

How **FEISTY** are you?

Hey my FEISTY FRIEND! I'm excited for you to take my quiz because, even though it's for fun (which I'm all about), it can also be a helpful tool of personal reflection. So let's get on with it!

Read each question and choose a range based on a scale of 1 - 10. Don't overthink it. Go with your initial thought. Scoring is at the end. **HAVE FUN!**

1. How likely are you to speak your mind, even if it means disagreeing with others?

- 1 - 3 Rarely
- 4 - 6 Sometimes
- 7 - 10 Always

2. When faced with a challenge, how determined are you to overcome it?

- 1 - 3 Not very determined
- 4 - 6 Moderately determined
- 7 - 10 Extremely determined

3. How comfortable are you with confrontation?

- 1 - 3 Very comfortable
- 4 - 6 Somewhat uncomfortable

7 - 10 Very comfortable

4. How likely are you to stand up for yourself or others in the face of injustice?

1 - 3 Unlikely

4 - 6 Sometimes

7 - 10 Always

5. How frequently do you take risks or venture outside of your comfort zone?

1 - 3 Rarely

4 - 6 Occasionally

7 - 10 Frequently

6. When someone tries to intimidate or challenge you, how likely are you to respond with EQUAL intensity?

1 - 3 Unlikely

4 - 6 Depends on the situation

7 - 10 Very likely

7. How easily do you get fired up or passionate about certain topics or causes?

1 - 3 Rarely

4 - 6 Sometimes

7 - 10 Easily

8. How well do you handle criticism or negative feedback?

1 - 3 Poorly

4 - 6 Moderately well

7 - 10 Very well

9. How likely are you to challenge authority or question established norms?

- 1 - 3 Unlikely
- 4 - 6 Occasionally
- 7 - 10 Frequently

10. How often do you find yourself standing up for what you believe in, even if it means going against the majority?

- 1 - 3 Rarely
- 4 - 6 Sometimes
- 7 - 10 Always

SCORING

For each question give yourself...

- 1 point for option 1-3
- 2 points for option 4-6
- 3 points for option 7-10

Add up your points from all 10 questions and check out your **FEISTY LEVEL** below.

Mild (score range 10-16) Your score falls within the mild range, suggesting that you tend to be more reserved and diplomatic in your approach. While you may not actively seek out confrontation, you still possess a level of assertiveness when necessary. You prefer to pick your battles and may not always express your feisty side openly.

Spirited (score range 17-23) Your score falls within the spirited range, indicating that you have a balanced level of feistiness. You are willing to speak up for yourself and others when the need arises, and you possess a fair amount of determination and passion. You are not afraid to challenge authority or voice your opinions but also know when to choose your battles wisely.

Fiery (score range 24-30) Congratulations! Your score falls within the fiery range, suggesting that you have a strong and assertive nature. You are highly passionate, fearless, and unafraid to express your opinions and stand up for what you believe in. Confrontation doesn't intimidate you, and you have no qualms about challenging the status quo. Your feisty spirit is likely to make you a formidable force in various aspects of life.

Remember, these categories are just generalizations and should be taken with a grain of salt. The quiz is meant to be lighthearted and fun!

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PODCAST MAVEN

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