hate it... but I don't love it either.”
- “I should be more grateful.”

What you might really need:

Permission. Not from your clients, your team, or your industry; from you. Permission to explore what would feel more meaningful, more energizing, more you. You don't have to burn it all down but you do get to ask: “What else is possible?”

Try this:

Revisit one part of your work you've been doing the same way for years. Ask yourself: Is this still the best way? Is it still my way? You might be surprised what comes up.



Fulfillment Seeker

How you're showing up:

You've designed your work to align with who you are and it shows. You care about doing things in a way that feels right, not just efficient. You've likely let go of things that drained you and created space for the stuff that lights you up. You're not chasing someone else's version of success anymore; you're defining your own.

How you might feel:

- Aligned and energized (at least most of the time)
- Clear on what matters to you
- A little protective of your peace, and rightfully so
- Still aware that things can shift (and probably will)

Things you might say (or think):

- "I finally feel like myself in my work."
- "This feels right, right now."
- "I don't need to do it like everyone else."

What you might really need:

Space to evolve. Fulfillment isn't a finish line, it's a dynamic, living thing. The trick is to keep checking in, not coasting. Stay curious, stay open, and give yourself grace when what used to feel aligned starts feeling... off. It doesn't mean you've failed. It just means it's time to adjust.

Try this:

Block off one hour this week for a quiet CEO check-in; just you and your thoughts. Ask: What's working? What's not? What am I craving more (or less) of right now? Fulfillment grows best in awareness.



What's This Telling You?

You've taken the quiz, explored your current energy, and hopefully had a few lightbulb moments along the way. Now it's time to pause and pull it all together.

This isn't about overthinking. Just notice what's coming up, and get it down. Trust that your own insight is more than enough.

1. Which work energy archetype did you land in?
How did it feel reading that profile? Did it surprise you... or confirm something you already knew?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

2. What's one thing your current work situation is teaching you about yourself?
It could be about your values, your limits, your creativity, or your energy.

3. What's something you've been tolerating that no longer feels okay to ignore?
Big or small—what's wearing you down?

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This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

What's Next

So... now what?

You've taken a good, honest look at where your work energy is sitting right now. Maybe you feel seen. Maybe a little called out (in the best way). Maybe you're already thinking about what needs to shift.

Whatever came up, here's the important part:

You're allowed to want more—and you're allowed to build work that fits your life, not the other way around.

If you're ready to keep going, I've got just the thing.

The Work That Loves You Back Workbook

This next-level guide will help you:

- Identify your real skills (not just the ones you've been using out of habit)
- Figure out what they're actually worth in the job market
- Clarify which ones are worth building into your next job, career, or business move



👉 **Grab your copy here**

<https://payhip.com/b/mQYSP>

You deserve work that feels good and pays the bills. This workbook helps you get clear on how to make that happen.

One Last Thing

You made space to check in with yourself and that's no small thing.

Whether this sparked a major realization or just gave you a nudge to think differently about your work, I hope you're walking away with more clarity than you came in with.

This isn't the end. It's a breadcrumb on your way to something that fits you better.

Keep noticing. Keep adjusting. Keep choosing work that works for you.

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About the Author

Tina Marie Hilton

Tina Marie Hilton believes that meaningful work begins with remembering who you already are.

As a consultant, creator, and guide, she supports individuals in uncovering their innate strengths, passions, and experiences and aligning them into work and life that feel fulfilling and true.

Tina's work is practical, empowering, and rooted in the belief that you don't have to twist yourself into someone else's mold to succeed..



In addition to **Find Your Work Energy Archetype**, Tina has created several other resources to support your journey including:

[The Empowered Entrepreneurs Realignment Toolkit](#)

[Setting Your Rates Based on Value](#)

[TurboCharge Your Business & Creativity with ChatGPT Power Workshop±](#)

You can find all of her offerings and more at tinamariehilton.com