

SO, ARE YOU A SENSITIVE STRIVER?

Check off the sentences that sound like you:

- ☐ I experience emotions at a high level of depth and complexity.
- ☐ I have a strong desire to exceed expectations in every aspect of my life.
- ☐ I consider myself to be driven and enjoy pushing myself to achieve goals.
- ☐ I crave meaning and fulfillment.
- ☐ I need time to think through decisions before I act.
- ☐ I have an inner critic that never takes a day off.
- ☐ I'm kind, compassionate, and empathetic to others.
- ☐ I have a keen ability to sense other people's feelings.
- ☐ I tend to put other people's needs ahead of my own.
- ☐ I find it difficult to set boundaries and often say yes too much.
- ☐ I've struggled with burnout.
- ☐ I'm easily impacted by stress.
- ☐ I struggle to turn off my mind because it's constantly filled with thoughts.
- ☐ I have strong emotional reactions.
- ☐ I feel anxious when I'm caught off guard or know I'm being watched or evaluated.
- ☐ I hold myself to high standards.
- ☐ I try to get things right and judge myself harshly if I make mistakes.
- ☐ I often get stuck in indecision and analysis paralysis.
- ☐ I take feedback and criticism to heart.

If you checked off nine or more, you can call yourself a Sensitive Striver.