



# To-Do List Personality Quiz & Guide



A guide to balancing your work &  
life through mindful practices,  
awareness, and empowerment.

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# To-Do List Personality Quiz

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**What kind of person are you when it comes to productivity and work?**

Take a few minutes to check all the statements that feel true for you.

Be honest - this is about noticing your habits, not judging them.

*Let's start exploring your To-Do List Personality!*

## Section 1: Your Relationship with To-Do Lists

Begin by noticing how you naturally create and use your lists.

- I have multiple to-do lists (for example, one for work and one for home).
- I have an ongoing to-do list (a notebook where I keep adding endlessly, so it never truly feels complete).
- I write down things on a to-do list but never actually refer back to it.
- I write to-do lists to help organize my thoughts - a brain dump of everything floating around in my head.
- Writing a to-do list is part of my regular routine or the beginning of my workday.

## Section 2: Joy, Motivation & Emotional Energy

Look at the feelings that arise as you interact with your lists - from reward and excitement to stress or resistance.

- I add fun or rewarding activities to my to-do list.
- I celebrate when completing my to-do list or big projects.
- I randomly add items to my to-do list, as I do them, to check them off because it's a reward for me.
- Just writing a to-do list makes me anxious, stressed, or overwhelmed.
- I hate to-do lists but make them because I feel it's what I "should" be doing, not because I enjoy them.



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### Section 3: Structure, Focus & Priorities

Explore how you approach accomplishment, order, and balance.

- I prioritize items on my to-do list.
- I use to-do lists to set goals and timelines.
- I work at completing my to-do list with a systematic approach.

### Section 4: Creativity & Reflection

Discover how your lists become tools for awareness, inspiration, and growth.

- I get creative with my to-do lists (drawing, stickers, colors, mind-maps, etc.).
- I think about the “have-to-dos,” the “want-to-dos,” and the “BIG to-dos” when writing my lists.
- I use my to-do lists to reflect on my habits, expectations, priorities, and the reality of what I do and accomplish.



### Closing Reflection

The goal here is to build awareness of how you approach your to-do lists and how they affect your life - positively or negatively.

Once you’ve answered, take a moment to look at your patterns.

- Do your lists serve as support, pressure, or inspiration?
- What might shift if your lists became an expression of balance, joy, and self-trust?
- Do you need to-do lists - are they adding something positive to your life?



# To-Do List Personality *Results*

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## Understanding Your Results

Congratulations! You've completed the To-Do List Personality Quiz.

Your answers reveal how you naturally approach work, organization, and daily responsibilities. Each personality type highlights a different way of managing tasks - from structured and efficient to creative and spontaneous.

The section where you answered "yes" most often represents your primary To-Do List Personality, but you may notice qualities from more than one type. That's common - we all shift between different approaches depending on our energy, motivation, and what life demands from us.

Use your results as a starting point to better understand your habits, strengths, and growth areas. Each personality offers practical insights and tips to help you work with your natural tendencies - and bring a little more ease, focus, and satisfaction to your daily to-dos.

Let's take a closer look at what your results reveal about your To-Do List Personality...





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There's no "right" type here - each approach holds wisdom. What matters most is how consciously you use your lists as a mirror for your energy, priorities, and self-care.

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## **The Over-Doer**

(You checked many from Sections 1 & 3 - structure and doing are your comfort zones.)

### **Awareness**

You thrive on accomplishment and love the satisfaction of crossing things off. But your lists can easily become endless - sometimes reflecting pressure instead of purpose. You may equate productivity with worth, forgetting that rest, play, and being are part of the cycle too.

### **What to Notice**

You may also find it difficult to recognize priorities - where the big must-dos carry the same weight as the would-be-nice-to-get-dones.

### **Your Gifts**

Your gift lies in your determination and reliability, but your growth comes from trusting that not everything needs to be done at once to have value.

### **Tips to Support Balance & Focus**

*Try these mindful strategies to bring more ease to your "doing":*

#### **1 . Prioritize by Energy, Not Just Urgency.**

Ask yourself, "What truly moves me forward today?" Highlight two or three items that have the biggest impact or align most with your purpose, and begin there.



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## 2. Time-Block with Intention.

Create sacred containers of focused work. Turn off notifications, light a candle, or set soft background music - clear time to complete one category or task, then pause to breathe.

## 3. Delegate and Release.

Notice what doesn't have to be yours. Share responsibilities, ask for help, or simply decide a task can wait. Saying no is an act of trust, not failure.

## 4. Celebrate Progress, Not Perfection.

End your day by reviewing what did get done and honoring it. Try writing a playful "Ta-Da!" list to appreciate yourself.

## 5. Schedule Rest Like a Task.

Add breaks, walks, or creative downtime to your list - and check them off with the same satisfaction as any project.



### *Reflection Prompt:*

Where can I create more space for being instead of doing?

### *Affirmation:*

"I am enough, even when my list is not complete."





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# The Dreamy Planner

*(You checked several from Sections 1 & 2 - you love to plan, but follow-through can feel elusive.)*

## Awareness

You are inspired by ideas, visions, and possibilities. Creating a list feels like painting a picture of what could be - full of potential and promise. Yet when it comes time to act, energy can fade or scatter, leaving you with more dreams than checkmarks. You may use lists as a way to think about doing rather than actually doing, and that's okay. It shows you live in the realm of imagination and intuition.

## What to Notice

Sometimes, though, this pattern can create frustration or guilt when tasks remain undone. Your growth lies in bridging inspiration with structure and grounding your dreams into gentle, consistent action.

## Your Gift

You hold a visionary gift - the ability to see potential everywhere. Your growth comes from gently grounding those visions in small, consistent steps that transform inspiration into reality.

## Tips to Support Balance & Focus

*Try these mindful strategies to bring more ease to your "doing":*

### 1. Anchor Your Vision in One Small Step.

Each morning, choose one task that moves a dream closer to reality - even if it's tiny. Momentum grows from micro-movement.

### 2. Set Soft Deadlines.

Give your ideas a loving container. Mark due dates not as pressure, but as invitations to completion.

### 3. Use Visual or Energetic Cues.

Color-code, use symbols, or write intuitive keywords that connect the feeling of the task with its purpose.

### 4. Balance Dreaming with Doing.

For every creative brainstorm session, schedule a brief “implementation” session - even ten focused minutes brings the vision to life.

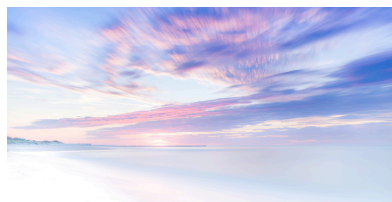
### 5. Release Perfection.

Remind yourself: a finished creation, even if imperfect, carries more magic than an endless idea waiting in a notebook.



### *Reflection Prompt*

How can I turn one of my dreams or ideas into a grounded, joyful action this week? Name a few action steps you could take right now to get momentum on your projects.



### *Affirmation*

“My dreams take form through loving, steady action. I am guided, supported, and capable.”



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# The Creative Flowist

(You checked many from Section 4 - creativity and expression guide you.)

## Awareness

You approach life - and your lists - as an art form. Color, mood, and energy inspire you more than rules or routines. You thrive when things feel free and alive, not rigid or linear. Your lists might look like collages of ideas, sketches, or bursts of insight - a visual reflection of your vibrant inner world.

## What to Notice

Yet, when too many inspirations pull your attention at once, focus can fade, and unfinished projects may accumulate. Your growth lies in channeling your creative flow into gentle structure - giving form to your imagination without dimming its light.

## Tips for Balance & Focus

*Try these mindful strategies to bring more ease to your "doing":*

### **1. Create Ritual Around Your List.**

Begin your planning time with intention - light incense, pull a card, or set a theme word. When your creative spirit feels honored, focus follows naturally.

### **2. Use Visual Mapping.**

Turn your to-do list into art: draw mind-maps, color-code tasks, or group them by symbols or shapes. Seeing your energy expressed visually keeps motivation alive.

### **3. Set Playful Parameters.**

Give your creativity boundaries that feel freeing - like a 45-minute "creation sprint" or one-project-per-day rule. Limitations can actually enhance flow.

#### 4. Balance Inspiration with Completion.

Keep a “current creations” list alongside an “idea garden.” When new ideas arrive, plant them in the garden - and finish what’s blooming now before tending the next seed.

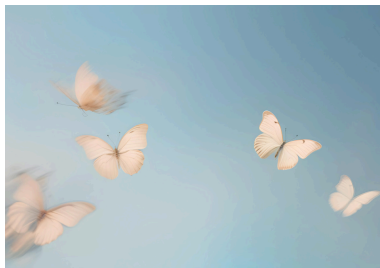
#### 5. Reflect Through Creativity.

End your day by journaling, doodling, or using color to express what you accomplished. Let reflection be a creative act too.



#### *Reflection Prompt:*

How can I keep my creative flow while honoring what truly needs doing?



#### *Affirmation:*

“I create with ease and trust that everything unfolds in divine timing.”



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# The Conscious Achiever

## Awareness

You've discovered a natural harmony between doing and being. You understand that productivity is most fulfilling when it's guided by intention and self-care. You use your lists as sacred tools - not to control your life, but to align it.

You value organization and progress, yet you also listen to your intuition, knowing when to pause, shift, or celebrate.

## What to Notice

Still, even the Conscious Achiever can fall into moments of over-commitment or self-pressure. Your growth lies in continuing to honor both your grounded focus and your soulful flexibility.

## Your Gifts

You've learned to blend awareness with action, structure with flow. Your gift lies in embodying balance - staying productive without losing presence, and leading your life with both purpose and ease.

## Tips for Balance & Focus

*Try these mindful strategies to bring more ease to your "doing":*

### 1. Stay Rooted in Intention.

Begin each week by asking, "What matters most to my soul right now?" Let that answer guide what earns a place on your to-do list.

### 2. Balance Effort with Ease.

Schedule time for flow alongside structure - alternate between focused work and quiet restoration to stay replenished and inspired.

### 3. Reflect and Refine.

At the end of each day or week, revisit your list. Notice what felt inspiring and what felt heavy. Let this awareness reshape your next steps.

#### 4. Celebrate the Small Wins.

Mark progress often - light a candle, take a breath, or write a gratitude note to yourself. Recognition nourishes sustainable motivation.

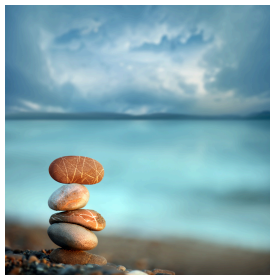
#### 5. Protect Your Energy.

Guard your calendar as sacred space. Choose commitments that align with your values, and release those that no longer resonate.



#### *Reflection Prompt*

How can I continue to balance ambition with awareness in the way I plan and act?



#### *Affirmation*

"My actions flow from awareness, and my awareness guides my actions."



# Bringing It All Together

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Now that you know your **To-Do List Personality**, take what you've learned and start experimenting with small, intentional changes to align more with the to-do list personality that works best for you.

Awareness is the first step toward working smarter - not harder. Whether you thrive on structure, creativity, or inspiration, your results highlight how to use your strengths while easing the stress points that slow you down.

Remember: your to-do list is simply a tool. The goal isn't perfection or productivity for its own sake. It's finding a rhythm that supports your focus, energy, and well-being.

Use the tips in your results section to try one or two new strategies this week. Pay attention to what feels lighter, smoother, or more effective, and adjust from there.

Each time you refine your approach, you build a more intentional relationship with how you get things done - one that leaves space for both accomplishment and ease.

*"Mindfulness isn't about getting more done.  
It's about being more present with whatever  
you're doing."  
~ Christine*





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# Your Next Step

Take a few minutes to reflect on your results.

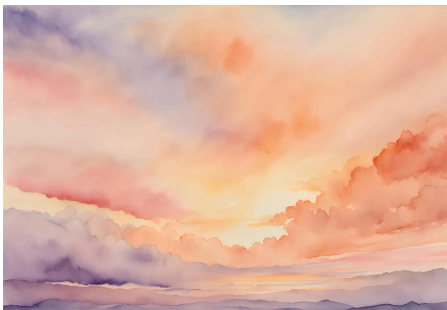
- Which insights or tips stood out the most?
- Try one or two strategies this week and notice how they shift your focus, energy, or sense of balance.

Your to-do list can become more than a set of tasks. It can be a simple, practical way to work with awareness and intention.



If you'd like more tools like this one, visit the **Dharma Library** on my website for additional free guides and resources to help you find ease and clarity in your daily life.

And if this quiz helped you see your to-do list in a new light, share your experience or favorite insight, I'd love to hear what resonated most with you. Send me a message to my email [Christine@finding-dharma.com](mailto:Christine@finding-dharma.com) or on social media at [@findingdharma13](https://www.instagram.com/findingdharma13).



*“What you do every day matters more than  
what you do once in a while.”  
~ Gretchen Rubin*



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## About Me



Christine's passion is to help others reconnect with their souls, awaken to who they truly are, and live the lives their souls intended for them in this lifetime. Her offerings guide you to awaken to your true self in this moment and connect more deeply with your divine Higher Self and Soul. Through this connection, you can access your inner wisdom and begin expressing your life's purpose and gifts in the world. Christine serves as your facilitator, guide, and channel – helping you find your dharma, your unique spiritual essence.

Christine holds a Ph.D. in Medieval and Romantic German Mysticism from the University of Pennsylvania and has extensive training in Western Astrology, Holographic Sound Healing, Usui Reiki, Metatron Colour Healing, Mindfulness (MBSR and other approaches), and Kabbalah. A former professor at Southern Connecticut State University, she also supports educators through her Uplift Teachers work, bringing mindfulness and soul-centered awareness to classrooms and beyond.

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