



A 2-MINUTE SELF-CHECK

Primal or Powerful?

Take an honest reading of where you tend to operate right now. Not to judge yourself — we don't do shame here — but to give yourself a clear starting point. Most of us live somewhere on a spectrum between primal and powerful, shifting with the day, the pressure, and the people around us. The goal isn't to score perfectly. It's to see yourself clearly enough to know where to put your attention.

Read each list slowly. Don't answer with who you want to be — answer with how you've actually been showing up over the last few weeks. Tick the ones that feel true.

● Signs you've been operating **primal**

- ☐ You feel a low, constant hum of stress or bracing, even when nothing is obviously wrong.
- ☐ You replay past mistakes or rehearse future problems more than you'd like to admit.
- ☐ You take things personally that probably weren't meant that way.
- ☐ You avoid certain tasks, calls, or conversations and can't fully explain why.
- ☐ You react quickly under pressure — snapping, shutting down, or going tense.
- ☐ You're often busy but rarely present; your body is in one place and your mind is somewhere else.
- ☐ You're "trying not to lose" — protecting what you have more than reaching for what you want.
- ☐ You feel like you're performing a role rather than being yourself.

● Signs you've been operating **powerful**

- ☐ You can feel stress rise and bring yourself back down without much drama.
- ☐ You spend more time in the present than in the past or the future.
- ☐ You can hear criticism or setback without it becoming a verdict on who you are.
- ☐ You take action on the things that matter, even when you don't feel ready.
- ☐ Under pressure, you tend to get calmer and clearer rather than tighter.
- ☐ You trust your own instincts and lead from steadiness rather than apology.
- ☐ You play to win — you take real risks toward what you actually want.
- ☐ You feel like yourself, most of the time, in most rooms.

Reading your results

Count the statements that felt true in each list. There's no pass or fail here — just information.

If more landed in the **first** list, you've simply been spending more time in a protective, primal state. That's not a character flaw; it's a nervous system doing exactly what it was wired to do — and it means presence, self-forgiveness, small wins, and daily rituals are the highest-leverage place to put your energy right now.

If more landed in the **second** list, you're already living powerful more often than not. Your work is less about building it and more about protecting it — noticing what pulls you back, and returning faster when it does.

Split down the middle? Welcome to being human — almost everyone is. *The question that matters isn't "which state am I?" It's "which state am I feeding today?"*

Come back to this whenever you want a reading — try it now, and again after a 90-day sprint. The real measure of the shift is how much faster you catch yourself and come back.

[Read Primal to Powerful](#)

[Start the 7-Day Challenge](#)

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