

Creative & Expressive Path

Archetype Identification Quiz

Introduction to the Quiz

This quiz is designed to help you discover which Creative & Expressive Alternative Archetype is strongest for you at this stage of life. Each question points to a particular way of engaging with the world. By answering honestly and instinctively, you'll begin to see which themes and energies are most alive in you right now.

How to Answer

For each statement, give yourself a score between **1** and **5**:

- **1 = Strongly Disagree**
- **2 = Disagree**
- **3 = Neutral / Not Sure**
- **4 = Agree**
- **5 = Strongly Agree**

There are no right or wrong answers - only your own truth. Try not to overthink. Go with your first response, the one that feels most natural.

	Question	Score
1.	I sometimes deflect vulnerability with humour rather than sharing my deeper feelings.	
2.	I enjoy drawing connections between events, symbols, or archetypes to reveal deeper truths.	
3.	I notice beauty in everyday objects or experiences that others might overlook	
4.	I believe words have the power to heal, inspire, and bring people together	
5.	I sometimes hold back from sharing my creativity due to fear of judgment or perfectionism	
6.	I naturally frame my own experiences- and those of others- into stories that carry meaning.	
7.	I feel a sense of purpose in helping others see their lives as part of a larger story	
8.	I often use humour to bring lightness or perspective to challenging situations.	
9.	I feel a sense of purpose when I am making or creating something, regardless of recognition	
10.	I sometimes retreat into imagination or melancholy, finding it difficult to stay grounded	

	Question	Score
11.	I can adapt my humour to different people and settings, using it to open up honest conversations.	
12.	Making something with my hands (art, crafts) helps me process emotions or find calm	
13.	I notice the absurdities of life and enjoy pointing them out in a way that connects people.	
14.	I feel compelled to capture fleeting emotions or moments in words or symbolic expression.	
15.	I find that stories (my own or others') can shift perspectives, heal wounds, or build community.	
16.	Expressing my inner world through language feels like an essential part of who I am	
17.	I am aware of the responsibility that comes with storytelling and try not to distort truth for personal gain	
18.	I value the process of creating more than producing a polished outcome	
19.	I believe laughter has the power to heal, build bridges, and ease conflict	
20.	I am sensitive to the beauty, sorrow, and subtle details of life, even when others seem unaware	

Once you have completed all 20 questions, transfer your scores into the grid below. Each question has already been mapped to an archetype - use this grid to transfer your scores and find out which archetype is strongest for you

- Your highest total highlights your **primary archetype**.
- If another archetype is close behind, it may mean you carry more than one set of gifts.
- Remember, none of these results are final - they simply give you insight into where your deepest energies are flowing right now.

Archetype	Question numbers					Total score
The Artist	3	5	9	12	18	
The Poet	4	10	14	16	20	
The Storyteller	2	6	7	15	17	
The Humourist	1	8	11	13	19	

The outcome of this quiz is not a fixed label but an invitation. It offers you a lens through which to view your strengths, values, and potential contributions. Over time, your archetype may shift as your life unfolds. For now, think of this result as a guide: notice how it resonates with your lived experience, and explore how you might embody its gifts more consciously in your daily life.

Next Steps: Explore Your Archetype

Now that you've identified your strongest archetype, you can dive deeper into the archetypes and stories that bring it to life. Choose your archetype below (click on the link for more information):

- [The Artist](#)
- [The Poet](#)
- [The Storyteller](#)
- [The Humourist](#)