

# Women and Wheels - A Personality Quiz: If You Were a Car, What Would You Be?

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By: Total Body Inside Out

**Directions:** Read the questions and circle the answer that is the **MOST** like you.

## Question 1: How do you handle challenges in life?

- A. I carry everything with me and power through no matter how heavy the load.
- B. I can't help but compare my struggles to others and wonder how I measure up.
- C. I focus on enjoying the little things instead of stressing over obstacles.
- D. I acknowledge my past struggles and use them to create a better future.
- E. I sometimes feel like I have no control over my circumstances, but I try to look for opportunities to grow in my challenges.

## Question 2: How do you interact with others?

- A. I try to meet everyone's needs, even if it means sacrificing my own comfort.
- B. I can be critical when things don't meet my high standards.
- C. I like to control situations and ensure things go as planned.
- D. I'm naturally empathetic and prioritize understanding people's feelings.
- E. I'm encouraging and supportive—I want to see others succeed.

## Question 3: What best describes your approach to life?

- A. I adapt to situations and adjust my personality based on who I'm with.
- B. I have high expectations and expect things to be done right.
- C. I like to keep things in order and prefer when I have control over outcomes.
- D. I stay true to who I am, no matter what.
- E. I am grateful for what I have, but I sometimes feel that life can be unfair.

## Question 4: What's your ideal vacation?

- A. A road trip with lots of space to pack everything I need.
- B. A luxurious getaway where I can enjoy the best life has to offer.
- C. A laid-back trip, appreciating every little moment along the way.
- D. A forward-thinking, sustainable travel experience focused on the future.
- E. A simple yet meaningful trip where I can reflect on what I have.

**Question 5: How do you react when things don't go your way?**

- A. I silently express my frustration but don't always address it directly.
- B. I can't help but feel like I'm at a disadvantage and need to do more to keep up.
- C. I take a deep breath and focus on what's next.
- D. I analyze everything, making sure I understand the whys of every flaw and mistake.
- E. I tend to take setbacks personally when my values, relationships, or purpose are impacted.

**Question 6: What kind of home feels most comfortable to you?**

- A. A spacious house with plenty of storage.
- B. A sleek, modern home with high-end finishes.
- C. A cozy, vintage cottage filled with personal touches.
- D. A smart, energy-efficient home with the latest tech.
- E. A practical and functional home that serves its purpose.

**Question 7: How do you make decisions?**

- A. I overthink everything because I don't want to make the wrong choice.
- B. I weigh my options carefully and compare them to what others have done.
- C. I go with what feels right in the moment.
- D. I rely on logic and long-term benefits when making choices.
- E. I consider what will bring the most joy and fulfillment.

**Question 8: What role do you play in your friend group?**

- A. The one everyone relies on when they need something.
- B. The one who always looks put together and stylish.
- C. The one who encourages everyone to have fun and live in the moment.
- D. The one who gives thoughtful advice and helps friends see the big picture.
- E. The one who supports and uplifts everyone, no matter what.

**Question 9: What's your relationship with change?**

- A. I struggle with change because I like to keep things stable.
- B. I compare my progress with others and wonder if I'm changing fast enough.
- C. I am okay with change as long as I am the one creating it.
- D. I actively seek change and improvement in all aspects of life.
- E. I try to appreciate where I am while also working toward growth.

**Question 10: What do you value most in life?**

- A. Security and stability.
- B. Status and recognition.
- C. Freedom and experiences.
- D. Progress and innovation.
- E. Love and connection.

<b>Directions:</b> Count how many of each letter you selected and record it below.				
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>

## Your Car Personality Profile

What is your car personality type?

**If you mainly selected A's, you are a Station Wagon or Minivan.**

### **The Devoted Caretaker (Reliable, Compassionate, Overextended)**

Station wagons and minivans are the unsung heroes of the road—built for hauling kids, groceries, sports equipment, and the occasional last-minute party supplies. They're spacious, practical, and designed to carry heavy loads with ease. Much like these vehicles, you're the one everyone relies on, always ready to accommodate, support, and keep things running smoothly.

You are the glue that holds everything together—whether it's family, friends, or your community. Dependable and selfless, you instinctively take on responsibilities, always ensuring everyone is comfortable, safe, and taken care of. You're the one people call in a crisis, the planner of road trips, and the keeper of snacks (because someone is always hungry).

Your accommodating nature makes you an excellent listener and problem-solver, but it can also be your downfall. You tend to carry more than your fair share—physically, emotionally, and mentally. Saying “no” doesn’t come easily, so you often find yourself stretched thin, running on caffeine and sheer willpower.

You have a heart of gold, but sometimes people take advantage of your kindness. You’ll rearrange your entire schedule to help a friend move, but when you need a hand, suddenly, everyone is “busy.” Deep down, you wish someone would take care of *you* for once.

**Your driving style:** Cautious, considerate, and always making sure everyone has their seatbelt on. You’re the designated driver in more ways than one—both on the road and in life.

**Signature move:** Mastering the art of reaching into the backseat without taking your eyes off the road.

## **If you mainly selected B’s, you are a Luxury Convertible Sports Car.**

### **The Prestige Performer (Ambitious, Charismatic, Perfectionist)**

Luxury cars and convertibles aren’t just about getting from point A to point B—they’re about making an entrance. Sleek, stylish, and head-turning, these vehicles are built for performance and presence. Just like them, you thrive on standing out and making an impression. You have a natural charisma that draws people in, and whether you realize it or not, others admire your confidence, taste, and success.

But beneath the polished exterior, there’s a relentless drive to be *the best*. You set high standards for yourself—sometimes impossibly high. You often find yourself comparing your life to others, feeling the pressure to maintain an image of perfection. A tiny flaw, a minor misstep, or an unmet expectation can linger in your mind far longer than it should. Letting go of imperfections isn’t easy when you’ve built your identity around excellence.

You work hard, play hard, and expect the best—from yourself and those around you. But remember, even the most high-performance machines need time to recharge. You don’t always have to be in the fast lane—sometimes, the best moments happen when you ease off the gas and enjoy the ride.

**Your driving style:** Smooth, confident, and always in control. You’re not just on the road—you *own* it.

**Signature move:** Finding the perfect parking spot where everyone can see your car.

## **If you mainly selected C's, you are a Full-Size SUV with Advanced Control Features.**

### **The Free-Spirited Navigator (Adventurous, Commanding, Experience-Driven)**

Full-size SUVs are built for exploration, connection, and control. Whether it's a cross-country road trip or managing a packed itinerary, these vehicles are made for those who embrace the journey as much as the destination. You're no different—you don't rush through life; you *savor* the moment, making memories along the way.

You have a free spirit, but that doesn't mean you're carefree. In fact, you like to be in charge, ensuring everything runs smoothly. You trust your instincts and believe your way is often the most effective (and let's be honest—you're usually right). Whether behind the wheel or in life, you prefer to be the one calling the shots, making sure things stay on course.

Adventure fuels you, but so does structure. You seek freedom, but you also crave a sense of control. Finding the balance between going with the flow and steering the course is your lifelong challenge. Learning to trust the process—and maybe even let someone else take the wheel once in a while—might be exactly what you need.

**Your driving style:** Confident, strategic, and always prepared with a backup route.

**Signature move:** Packing the car like a Tetris master while everyone else wonders how it all fits.

## **If you mainly selected D's, you are an Electric Vehicle.**

### **The Visionary Guardian (Empathetic, Forward-Thinking, Authentic)**

Electric vehicles aren't just about innovation—they're about progress. Designed with the future in mind, they represent efficiency, sustainability, and a conscious choice to move forward with purpose. That's exactly how you live your life. You've learned from the past, and instead of dwelling on what was, you focus on creating a better future—for yourself and those around you.

Empathy is your greatest strength. You prioritize the well-being of others, making sure they feel safe, understood, and supported. Whether offering a listening ear or standing up for what's right, you bring a sense of calm and reassurance wherever you go. People know they can count on you to be there when it matters most.

Authenticity is at your core. You don't put on a show or try to be something you're not—what people see is what they get. In a world full of noise and distractions, you stay true to your values, making thoughtful choices that align with your vision. Your quiet confidence speaks volumes, proving that real strength doesn't need to be flashy.

**Your driving style:** Smooth, efficient, and always thinking two steps ahead.

**Signature move:** Calculating the most energy-efficient route while keeping the ride comfortable for everyone.

## **If you mainly selected E's, you are a Compact Car**

### **The Resilient Companion (Reliable, Supportive, Grateful)**

Compact economy cars may not be the flashiest on the road, but they are dependable, efficient, and always there when you need them—just like you. Life hasn't always been easy, and at times, it may have felt unfair. You've faced obstacles that seemed bigger than you, but you never let them stop you. No matter how tough the road gets, you keep pushing forward, proving that strength isn't about size—it's about perseverance.

Through it all, you've learned to appreciate the little things. While others chase after more, you focus on what truly matters—love, kindness, and the moments that make life meaningful. You don't take anything for granted, and that sense of gratitude fuels your ability to find joy even in the simplest experiences.

You are a pillar of support for others. Whether it's family, friends, or your community, you're always there to lend a hand, offer encouragement, or simply brighten someone's day. You don't seek attention or praise for what you do—you give from the heart because it's who you are.

Your warmth and kindness make people feel safe and valued. In a world that can often feel overwhelming, you remind people of life's simple joys—laughter, love, and the beauty of genuine connection.

**Your driving style:** Practical, steady, and always mindful of others on the road.

**Signature move:** Knowing exactly how far you can go on a near-empty tank—because you've been there before.