Fingerprints Neural Programming Report

FNP Report · 2026 Edition

Decode your inborn potential and how your brain is programmed, using your fingerprints - who you are, how you learn and work, what to do at every stage of life, and one path to grow at any age.

PREPARED FOR

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Drawn from the analysis of your ten fingerprints

Disclaimer: This report is based on fingerprints given of your own free will, or by a child with a parent's or guardian's permission. It is for guidance only and draws on research that is still going on. Any decision to follow its advice is yours. Brain Manual and its representatives are not responsible for any consequences. Before any important decision, please speak to your family doctor, a psychiatrist or a psychologist. This report is best explained by a certified analyst.

Your Report Journey

Seven stops and a summary - one story, from who you are to how you grow. Read them in order.

1 **Meet you** — pages 1-3
Your details, and how to read this report.
Your details 1 · Your report journey 2 · Welcome and how to read 3

2 **Who am I?** — pages 4-9
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6 **My Life Journey** — pages 21-42
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PART 1 OF 7 · MEET YOU

Welcome, Gaurav!

A short note, and how to read this report.

Thank you for choosing the **Fingerprints Neural Programming (FNP) Report**. It helps you understand and decode your inborn potential, and how your brain is programmed, using your fingerprints. It is based on **Dermatoglyphics** - the study of the ridge patterns on our fingertips. These patterns form before birth, while the brain is developing, and stay the same for life. Dermatoglyphics reads them as a guide to the talents you were born with.

When you know your natural talents, you can build on them, make better choices and grow with less struggle. Skills can still be learned with steady effort - but working with your natural grain is always easier and more joyful.

> "Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid." - often attributed to Albert Einstein

So find your own water. Your counsellor will go through this report with you and answer every question.
Best wishes - Team Brain Manual

HOW TO READ THIS REPORT

Ranks, not marks

Everything is shown in order - 1 is your most natural. There are no passing or failing scores; everyone has all the abilities, in a different order.

Colours tell you what it is

Mind is always blue, Heart rose, Body green and Wisdom purple. Each aptitude keeps its own colour on every page.

Strengths and seeds

Strengths come easily. Seeds are what is still small - not weaknesses, but where effort brings the biggest change.

Read your age, then act

Part 5 powers up your brain every day; Part 6 shows what matters at your stage of life; Part 7 gives one path for any goal. Do the actions - that is where change happens.

WHAT'S NEW IN THIS EDITION

Ability Flower · Neural Activity Map · Best Study Setup · Growth Environment · Body Care Map · My Life Journey · Success Path · You on One Page

PART 2 OF 7 · WHO AM I?

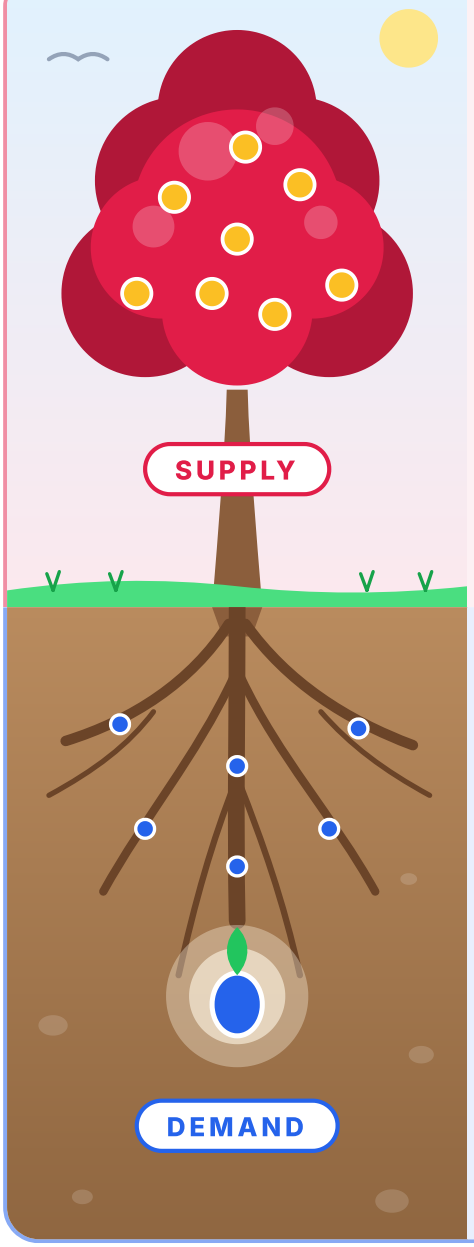
Your Personality: Supply and Demand

Like a tree - the part above the ground is what people see; the roots below feed it.

Supply = the tree: your outer personality, what you give the world.

Demand = the roots: your inner seed, what you need inside.

Feed your roots and your tree stays strong.



1 · YOUR SUPPLY - THE TREE: YOUR OUTER PERSONALITY, WHAT PEOPLE SEE

HEART



The Inspirer

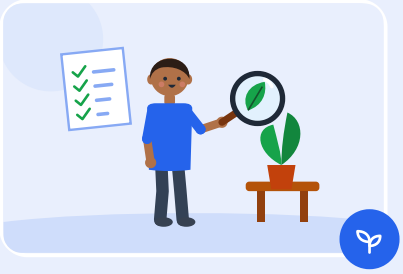
"I light people up."

Expressive and energising. You speak up, explain things in simple words, bring people together and lead them.

Expression · Energy · Leading by example

2 · YOUR DEMAND - THE ROOTS: YOUR INNER SEED, WHAT YOU NEED

MIND



The Observer

still a seed - this is what you need

The noticing side of you is still small. You can miss details and early warning signs, so surprises catch you off guard.

●●○ **Young seed** needs regular care

3 · YOUR JOURNEY AT A GLANCE - THE FULL STORY IS ON THE NEXT PAGE

INNER SEED	→	BRIDGE	→	ROOTS	→	OUTER
Observer		Planning		Bonding		Inspirer

PART 2 OF 7 · WHO AM I?

How Your Personality Grows

The story of your two personalities - from the seed to full power - and how the blend shows in daily life.

The Inspirer, growing an Observer

The Inspirer gives you a voice that lifts people. As your noticing side grows, you add facts people can trust - and that mix is rare.

1 · YOUR JOURNEY, STEP BY STEP

1 · THE SEED — Observer - your demand

It starts as a young seed that needs regular care. Everything in your journey begins here.

2 · THE BRIDGE — through Planning

Your Planning side is already strong - use it to help the seed grow: spend five minutes a day writing down three things you noticed. Each time you do, the Observer in you grows.

3 · YOUR ROOTS — Bonding

What feeds your Inspirer: Your Bonding side is still small, so your gift runs on thin roots. Feed it with bonding: spend time with one person close to you each day - listen, and let them know you are there.

4 · FULL POWER — Inspirer - your supply

Fill your need, and your gift flows: when the Observer inside you grows, the Inspirer in you reaches full power.

2 · YOU IN FIVE MOMENTS - YOUR SUPPLY, WITH YOUR GROWING DEMAND

At your best	You shine when you have an audience and an idea worth sharing. **Growing Observer:** one careful check makes it even better.
How others see you	Lively, confident and full of energy. **Growing Observer:** over time they also see someone who gets the facts right.
In a team	You are the voice: you explain the idea and get people moving. **Growing Observer:** take a turn checking the work before it goes out.
Making decisions	You decide quickly and talk it through out loud. **Growing Observer:** add one quick fact-check before you say yes.
When someone needs you	You cheer people up and give them hope. **Growing Observer:** watch for the small signs that someone is struggling.

PART 2 OF 7 · WHO AM I?

Your Personality SWOT

Strengths, weaknesses, opportunities and threats - as the Inspirer, growing an Observer.

Strengths
what you do best

- You lift the energy of a room.
- You explain things in simple words.
- You bring people together around an idea.

Weaknesses
where your seed is still small

- Small facts and figures slip past you.
- You may decide before you have all the facts.
- Mistakes can show up late, after the work is done.

Opportunities
what opens up as your seed grows

- Checking the facts makes your work trusted twice as much.
- Noticing details turns good work into excellent work.
- Spotting early signs saves you from surprises.

Threats
what can trip you up

- Big promises can run ahead of the groundwork.
- Talking before listening can push people away.
- Ignoring details can lead to costly surprises.

Your inner tension: you want to share it right now, while your growing noticing side asks you to check the facts first. Both are right - give each its moment, and you get the best of both.

YOUR GROWTH PATH - TURN YOUR S INTO FUEL FOR YOUR W

1
TODAY
The Inspirer: a voice that lifts people.

→

2
EVERY WEEK
Let your gift for explaining help - before you share anything, check three facts with someone you trust.

→

3
YOUR BEST BLEND
The Inspirer with facts people can trust.

PART 2 OF 7 · WHO AM I?

Your Ability Flower

Ten natural abilities. The longer the petal, the stronger the ability - 1 is your strongest.



YOUR ABILITIES, IN ORDER

1. **Charm & diplomacy**
2. **Language & words**
3. **Logic & reasoning**
4. Imagination
5. Planning & self-drive
6. Body movement
7. Music & emotions
8. Hand skill
9. Visual sense
10. Observation

LEADER OR COMPANION

A natural leader

LEADER — COMPANION

You like to lead - you speak up, take charge and others follow you. You can also work solo; remember to let others lead sometimes and to listen.

YOUR TOP THREE - USE THEM DAILY

Charm & diplomacy: each week, cheer someone up or help settle one small disagreement
Language & words: read aloud and write a short note daily
Logic & reasoning: solve puzzles and explain your reasons

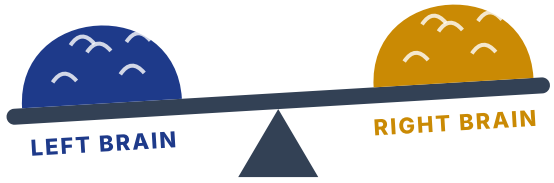
YOUR QUIETEST TWO - WAKE THEM UP

Visual sense: draw, photograph or arrange things beautifully
Observation: keep a "things I noticed" notebook

PART 2 OF 7 · WHO AM I?

Your Brain's Neural Activity

Your whole brain first - then how its parts feed each other, from spark to centre.



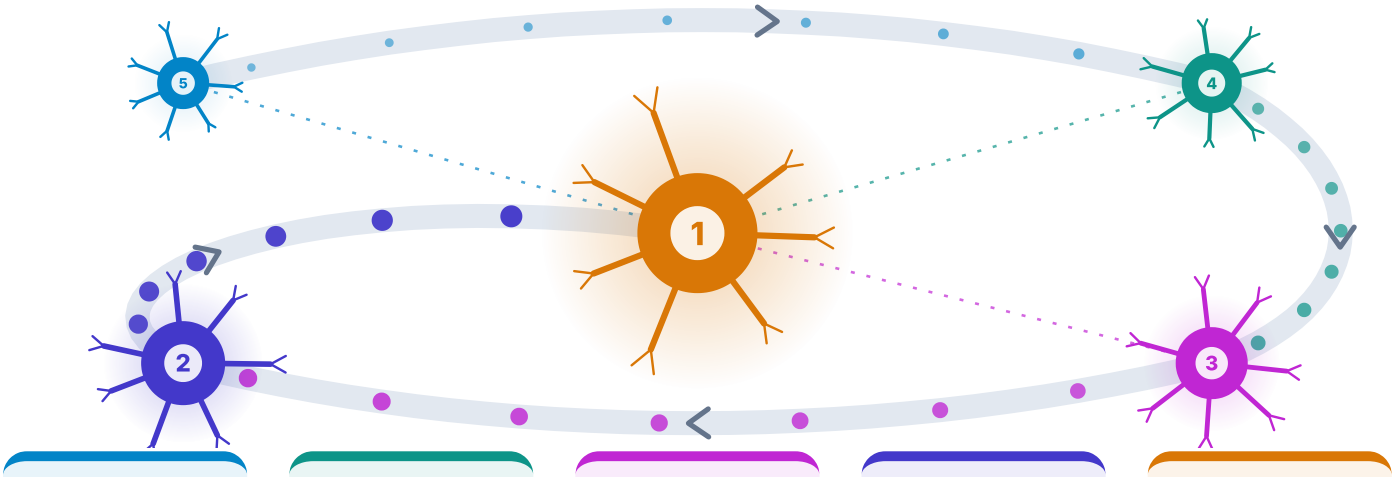
YOUR WHOLE BRAIN

Left brain logic, order, steps

Right brain imagination, pictures

Your see-saw tips slightly to the left: logic leads by a little, with imagination close behind.

YOUR NEURAL PATH - FROM YOUR SPARK TO YOUR MOST ACTIVE CENTRE



RANK 5 · SPARK
Watching
Occipital lobe
seeing and sensing

→

RANK 4
Doing
Parietal lobe
practice and real work

→

RANK 3
Feeling
Temporal lobe
people and liking

→

RANK 2
Thinking
Frontal lobe
ideas and plans

→

RANK 1 · HOME
Action
Prefrontal lobe
starting and leading

Your brain's signal is born in **Watching**, your quietest spark. It flows into **Doing** (what you see, you try with your hands), gathers strength in **Feeling** (doing it makes you like it), lights up **Thinking** (what you love sets you thinking), and arrives home in **Action** (an idea becomes a move) - the most active part of your brain. At the end of the day, your brain wants to **act - to make the move and lead**.

HOW YOU THINK

Original creator

You go your own way. Your thinking runs ahead of what you have seen, so you try what nobody has done yet - out of the box.

Try this: Check each new idea once against the real world before you go all in.

HOW YOU ACT

Try it, like it, act

You try something, start to like it, and then you act on it. Once your heart is in it, you take the first step yourself.

Keep your spark alive: spend 10 minutes a day just observing - people, places, how things are done - and note one thing you saw.

PART 2 OF 7 · WHO AM I?

Your Four Strengths

Ranked, with their quotients. Each strength has a leader side and a companion side.

1

Heart

EQ · Emotional Quotient

EQ shows **how you understand feelings - yours and other people's**.

LEADER	Presenting	
COMPANION	Bonding	

With people you lead - you speak up, bring people together and lead them.

Use it: Take roles where you speak for others - presenting, selling, leading a team.

2

Mind

IQ · Intelligence Quotient

IQ shows **how you learn, think and plan**.

LEADER	Planning	
COMPANION	Noticing	

In ideas and plans you lead - you set the plan and others follow it.

Use it: Take on work where you set the plan - strategy, planning, running a project.

3

Wisdom

CQ · Creativity Quotient

CQ shows **how you sense, imagine and see what could be**.

LEADER	Vision	
COMPANION	Sensing	

In direction you lead - you set the vision others follow.

Grow it: Spend ten quiet minutes a day imagining where your work could go. Write one idea down.

4

Body

AQ · Adversity Quotient

AQ shows **how you push through effort and pressure to get things done**.

LEADER	Applying	
COMPANION	Practising	

In work you lead - you go out and apply your skills in the real world.

Grow it: Do one small physical task every day - a walk, a repair, a tidy desk. Stamina grows by doing.

PART 3 OF 7 · HOW DO I LEARN?

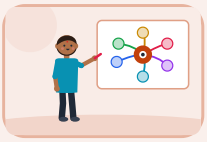
How You Learn

Your six ways to learn, ranked for you - and how to study with your best two.

1 · YOUR SIX WAYS TO LEARN, RANKED - 1 IS YOUR STRONGEST

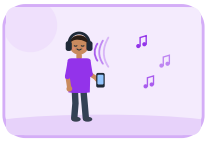
1

Talk & Explain
saying it aloud, teaching it

2

Picture & Map
mind maps, sketches and plans

3

Move & Try
moving, trying it for real

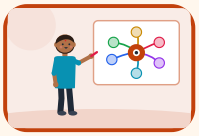
4

Listen
hearing it explained

5

Hands at the Desk
writing by hand, practice at a desk

6

Watch & Read
reading, diagrams, watching it done

2 · YOUR STUDY METHOD - YOUR TWO STRONGEST WAYS TO LEARN

Teach it on a board

Talk & Explain + Picture & Map

Draw the topic as a diagram, then explain it to someone using your drawing as the guide.

- Teach the topic to someone in five minutes.
- Make a one-page mind map for every chapter.
- Read the key lines aloud as you revise.

YOUR STUDY RECIPE - EVERY TIME YOU LEARN SOMETHING NEW

1 START WITH YOUR NO. 1
Talk & Explain
Start by saying aloud what you already know about it.

2 THEN YOUR NO. 2
Picture & Map
Then turn it into your own mind map or diagram - without looking.

3 GROW YOUR SEED (NOTICING)
Watch & Read
Read with a pencil: note three facts from every page you study.

6 **Your quietest way, rank 6 - Watch & Read:** When you must read a lot, read in short parts. Then say each part aloud - your best way carries the load.

3 · HOW YOUR MIND TAKES HOLD

1st · Thinks it through
You need to understand the why. You remember what makes sense, and forget what is only memorised.

2nd · Learns through people
You learn best in a warm setting, with a teacher or friend you like.

Where you learn best: The same desk at the same time builds your rhythm. Use all six ways - start with your best two, and the others make it stick. A learning way is how new things go in best; an aptitude (next page) is what you are good at - the two can differ.

PART 3 OF 7 · HOW DO I LEARN?

Your Aptitude Profile

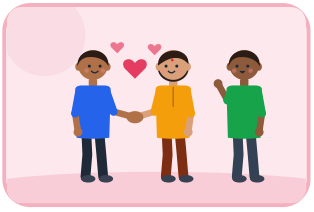
Every person has all eight. Here they are in your order - 1 is your most natural.



Words & Language

words, reading, speaking

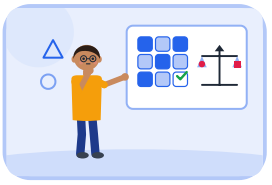
2



People Skills

understanding people and getting along with them

1



Number & Logic

numbers, reasons, systems

3

THE OTHER FIVE, IN YOUR ORDER

4 Self Understanding

5 Body & Movement

6 Space & Design

7 Rhythm & Sound — grow this

8 Observation & Nature — grow this

ACTIVITIES TO USE YOUR TOP THREE

People Skills

- Work on team projects and group activities
- Volunteer or help in your community
- Arrange playdates and group games Child

Words & Language

- Read for 20 minutes every day and tell someone what you read
- Write a short journal or blog entry each week
- Explain each chapter in your own words to a friend Teen / Student

Number & Logic

- Solve one puzzle or brain-teaser a day
- Plan a budget for a trip, an event or a month
- Track one number that matters to you and chart it weekly Adult

ACTIVITIES TO GROW THESE TWO

Rhythm & Sound

- Learn or practise an instrument, or sing
- Use rhythm to remember - turn key facts into a tune or beat
- Study in fixed, timed blocks with short music breaks Teen / Student

Observation & Nature

- Go on nature walks and notice what changes
- Start a collection - leaves, stones, stamps or photos
- Review patterns in your work - what repeats, what changes Adult

PART 4 OF 7 · HOW DO I WORK?

Your Work Skills

Eight work skills in your order. The bar shows the rank; inside each skill, its three parts are ranked 1 to 3.

1 · R&D Skills
1 Willingness to learn · 2 Power to innovate · 3 Imagination & intuition

2 · Crisis Management
1 Mental stamina · 2 Ability to re-create · 3 Emotional stamina

3 · Customer Dealing
1 Interpersonal skills · 2 Adaptability · 3 Entertaining skills

4 · Mental Clarity
1 Vision & mission clarity · 2 Physical & mental fitness · 3 Happy soul

5 · Result-Driven Attitude
1 Taking the right decision quickly · 2 Loyalty · 3 Asset management

6 · Problem Solving
1 What "will" work · 2 What "should" have worked · 3 What "did not" work

7 · Designing Efficient Systems
1 Learns from failure · 2 Designing foolproof systems · 3 Loves experimenting

8 · Professionalism
1 Ego (self-respect) · 2 Positive attitude · 3 Emotional de-attachment

LEAD WITH NO. 1 - R&D SKILLS

It means imagining new ideas, innovating and always learning. **Use it:** take projects that need new ideas - research, design, new products.

BACK IT UP WITH NO. 2 - CRISIS MANAGEMENT

It means staying strong in tough times and rebuilding after a setback. **Use it:** be the steady person in emergencies - deadlines, failures, sudden changes.

GROW NO. 8 - PROFESSIONALISM

It means staying calm, positive and correct at work, without taking things personally. **Grow it:** when something upsets you at work, wait one hour before replying.

PART 4 OF 7 · HOW DO I WORK?

Your Timing Compass

When to move, when to wait - and how support and opportunity reach you.

Good things reach you in two ways. **MOVE:** you take the action - your circle may not be enough, so go beyond it, meet new people and ask directly. **WAIT:** your network does the work - keep it warm, tell people your need, and be patient. Your four are ranked below: **1** works best for you. This is not about dates - it is about knowing when to push and when to let things come.

	MOVE grow your network · ask directly	WAIT trust your network · tell your need
SUPPORT people & resources	**1 The Right Team** Your existing circle may not have what you need, so build a new one. Go beyond the people you know - new groups, a mentor, a partner, a backer. Ask directly: "Can you help me with this?" **Strong for you:** Your effort here pays off fast - go after it.	**2 The Right Lifeline** When you are stuck, someone close to you or in your network steps in - often when you least expect it. Do not chase anyone. Tell people your need, and trust your network to carry it to the right person. **Strong for you:** Do not force it - this comes to you. Be patient.
OPPORTUNITY a way to work, earn & grow	**3 The Right Openings** Work and earning chances come when you go out for them. Go, try, keep trying, keep meeting new people. Do not wait for your circle to bring them - you will find one on your own. **Weaker for you:** Slow to pay off - start with your no. 1 and 2; they open this door.	**4 The Right Invitations** Your chances come through people you already know - a reference, an introduction, someone putting your name forward. You reach your goal indirectly. Keep your connections warm, let them know what you are good at, and be patient. **Weaker for you:** Do not wait here - start with your no. 1 and 2; they bring it to you.

Opportunity is something to do - a job, a project, a deal. **Support** is what helps you do it - people, money, tools, guidance.

ONE GOAL, FOUR WAYS - LOOKING FOR A JOB

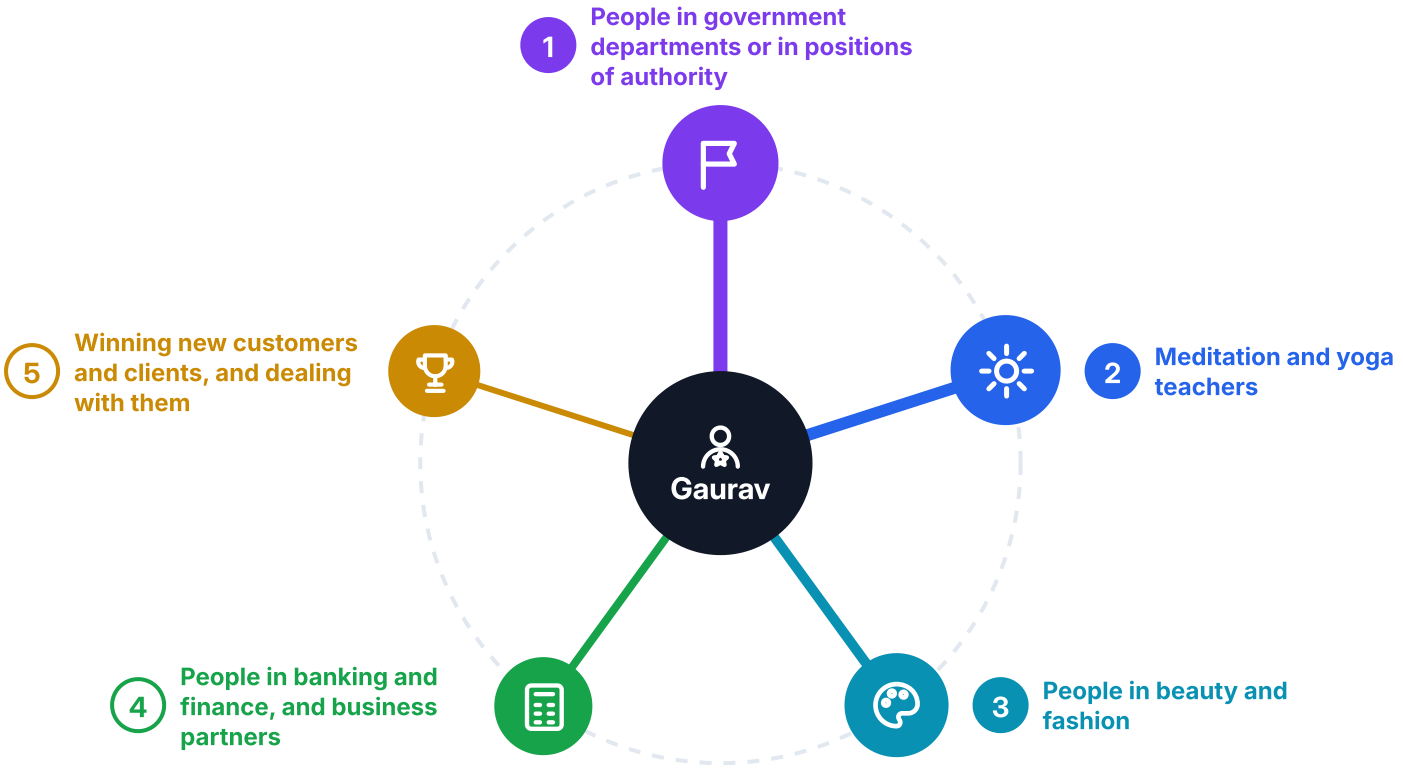
Move: you spot the vacancy yourself (**Openings**) and ask a senior to coach you for the interview (**Team**). **Wait:** a friend puts your name forward and the company calls you (**Invitations**); if it falls through, someone you know brings a contact, a loan or a reference to tide you over (**Lifeline**).

Support is your strength. You build it, and it finds you. Let the Right Team and the Right Lifeline lead your big choices - study, work, where you live.

PART 4 OF 7 · HOW DO I WORK?

My Growth Environment

The people and surroundings that increase your growth - 1 boosts your growth the most.



This month: put yourself in your top three environments - spend real time with these people, in their places: a meeting, a visit, a project together. Being around them balances you and speeds up your growth. This order is about who stretches you, not who you may need - see a doctor or counsellor whenever you need one.

THE REST, IN YOUR ORDER

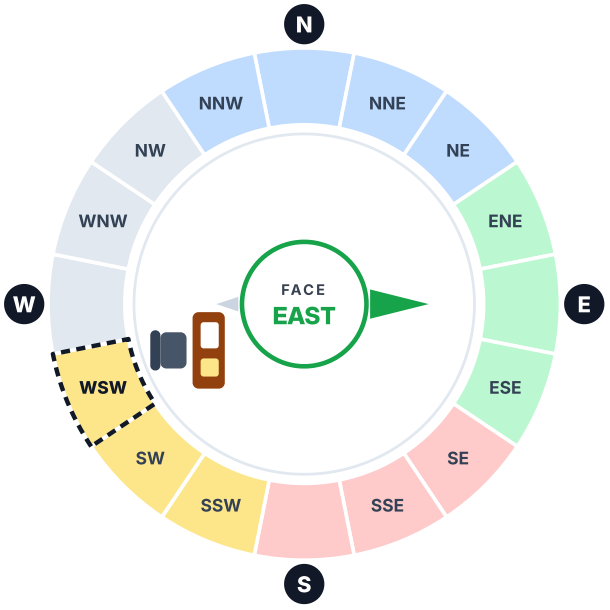
6. Neighbours and your community - being more social
7. People in high-risk businesses - trading and speculation
8. Counsellors, psychologists and other expert advisers
9. People from your birthplace and your family business
10. Healers and doctors
11. Influential people, relatives and the police
12. People in education and manufacturing
13. Highly qualified people and analysts
14. People in fun and entertainment
15. People in waste management and recycling
16. People in hands-on service work - home helpers, cleaners, laundry

PART 5 OF 7 · POWER UP MY BRAIN

My Best Study and Work Setup

Where to sit, which way to face, and how to keep your space ready for study or work.

A setup that helps your brain work efficiently, so you can use it at its full power.



The zones follow the traditional direction system. **Dotted outline:** west-south-west - your best place to study. **Centre:** your best direction to face.

WHICH WAY TO FACE - RANKED

1. **East** - Best - sit facing this way
2. **West** - Good - your second choice
3. **South** - Your third choice
4. **North** - Your fourth choice

SET IT UP IN THREE MOVES

1 · Place

Put your study or work desk in the **west-south-west** part of your room - the best place to study and keep your books.

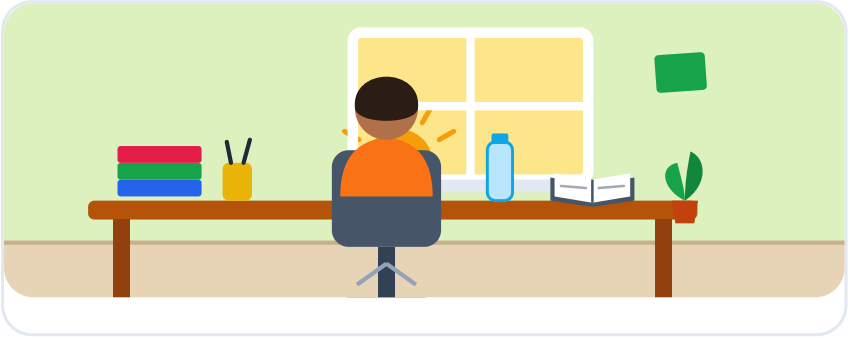
2 · Face

Sit facing **east**. If that is not possible, face west.

3 · Clear

Keep the desk clear: books, one notebook and your water bottle on it - nothing else.

YOUR STUDY CORNER, PUT TOGETHER



- **Fresh lime** on the wall of your study corner
- **Green** a light touch where hard tasks start
- **Yellow** a small touch for big days

Phone on silent while you study - if you study on it, turn on Do Not Disturb and keep only your study app open.

Finding the directions: stand in the middle of your room with a phone compass. No room in the west-south-west of your home? No problem - in whichever room you study, place your table in the west-south-west part of that room. Use what your room allows - a clear desk and a set time matter most. Why these three colours: see the next page, **Your Brain's Colour Code**.

PART 5 OF 7 · POWER UP MY BRAIN

Your Brain's Colour Code

Three colours that help your brain work at its best - and how much of each to use.

A setup that helps your brain work efficiently, so you can use it at its full power. Colours do not change who you are - they gently help your brain switch on, settle and focus.



Read from the bottom up: your seed (1) grows into your strongest side (8).

YOUR POWER COLOUR

Yellow

Your brain lights up when you speak up and share - yellow feels bright, hopeful and easy to notice. Use it in **small touches on big days**: a pen, a watch strap, a shirt.

YOUR GROWTH COLOUR

Green

The part that asks for care is how you notice details and facts - green feels restful, which helps you stay with a task. A **light touch where hard tasks start** is a gentle reminder to give this side a turn: a desk mat, a pen stand.

YOUR BRIDGE COLOUR

Fresh lime

Fresh lime blends your yellow and your green - one colour where your strongest side and your seed meet. Make it the **main colour of your study corner**. If it does not suit you, use a lighter or deeper shade.

YOUR COLOUR RECIPE - HOW MUCH OF EACH



Neutral - most: walls and big surfaces - off-white or cream

Bridge - some: your study corner

Growth - a little: where hard tasks start

Power - a touch: small touches on big days

WHERE TO USE THEM

Study corner
Fresh lime - a cushion, a board, a folder

Desk and notebook
A light touch of green - where hard tasks start

Big days
A small yellow touch - exams, interviews, talks

Phone and screen
A fresh lime wallpaper - you see it many times a day

Do not overdo your power colour. A colour you see everywhere stops feeling special - keep yellow for big days, and let your bridge colour do the everyday work.

Research shows colours gently affect how alert or calm we feel; the effect is small and differs from person to person - use these as helpful accents, not rules.

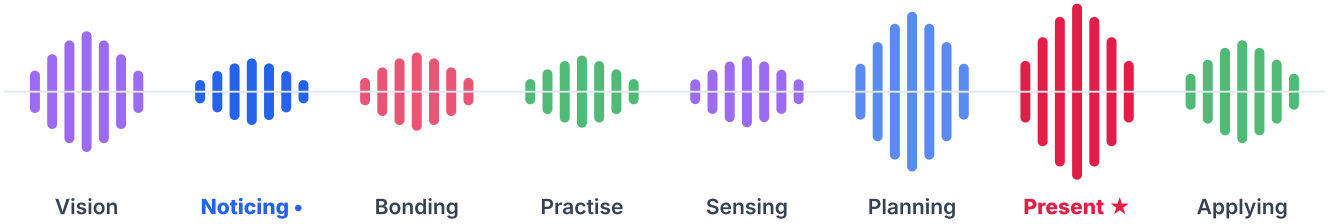
PART 5 OF 7 · POWER UP MY BRAIN

Your Brain's Sound Code

Your own sounds to switch on, focus and settle - read from your houses, not a general list.

YOUR SOUND SIGNATURE

your eight qualities as a sound wave · ★ strongest · • seed



Vision · Noticing • · Bonding · Practise · Sensing · Planning · Present ★ · Applying

Tall waves are your loud, strong sides; small waves are quiet sides. Your sounds below are chosen from this signature - no two people get the same set.

1 · START - YOUR SWITCH-ON SOUND, 2 MINUTES

A song you can sing along to, out loud

From Presenting, your strongest side - this wakes it up when your energy is low.

2 · WORK - YOUR FOCUS SOUND

Silence, or soft rain or a low, steady hum

From Noticing, your seed: detail work needs the fewest distractions. For the hardest part, choose silence.

3 · END - YOUR CALM-DOWN SOUND

Slow classical music with a gentle, clear order

From Planning, the side that carries your seed: an ordered sound puts your thoughts back in order.

AVOID - YOUR NOISE TRAP

Songs with words you know

Your strong Presenting side makes you sensitive to this - you start singing along in your head.

YOUR PLAYLIST FOR ONE STUDY BLOCK

30 minutes, then a short break

Switch-on 2 min	Focus sound 25 min	Calm-down 3 min

Your rule (Talk & Explain is your best way to learn): You learn by saying it aloud, so keep music off when you explain - your own voice is your best sound.

HELPS YOU

Silence or a low, steady hum for detail work · slow classical music to settle · the same few tracks every time (your brain learns the cue).

GETS IN YOUR WAY

Songs with words you know · a TV or video in the same room · notifications pinging while you work.

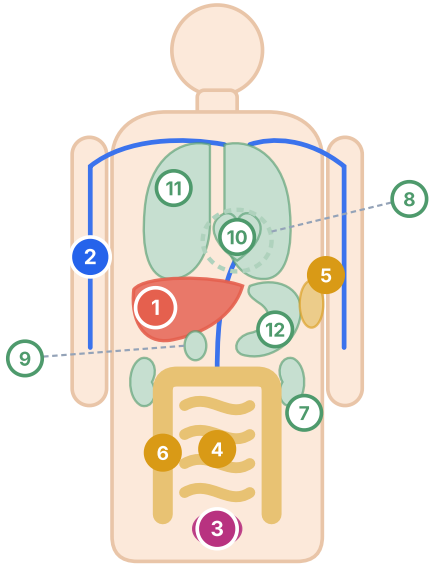
Research shows the speed of music changes how alert or calm we feel, and that songs with words make reading harder for many people - so treat these as gentle help and keep what works for you.

PART 5 OF 7 · POWER UP MY BRAIN

My Body Care Map

The body areas your inborn pattern works hardest - care for them first. A traditional wellness view.

A setup that helps your brain work efficiently, so you can use it at its full power. A cared-for body gives your brain steady energy. Think of your body as a well-used machine: the parts that run the most need care first, before wear and tear shows. This map shows where your pattern puts the most load - it is not an illness you have or will get.



1-3 care first · 4-6 keep an eye · 7-12 steady

YOUR LOAD LADDER — longest = works hardest

1. Liver
2. Blood circulation
3. Bladder
4. Small intestine
5. Spleen
6. Colon
7. Kidney
8. Heart protector
9. Gall bladder
10. Heart
11. Lungs
12. Stomach

CARE FOR THESE FIRST

1 Liver
helps clean the blood and process food

If this area gets overworked, you may notice: slow digestion, heaviness after rich meals, irritability when tired, and low morning energy after late nights.

EASE THE LOAD

- Light, less oily meals - especially at dinner
- A fixed, early bedtime so the body can reset
- Brisk movement when you feel irritable

2 Blood circulation
the steady flow of blood and warmth through the body

If this area gets overworked, you may notice: cold hands or feet, sweaty palms under pressure, stiffness after long sitting, and feeling sluggish after sitting still.

EASE THE LOAD

- A brisk 20-minute walk every day
- Stand and stretch after every hour of sitting
- A warm-oil foot massage at night

3 Bladder
storing and passing water

If this area gets overworked, you may notice: forgetting to drink while busy, and waiting too long for a break.

EASE THE LOAD

- Keep a water bottle on your desk
- Use the toilet when you need to - do not wait
- Gentle lower-back stretches in the evening

Start with no. 1, liver: pick one habit above and keep it for three weeks - one habit at a time. These are signs of load, not a diagnosis - if a sign keeps coming back, please see a doctor.

PART 5 OF 7 · POWER UP MY BRAIN

Your Brain Fitness Plan

Five daily habits in your own order - and the exact trap your pattern falls into on each one.

The problem your pattern is most likely to face: movement does not come naturally - you can sit for hours, and energy and memory drop. **Step 1 is Move** - keep it for three weeks, then add step 2.



Your five habits

YOUR 15-WEEK PLAN

Weeks 1-3	**Start Move**
Weeks 4-6	Add Recharge
Weeks 7-9	Add Focus
Weeks 10-12	Add Practise smart
Weeks 13-15	Add Sleep

1 · Move — START HERE

Movement sends more blood and oxygen to the brain.

Your risk: Movement does not come naturally - you can sit for hours, and energy and memory drop.

Your fix: The daily walk from your Body Care Map counts here - add the stairs instead of the lift.

2 · Recharge — ADD IN WEEK 4

A rested brain bounces back faster from hard work and stress.

Your risk: You give your energy to everyone and forget to refill it.

Your fix: One hour a week only for yourself - and say no to one thing when you are tired.

3 · Focus — ADD IN WEEK 7

Short, clean blocks beat long, broken hours.

Your risk: Your attention holds about 25 minutes, then drifts to talk, calls and social media.

Your fix: 25-minute blocks with a 5-minute break; notifications off; talk only in the break.

4 · Practise smart — ADD IN WEEK 10

Testing yourself and spacing it out are the best-proven ways to learn.

Your risk: Talking about it feels like knowing it, but written details slip.

Your fix: Explain it aloud, then write the three key points - then again the next day and the next week.

5 · Sleep — ADD IN WEEK 13

Sleep is when your brain stores what you learnt.

Your risk: You stay up talking, scrolling or replaying conversations.

Your fix: Phone out of the bedroom - read a few pages instead. Aim for 7-9 hours.

A setup that helps your brain work efficiently, so you can use it at its full power. A brain grows fitter the way a body does - a little, every day.

PART 5 OF 7 · POWER UP MY BRAIN

Your Brain's Stress Reset

How stress shows up in you - and your own fastest way back to your best.

1 · YOUR STRESS PROFILE

HOW FAST STRESS BUILDS



Fast

Small things can add up within a day - reset at the very first sign.

HOW FAST YOU BOUNCE BACK



Needs time

Recovery takes longer - plan rest after hard weeks, do not wait to crash.

WHERE IT HITS YOU FIRST

In your thoughts

They race, or go blank - this is your noticing side, your seed, asking for care.

2 · YOUR THREE ZONES - WHERE YOU WANT TO BE: CALM TO ALERT

Calm - your best
You speak easily and ideas flow.

Alert - useful
Focused and a little stretched - good for exams and deadlines, in 25-minute bursts.

Overloaded - reset now
Your presenting strength turns against you: you talk too much, or go silent.

3 · YOUR RESET PLAN - IN THIS ORDER

1 · Spot it
Your stress usually starts when you cannot say what you think, or no one is listening. Your first warning sign: you start missing details and rushing.

2 · 2-minute reset
Breathe in for 4, out for 6 - ten times; a longer out-breath tells your body it is safe. Then say slowly, out loud: "One thing at a time." - it suits Talk & Explain, your best way.

3 · 10-minute reset
Wash your face, drink a glass of water, then walk for ten minutes - it works through Heart, your strongest side.

4 · Back to your best
Talk it out with one person you trust - it uses Presenting, your strongest quality.

While stressed, do not decide or sign anything until you have checked the facts.

When it is big, do not carry it alone. Tell the people on your Lifeline (see Your Timing Compass) what you need - help comes faster when people know. If this page is not enough, or stress stays for weeks, talk to a counsellor or psychologist - taking help is a sign of strength, not weakness.

PART 6 OF 7 · MY LIFE JOURNEY

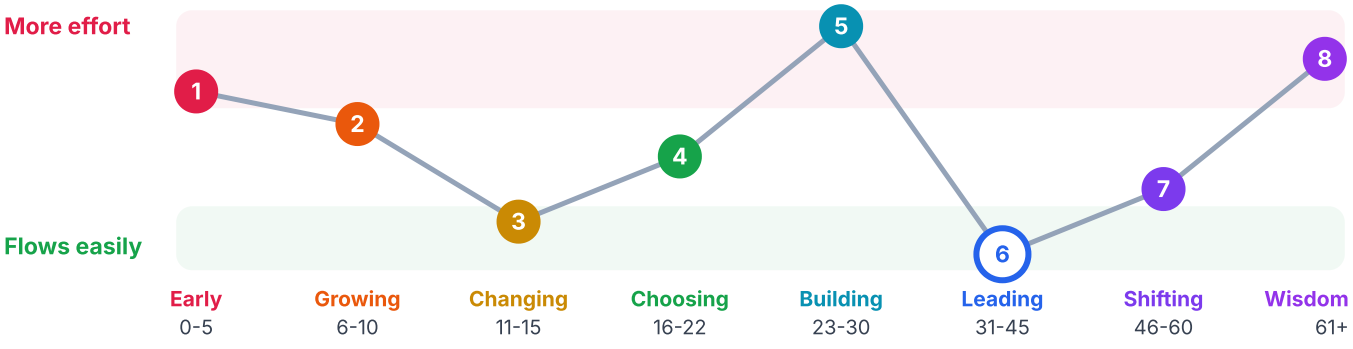
Your Life Map

Eight stages of life, from early years to wisdom years - what to grow, how to learn and which way to go at each age.

You are 40, in **stage 6, Leading Years**. Read your own stage first, then the earlier ones to see how you grew and the later ones to get ready. Every stage is written for **you**: from your seed (**noticing**), your strongest side (**Heart**), your style (**a natural leader**) and your aptitudes, led by **People Skills**.

1. **Early Years** · ages 0-5 — Play, love and the senses · for parents — STEADY EFFORT — pages 22-23
2. **Growing Years** · ages 6-10 — Habits, curiosity and first skills · for parents — STEADY EFFORT — pages 24-25
3. **Changing Years** · ages 11-15 — Who am I? Friends, feelings and interests · for parents and child — FLOWS EASILY — pages 26-27
4. **Choosing Years** · ages 16-22 — Stream, course and career · for you, with a box for parents — STEADY EFFORT — pages 28-34
5. **Building Years** · ages 23-30 — Build a base at work and in life · for you — MORE EFFORT — pages 35-36
6. **Leading Years** · ages 31-45 — Deepen your work and lead · for you — YOU ARE HERE — FLOWS EASILY — pages 37-38
7. **Shifting Years** · ages 46-60 — Stay relevant, mentor others · for you — STEADY EFFORT — pages 39-40
8. **Wisdom Years** · ages 61+ — Teach, share and renew · for you — MORE EFFORT — pages 41-42

YOUR EFFORT CURVE - WHERE IN LIFE YOU WILL NEED TO PUSH, AND WHERE IT FLOWS



Most effort: the Building Years (getting results, managing money & resources) and the Wisdom Years (healthy routines, a positive mind). **Flows most easily:** the Leading Years. Each stage page shows its effort and where it goes.

PART 6 OF 7 · MY LIFE JOURNEY

Stage 1 · Early Years - Growing

Ages 0-5. What happens at this age, and how to grow.



Stage 1 · Early Years

LOOKING BACK

STEADY EFFORT

Play, love and the senses · For parents · As an adult: give yourself calm and play too.

WHAT HAPPENS AT THIS AGE

Your child's brain grows faster now than at any other time in life. Children learn through play, the senses and loving routine - help your child feel safe and loved first.

STRENGTHS TO GROW NOW - TOP THREE APTITUDES

1	People Skills	Arrange playdates, sharing games and pretend play with other children.
2	Words & Language	Read aloud to your child every day, and ask about their day.
3	Number & Logic	Play sorting, counting and shape games - group toys by colour and size.

WHAT YOUR CHILD NEEDS AT THIS AGE - RANKED FOR YOUR CHILD

1	Grasping power MENTAL	STRONG NOW	Offer one new word, shape or game a day, in small playful doses - and see how fast your child picks it up.
2	Emotional sensitivity EMOTIONAL	STRONG NOW	When your child is upset, name the feeling ("you feel cross") and stay calm yourself.
3	Focus & attention MENTAL	STEADY	Keep play spaces calm and uncluttered - one toy at a time helps your child's attention grow.
4	Patience PHYSICAL	BUILD IT GENTLY	Play waiting games - "after the song, then the snack" - to build patience gently.
5	Energy & drive PHYSICAL	BUILD IT GENTLY	Plan active play every day, outdoors if you can; a happily tired child sleeps and learns better.

Also grow the seed (noticing): Look closely at things together - picture books, I-spy, "what is different here?"

HOW YOUR CHILD LEARNS

Talk & Explain first: Talk with your child through daily tasks, and tell a story at bedtime.

PLAY AND SPORTS

Do pretend play, puppets and group singing together.

THE RIGHT ENVIRONMENT

Let your child lead small things at home - choosing the game, helping a younger child.

PART 6 OF 7 · MY LIFE JOURNEY

Stage 1 · Early Years - Direction

Ages 0-5. Which way to go, the skills to build next, and how to guide.



Stage 1 · Early Years · ages 0-5

Play, love and the senses · For parents · Read it to understand how you grew.

LOOKING BACK

STEADY EFFORT

EARLY INTERESTS TO NOTICE

No subjects or careers yet - just notice what lights your child up. These three come most naturally to your child; when you see one, give it more time:

- **People Skills:** notice if your child looks for other children and notices how they feel.
- **Words & Language:** notice if your child loves stories, new words and talking.
- **Number & Logic:** notice if your child counts, sorts and keeps asking "why?".

SKILLS FOR THIS STAGE - WHERE YOUR EFFORT GOES

1 Connecting with people	COMES EASILY	Surround your child with warm faces - grandparents, cousins, neighbours - every week.
2 Joy & a positive mood	STEADY	Fill every day with laughter, music and play to keep the mood bright.
3 Healthy routines	NEEDS EFFORT	Keep regular sleep, fresh food and time outdoors - they build a strong base.

HOW TO GUIDE AND TALK WITH YOUR CHILD

Offer your child two choices instead of orders, praise effort, and let them "help" you.

TALKING WITH YOUR CHILD

- Sing, rhyme and chat all day; your child tunes in to your voice and its rhythm.
- Your child is likely to love making sounds and talking - give them an audience and answer every "word".
- Your child opens up most with other children around - playgroups help their talking.

Every child finds words at their own pace; for speech milestones, your paediatrician is the right guide.

WATCH OUT FOR

Upset when routines or people change suddenly - tell your child before a change, and keep one familiar thing close.

THIS YEAR, DO THESE FOR YOUR CHILD

- [ ] Share a book with your child every day
- [ ] Give lots of free play, outdoors if you can
- [ ] Keep a steady daily routine

→ **Launch into stage 2, the Growing Years:** When your child feels safe, loved and curious, they walk into school ready to learn. Everything on these two pages builds that base.

PART 6 OF 7 · MY LIFE JOURNEY

Stage 2 · Growing Years - Growing

Ages 6-10. What happens at this age, and how to grow.



Stage 2 · Growing Years

LOOKING BACK

STEADY EFFORT

Habits, curiosity and first skills · For parents · As an adult: keep the habits that serve you.

WHAT HAPPENS AT THIS AGE

Your child is building habits, reading and numbers. Children this age copy the adults around them and love small wins - so show the habits you want to see.

STRENGTHS TO GROW NOW - TOP THREE APTITUDES

1	People Skills	Encourage team games, group projects and small helping roles at home.
2	Words & Language	Get your child a library card, and encourage story writing and reciting.
3	Number & Logic	Play maths and board games, and test "why" questions with small experiments.

WHAT YOUR CHILD NEEDS AT THIS AGE - RANKED FOR YOUR CHILD

1	Grasping power MENTAL	STRONG NOW	Let your child learn a little ahead - meeting a topic before school builds quick confidence.
2	Emotional sensitivity EMOTIONAL	STRONG NOW	Teach your child feeling words, and make a calm-down corner for big emotions.
3	Patience PHYSICAL	STEADY	Use short timers and finish-what-you-start games (puzzles, models) to stretch patience.
4	Energy & drive PHYSICAL	BUILD IT GENTLY	Book one sport or active class twice a week - spare energy turns into better focus.
5	Health & immunity PHYSICAL	BUILD IT GENTLY	Keep fixed bedtimes, outdoor play and home food, so your child stays strong for school.

Also grow the seed (noticing): Play spot-the-difference, let your child check their own work, and start a collection to sort.

HOW YOUR CHILD LEARNS

Talk & Explain first: Read aloud together, let your child explain out loud, and turn tables into songs or chants.

PLAY AND SPORTS

Sign your child up for team games, drama or dance with friends.

THE RIGHT ENVIRONMENT

Give your child small responsibilities of their own - a small duty in class, one task at home that is theirs.

PART 6 OF 7 · MY LIFE JOURNEY

Stage 2 · Growing Years - Direction

Ages 6-10. Which way to go, the skills to build next, and how to guide.



Stage 2 · Growing Years · ages 6-10

Habits, curiosity and first skills · For parents · Read it to understand how you grew.

LOOKING BACK

STEADY EFFORT

SUBJECTS AND CLUBS TO ENJOY

School subjects and activities that open your child's best-fitting career fields later, in order:

1 Reading and English
2 Social studies
3 Debate and public speaking
4 History stories
5 Running a class project
6 Money games

CLUBS TO WAKE UP THE TWO QUIETER APTITUDES

Music or singing class

Nature, gardening or science club

SKILLS FOR THIS STAGE - WHERE YOUR EFFORT GOES

1 Calm focus	COMES EASILY	Set up a quiet homework corner for your child, free of screens.
2 Thinking choices through	STEADY	Before small choices, ask your child "what could happen if...?"
3 Practice & memory	NEEDS EFFORT	Spend five minutes a day going over what your child learnt at school - little and often.

HOW TO GUIDE AND TALK WITH YOUR CHILD

Agree the goal, then let your child choose how - and do not do the homework for them.

TALKING WITH YOUR CHILD

- Talk things through at bedtime or on walks - your child sorts things out by talking and listening.
- Your child has a lot to say - ask open questions ("what was the best part?") and let them finish.
- Your child shares more in a group - ask about friends to hear about their day.

WATCH OUT FOR

Hurt from friends, carried silently - ask gently about friends every day.

THIS YEAR, DO THESE FOR YOUR CHILD

- [ ] Keep screens to a fixed time each day
- [ ] Let your child try one sport and one art or music activity
- [ ] Keep homework short, regular and calm

→ **Launch into stage 3, the Changing Years:** Good habits and one or two real interests will carry your child steadily through the big changes of the teenage years.

PART 6 OF 7 · MY LIFE JOURNEY

Stage 3 · Changing Years - Growing

Ages 11-15. What happens at this age, and how to grow.



Stage 3 · Changing Years

LOOKING BACK

FLOWS EASILY

Who am I? Friends, feelings and interests · For parents and child · As an adult: pick up an interest you dropped.

WHAT HAPPENS AT THIS AGE

Your child's body and brain are changing fast. Feelings run high and friends matter more. Help them explore widely now - the choosing comes later.

Study or play space: face **east**, with **fresh lime** nearby.

STRENGTHS TO GROW NOW - TOP THREE APTITUDES

1	People Skills	Encourage student council, team captaincy, volunteering and leadership.
2	Words & Language	Encourage debate, the school magazine, wide reading and a blog or journal.
3	Number & Logic	Enter your child in olympiads, coding, chess or science fairs.

WHAT YOUR CHILD NEEDS AT THIS AGE - RANKED FOR YOUR CHILD

1	Grasping power MENTAL	STRONG NOW	Feed your child's curiosity with documentaries, museums and "how does it work?" projects.
2	Emotional sensitivity EMOTIONAL	STRONG NOW	Expect big feelings; listen first, advise later, and keep one calm chat with your child every day.
3	Focus & attention MENTAL	STEADY	Help your child study in 25-minute blocks, with the phone in another room.
4	Positive attitude EMOTIONAL	BUILD IT GENTLY	Praise effort, not only marks; write a "what went well" note together each week.
5	Memory & concentration MENTAL	BUILD IT GENTLY	Show your child spaced revision - the same day, the next day, the next week.

Also grow the seed (noticing): Help your child check their work and learn from mistakes, without scolding.

HOW YOUR CHILD LEARNS

Talk & Explain first: Encourage group discussion, explaining topics aloud, recorded notes and teaching a friend.

PLAY AND SPORTS

Encourage team sports, drama, dance and group adventures.

THE RIGHT ENVIRONMENT

Give your child room to lead - a club, a project, a team role - with clear limits.

PART 6 OF 7 · MY LIFE JOURNEY

Stage 3 · Changing Years - Direction

Ages 11-15. Which way to go, the skills to build next, and how to guide.



Stage 3 · Changing Years · ages 11-15

Who am I? Friends, feelings and interests · For parents and child · Read it to understand how you grew.

LOOKING BACK

FLOWS EASILY

SUBJECTS AND STREAMS FOR YOUR CHILD

YOUR CHILD'S SUBJECTS, RANKED - AND THE CAREER FIELD EACH ONE OPENS

1	English	opens Education & Training
2	Humanities	opens Education & Training
3	Law	opens Law, Governance & Public Service
4	Civics	opens Law, Governance & Public Service
5	History	opens Law, Governance & Public Service
6	Management	opens Sales, Marketing & Brand
7	Economics	opens Sales, Marketing & Brand
8	Visual Arts	opens Media & Communication

STREAMS, RANKED - KEEP THE FIRST TWO OPEN UNTIL THE CHOOSING YEARS

1	Arts & Humanities	Languages, History, Psychology, the arts
2	Commerce	Accounts, Economics, Business Studies
3	Science	Physics, Chemistry, Maths or Biology

SKILLS FOR THIS STAGE - WHERE YOUR EFFORT GOES

1	Self-image	COMES EASILY	Help your child build a self-image on effort and values, not on looks or likes.
2	Letting go of stress	STEADY	Encourage sport, music or journaling to let exam stress out.
3	Observing & building skill	NEEDS EFFORT	Help your child practise one skill deeply - a craft, a sport, coding or art.

HOW TO GUIDE YOUR CHILD

Advise, do not order - ask "what do you think?" first, and give your child responsibility with limits. **Watch out for:** peer pressure and pleasing friends - help your child say no without losing face.

THIS YEAR, DO THESE FOR YOUR CHILD

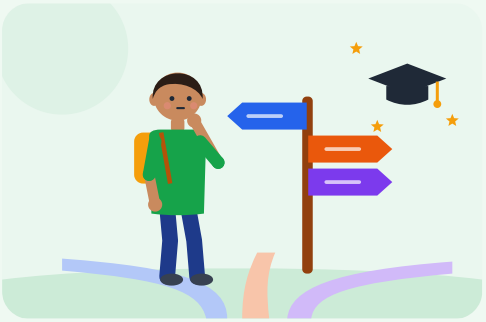
- [ ] Encourage one new activity every term
- [ ] Keep one sport or activity going through exams
- [ ] Talk openly about feelings and friends

→ **Launch into stage 4, the Choosing Years:** Let your child explore widely now, and the choice of stream, course and career will be clear and calm in the Choosing Years.

PART 6 OF 7 · MY LIFE JOURNEY

Stage 4 · Choosing Years - Growing

Ages 16-22. What happens at this age, and how to grow.



Stage 4 · Choosing Years

LOOKING BACK

STEADY EFFORT

Stream, course and career · For you, with a box for parents · As an adult: build a skill you skipped then.

WHAT HAPPENS AT THIS AGE

The planning brain matures and the big choices arrive - stream, college, course and the first steps into work. Independence grows, and the habits and skills you build now shape the next ten years.

STRENGTHS TO GROW NOW - YOUR TOP THREE APTITUDES

1	People Skills	Leading a club or event, volunteering, networking and team internships.
2	Words & Language	Writing, public speaking, content creation and a new language.
3	Number & Logic	Analytics, coding projects, competitive exams and a part-time role with numbers.

WHAT YOU NEED AT THIS AGE - RANKED FOR YOU

1	Focus & attention MENTAL	STRONG NOW	Turn off notifications while studying; one task at a time.
2	Positive attitude EMOTIONAL	STRONG NOW	Keep setbacks in proportion - one bad result is information, not a verdict.
3	Patience PHYSICAL	STEADY	Big goals take two to five years; set monthly milestones you can tick off.
4	Energy & drive PHYSICAL	BUILD IT GENTLY	Sleep eight hours or more - your best work comes from a rested body.
5	Memory & concentration MENTAL	BUILD IT GENTLY	Use active recall for exams: close the book and write down what you remember.

And the seed (noticing): Facts about courses, colleges and careers before you choose - not only what friends do.

HOW YOU LEARN AT THIS AGE

Talk & Explain first: Study groups, lectures, podcasts and talking each answer through.

PLAY AND SPORTS

Team sports, dance, theatre and social clubs.

THE RIGHT ENVIRONMENT

Places that let you take charge - leading projects, starting things, setting your own goals.

PART 6 OF 7 · MY LIFE JOURNEY

Stage 4 · Choosing Years - Direction

Ages 16-22. Which way to go, the skills to build next, and how to guide.



Stage 4 · Choosing Years · ages 16-22

Stream, course and career · For you, with a box for parents · Read it to understand how you grew.

LOOKING BACK

STEADY EFFORT

YOUR STUDY AND CAREER DIRECTION

Your three best-fitting career fields and the courses that lead to them. Your top 10 careers, each one in full detail, follow this page.

1	**Education & Training**	B.Ed / M.Ed, BA / B.Sc in the subject you love
2	**Law, Governance & Public Service**	BA LLB / LLB (CLAT), BA Political Science / Public Policy
3	**Sales, Marketing & Brand**	BBA (Marketing), MBA (Marketing)

SKILLS FOR THIS STAGE - WHERE YOUR EFFORT GOES

1	Spotting opportunities	COMES EASILY	Scan for openings each month - courses, internships, competitions.
2	Taking the right decision	STEADY	Write the pros and cons, sleep on it, then decide.
3	Finding what will work	NEEDS EFFORT	Test before you commit: a short course or internship first.

Also build: Interviews, networking and teamwork; problem solving, digital skills and one professional tool. One skill that feeds your seed: checking facts and details before deciding.

HOW TO GUIDE YOURSELF

Set your own goals and deadlines, then ask a mentor to check your plan once a month.

WATCH OUT FOR

Choosing a course because friends or family chose it.

AT THIS AGE, DO THESE

- [ ] Shortlist three courses and talk to one student in each
- [ ] Talk to one person already working in the field you like
- [ ] Get one real experience - internship, project or job

For parents: Advise, then step back - let them own the decision. Ask questions rather than giving answers.

→ **Launch into stage 5, the Building Years:** The skills, habits and first real experience you build now become the base of your working life in the Building Years.

PART 6 OF 7 · MY LIFE JOURNEY

Your Top 10 Careers

The ten career fields that fit you best. The longer the bar, the better the fit. Each one is explained in full on the next pages.

YOUR CAREER FIELDS, BEST FIT FIRST



YOUR WAY OF WORKING, RANKED - HOW YOU LIKE TO WORK IN ANY FIELD, SEPARATE FROM THE FIELDS ABOVE

1
Building a venture
Starting and leading a business with people working with you.

2
Deals and networks
Buying, selling, linking people and making deals happen.

3
Your own practice
Working for yourself on your own skill or service - you set the pace.

4
In an organisation
A clear role in a team, with structure and steady growth.

PART 6 OF 7 · MY LIFE JOURNEY

Careers 1 and 2 - In Detail

Your two best-fitting career fields, with everything you need to explore them.

1 Education & Training

Helping people learn and grow - in schools, colleges and workplaces.

YOUR FIT

Why it fits you: Builds on your People Skills (1st), Words & Language (2nd) and Self Understanding (4th) aptitudes, and suits the Inspirer in you.

ROLES IN THIS FIELD

- **Teacher / Professor** - teaches and inspires students
- **Corporate Trainer** - builds skills at work
- **School Leader** - runs a school or institute
- **Career Counsellor** - guides study and career choices
- **Special Educator** - teaches children with special needs

HOW TO GET THERE

- B.Ed / M.Ed
- BA / B.Sc in the subject you love
- Counselling or training certificates

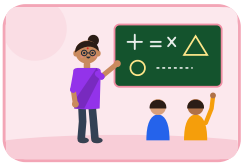
SKILLS TO BUILD

- Explaining simply
- Patience with learners
- Planning lessons and activities

SUBJECTS · DEPARTMENTS

English, Humanities, the subject you love

Training, Learning & Development, HR



2 Law, Governance & Public Service

Upholding justice, making policy and serving the public.

YOUR FIT

Why it fits you: Builds on your Words & Language (2nd), Number & Logic (3rd) and People Skills (1st) aptitudes, and suits the Inspirer in you.

ROLES IN THIS FIELD

- **Lawyer** - advises and argues for clients
- **Civil Services (IAS / IPS)** - runs government and public order
- **Diplomat** - represents the country abroad
- **Judge** - decides cases fairly
- **Policy Analyst** - studies and shapes public policy

HOW TO GET THERE

- BA LLB / LLB (CLAT)
- BA Political Science / Public Policy
- UPSC / State civil services

SKILLS TO BUILD

- Reading, reasoning and arguing
- Speaking with confidence
- A strong sense of fairness

SUBJECTS · DEPARTMENTS

Law, Civics, History, English

Legal, Compliance, Public Affairs



PART 6 OF 7 · MY LIFE JOURNEY

Careers 3 and 4 - In Detail

Two more strong career fields, with everything you need to explore them.

3 Sales, Marketing & Brand

Connecting products with people - persuading, promoting and building brands.

YOUR FIT

Why it fits you: Builds on your People Skills (1st) and Words & Language (2nd) aptitudes, and suits the Inspirer in you - Space & Design (6th) is room to grow.

ROLES IN THIS FIELD

- **Sales Manager** - wins and keeps customers
- **Brand Manager** - shapes how a brand looks and feels
- **Public Relations Officer** - builds an organisation's image
- **Marketing Manager** - plans how products reach people
- **Digital Marketer** - grows audiences online

HOW TO GET THERE

- BBA (Marketing)
- MBA (Marketing)
- Digital marketing certification

SKILLS TO BUILD

- Talking and persuading
- Understanding what people want
- Social media and storytelling

SUBJECTS · DEPARTMENTS

Management, English, Economics

Sales, Marketing, Customer Relations



4 Media & Communication

Telling stories and sharing information through news, film, print and digital media.

YOUR FIT

Why it fits you: Builds on your Words & Language (2nd) and People Skills (1st) aptitudes, and suits the Inspirer in you - Space & Design (6th) is room to grow.

ROLES IN THIS FIELD

- **Journalist / Reporter** - finds and reports the news
- **Film / Video Producer** - makes films and shows
- **Anchor / Radio Jockey** - presents on screen or air
- **Content Creator** - makes videos, posts and podcasts
- **Editor / Script Writer** - shapes and writes content

HOW TO GET THERE

- BA Journalism and Mass Communication
- Film and video courses
- BA English / Media Studies

SKILLS TO BUILD

- Writing and speaking clearly
- Camera and editing skills
- Curiosity about people and events

SUBJECTS · DEPARTMENTS

English, Visual Arts, History

Content, Communications, Creative



PART 6 OF 7 · MY LIFE JOURNEY

Careers 5 to 7

Three more fields worth exploring.

5 Psychology & Social Care

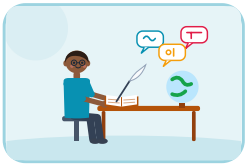


Understanding minds and supporting people through life's challenges. *Builds on your Self Understanding (4th) and People Skills (1st) aptitudes, and suits the Inspirer in you - Observation & Nature (8th) is room to grow.*

- **Psychologist** - understands and treats the mind
- **Social Worker** - supports families and communities
- **NGO Leader** - runs social causes
- **Counsellor / Therapist** - helps people work through problems
- **HR Specialist** - cares for people at work

Study: BA / M.A. Psychology · MSW (Social Work) · Counselling certification **Skills:** Listening deeply, Understanding feelings, Keeping calm with people in difficulty **Subjects:** Humanities, Biology, English

6 Languages & Literature

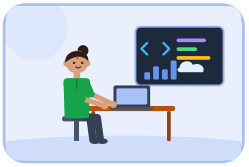


Working with words - writing, translating and teaching languages. *Builds on your Words & Language (2nd) and Self Understanding (4th) aptitudes - Rhythm & Sound (7th) is room to grow.*

- **Author / Poet** - writes books and poems
- **Content Writer** - writes for brands and websites
- **Language Teacher** - teaches a language
- **Translator / Interpreter** - turns one language into another
- **Editor** - polishes and publishes writing

Study: BA / M.A. English or another language · Diploma in a foreign language · Translation / creative writing courses **Skills:** Reading widely, Writing every day, Listening for nuance in words **Subjects:** English, a foreign language, History

7 Software, Data & Digital



Creating apps, websites, data systems and digital products that solve problems. *Builds on your Number & Logic (3rd) and Self Understanding (4th) aptitudes - Space & Design (6th) is room to grow.*

- **Software Developer** - writes the code behind apps and websites
- **Cyber-security Specialist** - protects systems from attacks
- **Game Developer** - designs and programs games
- **Data Scientist** - finds patterns and answers in large data
- **UX / UI Designer** - makes apps easy and pleasant to use

Study: B.Tech / BCA in Computer Science · B.Sc in Data Science / Statistics · Online certifications (cloud, cyber-security, UX) **Skills:** Coding (Python, JavaScript), Number & Logic problem-solving, Building small apps and projects **Subjects:** Computers, Maths, Physics

PART 6 OF 7 · MY LIFE JOURNEY

Careers 8 to 10

Three more fields to keep in mind.

8



Finance, Accounts & Analytics

your fit

Managing money, numbers and risk so people and businesses make sound decisions. *Builds on your Number & Logic (3rd) and Self Understanding (4th) aptitudes - Observation & Nature (8th) is room to grow.*

- **Chartered Accountant** - keeps accounts, audits and tax in order
- **Financial Analyst** - studies investments and markets
- **Investment Banker** - raises money for companies
- **Actuary** - measures risk with statistics
- **Business Analyst** - turns data into business decisions

Study: B.Com / BBA (Finance) · CA / CMA / CFA · B.Sc Statistics / Economics
Skills: Comfort with numbers, Careful, honest record-keeping, Excel and data analysis **Subjects:** Maths, Accounting, Economics, Commerce

9



Business & Entrepreneurship

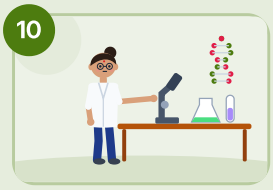
your fit

Starting, running and growing organisations and ventures. *Builds on your People Skills (1st), Self Understanding (4th) and Number & Logic (3rd) aptitudes, and suits the Inspirer in you.*

- **Entrepreneur** - starts and builds a business
- **Business Manager** - runs a team or unit
- **Operations Manager** - makes daily work run smoothly
- **Project Manager** - delivers projects on time
- **Management Consultant** - advises companies how to improve

Study: BBA / B.Com · MBA · Short courses in entrepreneurship
Skills: Leading and organising people, Decision making, Taking calculated risks **Subjects:** Management, Economics, Commerce

10



Life Sciences & Research

your fit

Discovering how living things work - from genes to whole ecosystems. *Its lead aptitude, Observation & Nature (8th), is room to grow for you; it builds on your Number & Logic (3rd) and Self Understanding (4th).*

- **Biotechnologist** - uses living cells to make new products
- **Genetic Researcher** - studies genes and heredity
- **Microbiologist** - studies bacteria and viruses
- **Food Scientist** - makes food safer and better
- **Botanist / Zoologist** - studies plants and animals

Study: B.Sc / M.Sc (Biotechnology, Microbiology, Zoology, Botany) · B.Tech Biotechnology · PhD for research careers
Skills: Lab work and careful observation, Asking questions and testing ideas, Reading and writing research **Subjects:** Biology, Chemistry, Maths

PART 6 OF 7 · MY LIFE JOURNEY

Stage 5 · Building Years - Growing

Ages 23-30. What happens at this age, and how to grow.



Stage 5 · Building Years

LOOKING BACK

MORE EFFORT **Build a base at work and in life** · For you · Read it to understand how you grew.

WHAT HAPPENS AT THIS AGE

You start earning, settle into work and often begin a family. The brain is at full power, and the habits you set in these years - at work, with money and with health - become the base for the rest of your life.

STRENGTHS TO GROW NOW - YOUR TOP THREE APTITUDES

1	People Skills	Build your network, work in teams and take on client-facing roles.
2	Words & Language	Write and speak at work - reports, presentations, a professional blog or posts.
3	Number & Logic	Take on work with numbers, data or systems; learn one analytics or finance tool well.

WHAT YOU NEED AT THIS AGE - RANKED FOR YOU

1	Grasping power MENTAL	STRONG NOW	Learn the new tools of your field early; quick learners get the first chances.
2	Focus & attention MENTAL	STRONG NOW	Plan tomorrow's top three tasks before you leave work.
3	Positive attitude EMOTIONAL	STEADY	Early-career setbacks are normal; write down one win every week.
4	Energy & drive PHYSICAL	BUILD IT GENTLY	Protect your energy - sleep, food and exercise are part of building a career.

And the seed (noticing): Feedback, numbers and facts about how you are really doing.

HOW YOU LEARN AT THIS AGE

Talk & Explain first: Podcasts, talks, mentors and talking new ideas through.

SPORT AND RECREATION

Team sports, dance or group fitness with friends.

THE RIGHT ENVIRONMENT

A workplace that rewards initiative and lets you try new things.

PART 6 OF 7 · MY LIFE JOURNEY

Stage 5 · Building Years - Direction

Ages 23-30. Which way to go, the skills to build next, and how to guide.



Stage 5 · Building Years · ages 23-30

Build a base at work and in life · For you · Read it to understand how you grew.

LOOKING BACK

MORE EFFORT

HOW TO THRIVE AT WORK - BUILD A BASE

From 23 on, no career is prescribed - this is how to work and thrive in **whatever career you are in**.

How to thrive: Ask for ownership early - a project, a client, a small team - and deliver on it.

DEPARTMENTS THAT SUIT YOU, IN ORDER

1 Training · 2 Learning & Development · 3 HR · 4 Legal · 5 Compliance · 6 Public Affairs

Your Timing Compass: You build it, and it finds you. Lead with the Right Team and the Right Lifeline as you build your career (Part 4).

If your work does not fit you, it is early - look back at your top 10 careers (stage 4) and move one step closer with a course, a side project or an internal move.

SKILLS FOR THIS STAGE - WHERE YOUR EFFORT GOES

1 Attracting people	COMES EASILY	Be someone people enjoy working with - listen fully, follow up.
2 Getting results	STEADY	Finish what you start - a record of delivered results opens doors.
3 Managing money & resources	NEEDS EFFORT	Save a fixed part of every salary from the first month.

Next skills: Sharpen your **R&D Skills** with a research, innovation or product-development course; sharpen your **Crisis Management** with risk, safety or crisis-management training. *Even if you are not in your best-fit career, these skills help you thrive.*

HOW TO GUIDE YOURSELF

Set your own targets each quarter, and ask a mentor to check them.

WATCH OUT FOR

Saying yes to everyone and burning out.

AT THIS AGE, DO THESE

- [ ] Learn one skill a year that your field will need next
- [ ] Keep a simple monthly budget
- [ ] Keep one health routine through busy years

→ **Launch into stage 6, the Leading Years:** The depth, savings and relationships you build now let you lead with confidence in the Leading Years.

PART 6 OF 7 · MY LIFE JOURNEY

Stage 6 · Leading Years - Growing

Ages 31-45. What happens at this age, and how to grow.



Stage 6 · Leading Years

YOU ARE HERE

FLOWS EASILY **Deepen your work and lead** · For you · This is your stage now.

WHAT HAPPENS AT THIS AGE

Your experience deepens. You are trusted with people, money and decisions, and often carry family on both sides - children and parents. This is the time to go deep in your strengths and lead others with them.

STRENGTHS TO GROW NOW - YOUR TOP THREE APTITUDES

1	People Skills	Lead people - hire, coach and build a team that trusts you.
2	Words & Language	Become the voice of your team - presenting, writing and negotiating.
3	Number & Logic	Lead planning, budgets or analysis; mentor others in problem solving.

WHAT YOU NEED AT THIS AGE - RANKED FOR YOU

1	Grasping power MENTAL	STRONG NOW	Stay ahead of change - learn one new idea from your field every month.
2	Focus & attention MENTAL	STRONG NOW	Guard one deep-work block every morning, before meetings start.
3	Magnetic charm COMMUNICATION	STEADY	Use your presence to bring people together around one shared goal.
4	Patience PHYSICAL	BUILD IT GENTLY	Lead with patience - give people time to grow into their roles.
5	Energy & drive PHYSICAL	BUILD IT GENTLY	Pace yourself for the long run - hand over the work that drains you.

And the seed (noticing): Regular reviews - of work, money and health - with honest facts.

HOW YOU LEARN AT THIS AGE

Talk & Explain first: Conversations with experts, peer groups and audio books.

SPORT AND RECREATION

Group walks, dance and sport with family.

THE RIGHT ENVIRONMENT

Freedom to set direction, with a capable team behind you.

PART 6 OF 7 · MY LIFE JOURNEY

Stage 6 · Leading Years - Direction

Ages 31-45. Which way to go, the skills to build next, and how to guide.



Stage 6 · Leading Years · ages 31-45

Deepen your work and lead · For you · This is your stage now.

YOU ARE HERE

FLOWS EASILY

LEADING WITH YOUR STRENGTHS

Your leadership style: You lead from the front - you set the direction, take the first step and others follow your energy. Your growth: give people room to lead parts of the work. Bring your gift - expression - into every team you lead.

YOUR NEXT STEP UP

- Lead a team in Training
- A senior role in Legal
- Building a venture - at a bigger scale

Your departments and top work skills are in the Building Years (page 36). If your work does not fit you, do not jump blindly - move towards the departments above inside your field, or build a side path from your top 10 careers before you switch.

SKILLS FOR THIS STAGE - WHERE YOUR EFFORT GOES

1	Support & partnerships	COMES EASILY	Build partnerships; keep ties with banks, mentors and peers.
2	Reputation	STEADY	Your name is your asset - keep promises, in public and in private.
3	Drive & passion	NEEDS EFFORT	Keep one goal that excites you beyond your targets.

Next skills: Coaching, feedback and building a team culture; strategic planning, budgets and decision making; delegating - handing over whole pieces of work, not just tasks.

HOW TO GUIDE YOURSELF

Lead with clear goals, and give your team room - avoid doing everything yourself.

WATCH OUT FOR

Carrying everyone's problems and neglecting your own health.

AT THIS AGE, DO THESE

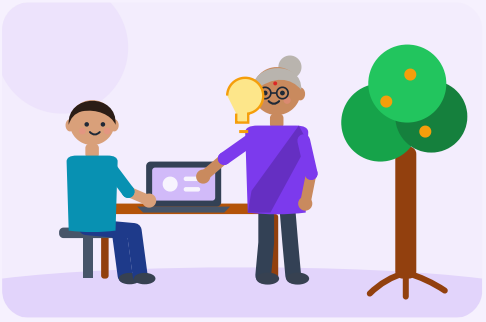
- [ ] Hand over one task a month that others can do
- [ ] Take one real break - a holiday - every year
- [ ] Make time for the people closest to you

→ **Launch into stage 7, the Shifting Years:** The people you develop and the experience you gather become your strength in the Shifting Years.

PART 6 OF 7 · MY LIFE JOURNEY

Stage 7 · Shifting Years - Growing

Ages 46-60. What happens at this age, and how to grow.



Stage 7 · Shifting Years

COMING UP

STEADY EFFORT

Stay relevant, mentor others · For you · Read it to get ready.

WHAT HAPPENS AT THIS AGE

Work and family change shape - children grow up, roles at work shift, and the body asks for more care. Experience is now your biggest asset: stay curious, keep learning and pass on what you know.

STRENGTHS TO GROW NOW - YOUR TOP THREE APTITUDES

1	People Skills	Mentor younger people, and keep old and new friendships active.
2	Words & Language	Write down what you know - articles, guides, a book - and speak at events.
3	Number & Logic	Keep your thinking sharp - new tools, puzzles, and reviewing others' plans.

WHAT YOU NEED AT THIS AGE - RANKED FOR YOU

1	Need for appreciation EMOTIONAL	STRONG NOW	Choose roles where your experience is seen - mentoring, advising, teaching.
2	Emotional sensitivity EMOTIONAL	STRONG NOW	Changes at home and work stir feelings; talk them through with someone close.
3	Patience PHYSICAL	STEADY	Let younger people learn by doing - guide, do not take over.
4	Health & immunity PHYSICAL	BUILD IT GENTLY	Make yearly health checks and daily movement non-negotiable.
5	Memory & concentration MENTAL	BUILD IT GENTLY	Keep the mind sharp: learn something new and practise it a little every day.

And the seed (noticing): Health checks, and noticing changes early.

HOW YOU LEARN AT THIS AGE

Talk & Explain first: Discussion circles, talks and teaching others what you learn.

SPORT AND RECREATION

Walking groups, dance and family outings.

THE RIGHT ENVIRONMENT

Advising and steering - board roles, consulting, your own practice.

PART 6 OF 7 · MY LIFE JOURNEY

Stage 7 · Shifting Years - Direction

Ages 46-60. Which way to go, the skills to build next, and how to guide.



Stage 7 · Shifting Years · ages 46-60
Stay relevant, mentor others · For you · Read it to get ready.

COMING UP
STEADY EFFORT

STAYING RELEVANT AND MENTORING

Stay current in: how younger teams and customers work and talk now, and new ways to write and present - online, video, social media.

WHAT YOU CAN MENTOR OTHERS IN

- dealing with people and building teams
- writing, speaking and presenting
- solving problems and planning

SECOND-INNINGS ROLES - FROM YOUR CAREER FIELDS 4 TO 6

- **Columnist / Podcaster** · Media & Communication
- **Counsellor / Life Coach** · Psychology & Social Care
- **Author / Translator** · Languages & Literature

If your work does not fit you, use your experience as a bridge - consulting, teaching or a smaller role in one of your best-fit fields.

SKILLS FOR THIS STAGE - WHERE YOUR EFFORT GOES

1	Clarity of purpose	COMES EASILY	Write down what the next twenty years are for.
2	Bouncing back from setbacks	STEADY	Treat each setback as a lesson; talk it through, then move on.
3	Letting go of what is not needed	NEEDS EFFORT	Clear out roles, habits and things that no longer serve you.

Next skills: Mentoring and coaching younger people; turning your experience into a course, a guide or a talk. One new digital or AI tool a year.

HOW TO GUIDE YOURSELF

Step from doing to guiding - let others lead while you advise.

WATCH OUT FOR

Feeling unneeded as children and teams grow up.

AT THIS AGE, DO THESE

- [ ] Learn one new skill every year
- [ ] Start one new hobby or learning project
- [ ] Give one hour a week to a cause you care about

→ **Launch into stage 8, the Wisdom Years:** Health, purpose and the people you mentor now make the Wisdom Years rich and full.

PART 6 OF 7 · MY LIFE JOURNEY

Stage 8 · Wisdom Years - Growing

Ages 61+. What happens at this age, and how to grow.



Stage 8 · Wisdom Years

COMING UP

MORE EFFORT

Teach, share and renew · For you · Read it to get ready.

WHAT HAPPENS AT THIS AGE

You have a lifetime of knowledge and stories. With more free time and less pressure, this is the season to teach, share, care for your health and mind, and take up what you always wanted to do.

STRENGTHS TO GROW NOW - YOUR TOP THREE APTITUDES

1	People Skills	Community groups, family time and teaching the young.
2	Words & Language	Tell your stories, write memories, read daily and teach a language or skill.
3	Number & Logic	Chess, puzzles, managing family plans or finances - keep the mind working.

WHAT YOU NEED AT THIS AGE - RANKED FOR YOU

1	Need for appreciation EMOTIONAL	STRONG NOW	Share what you know - being useful to others brings joy and respect.
2	Emotional sensitivity EMOTIONAL	STRONG NOW	Share your feelings with someone close; do not carry them alone.
3	Positive attitude EMOTIONAL	STEADY	Begin each day with one thing to look forward to.
4	Patience PHYSICAL	BUILD IT GENTLY	Enjoy the slower pace - let things unfold in their own time.
5	Memory & concentration MENTAL	BUILD IT GENTLY	Read, play memory games, and recall your day before you sleep.

And the seed (noticing): Watching your health, and noticing the joys of each day.

HOW YOU LEARN AT THIS AGE

Talk & Explain first: Stories, music, spiritual talks and conversation.

SPORT AND RECREATION

Laughter clubs, group walks and community activities.

THE RIGHT ENVIRONMENT

Guiding the family and community - a respected voice people turn to.

PART 6 OF 7 · MY LIFE JOURNEY

Stage 8 · Wisdom Years - Direction

Ages 61+. Which way to go, the skills to build next, and how to guide.



Stage 8 · Wisdom Years · ages 61+

Teach, share and renew · For you · Read it to get ready.

COMING UP

MORE EFFORT

TEACHING AND SHARING

These are the years to pass on what you know. What you can teach and share:

- **People Skills:** bringing family and community together
- **Words & Language:** telling stories, writing memories, teaching a language
- **Number & Logic:** helping the family plan money and decisions

Ways to contribute: Lead a community, temple, residents' or social project where your experience counts.

If what you do does not fit you, choose a new role that does - teaching, volunteering or a hobby from your top aptitudes.

SKILLS FOR THIS STAGE - WHERE YOUR EFFORT GOES

1	Getting help & support	COMES EASILY	Accept help gracefully, and keep your circle close.
2	A positive mind	STEADY	Gratitude, prayer or meditation - start the day on a good note.
3	Healthy routines	NEEDS EFFORT	Daily walks, good sleep and regular check-ups.

Next skills: Keeping friendships and family bonds active; puzzles, reading and learning one new thing every year; using a phone and video calls to stay close to family and friends.

HOW TO GUIDE YOURSELF

Guide gently - offer advice when asked, and let the young decide.

WATCH OUT FOR

Loneliness - keep people around you.

AT THIS AGE, DO THESE

- [ ] Move your body every day
- [ ] Stay connected with people every week
- [ ] Learn one new thing every season

→ **The circle of life:** What you teach and share lives on in the people you guided - and the path starts again with every life you touch.

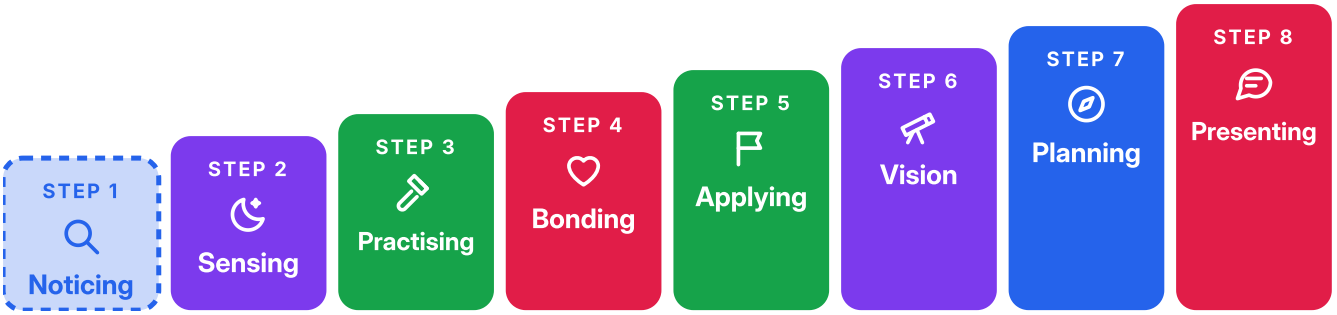
PART 7 OF 7 · HOW DO I GROW?

My Success Path

One method for every age and every situation - find the step where you are stuck and climb from there.

Whatever you take on - a lesson, an exam, a new job, a project, a relationship, a new stage of life - start with notice, the step you need most, and climb in this order up to present, your strongest. Each step prepares you for the next one.

YOUR LADDER - EIGHT STEPS, FROM WHAT YOU NEED MOST TO WHAT YOU DO BEST



1 **Noticing** · check the facts YOUR SEED
You look closely at the details - the facts, the numbers and what has changed.

2 **Sensing** · check how it feels GROWING
You get a feel for it - your gut quietly tells you whether it is right or wrong.

3 **Practising** · repeat until easy GROWING
You practise it - again and again, until the skill is truly yours.

4 **Bonding** · stay close to people GROWING
You bond with people - you listen, make them comfortable and show them someone is there for them.

5 **Applying** · use it for real GROWING
You apply it - you take it out to real people and real work, and make it work.

6 **Vision** · look ahead NATURAL STRENGTH
You look ahead - where this could lead and what it could become in the future.

7 **Planning** · put steps in order NATURAL STRENGTH
You work out the steps - what comes first, what comes next and what you will need.

8 **Presenting** · share it NATURAL STRENGTH
You present it - you speak up, explain it in simple words and bring people along.

Get Ready · Steps 1-3
Gather what you need. These quieter steps need a little time every day - they feed everything that follows.

Get Set · Steps 4-5
Turn what you gathered into a base you can stand on.

Go! · Steps 6-8
Your strongest steps - this is where you speed up and finish.

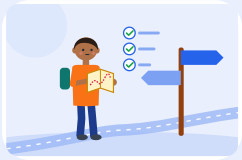
Use it on any goal: write the goal down, do the **Start here** action of step 1, tick its boxes, then turn the page. **Stuck?** Go back to the step where things stopped. Step 1, **notice**, is your seed: as it grows, the whole path gets lighter.

PART 7 OF 7 · HOW DO I GROW?

Step 1 of 8 · Notice

Check the facts - what this step means for you, and how to use it.

1 Notice (YOU ARE HERE) · 2 Sense (YOUR GOAL) · 3 Practise · 4 Bond · 5 Apply · 6 Envision · 7 Plan · 8 Present



Step 1 · Notice - check the facts

"What do I notice - what has changed, what is missing?"

Every goal starts here. Your goal now: step 2, **sense** - check how it feels.

Your seed

WHAT THIS STEP MEANS FOR YOU

Details may slip past you when you are busy, so some surprises can catch you off guard.

This is your seed - the step you most often skip. Slowing down here makes every later step lighter.

HOW THIS STEP LAUNCHES STEP 2

Notice the facts with one question in mind: which of these feel right for me? The more clearly you see what is there, the more your gut has to work with in the next step.

START HERE

Each evening, write three things you noticed today

Done when: you catch small details without trying.

THEN BUILD ON IT

- ☐ Before deciding, list the facts you can see
  Done when: your decision rests on written facts.
- ☐ **Grow your Observation & Nature aptitude:** go on nature walks and notice what changes

YOUR WAY - TALK & EXPLAIN FIRST

Ask others "what did you notice?" and listen carefully.

Your setup: Ask someone you trust to look at it with you - two pairs of eyes catch more.

WHAT STOPS YOU MOVING ON

Small mistakes slip through, and you may decide without enough facts. Then you leave this step without **the real facts in front of you**.

A GUIDE'S NOTE

Your path begins here, with what you need most. Noticing is curiosity, not self-criticism. Look at what is in front of you the way a calm scientist looks at nature - without blame. As the Inspirer, your gift is expression - bring it into this step.

In real life - at school or college: You compare your answer with the model answer and mark what was different. **At work:** You review the numbers and feedback after every project and write three lessons.

YOU ARE READY TO MOVE ON WHEN

- ☐ You have written down the key facts as they are now
- ☐ You know what is working and what is missing
- ☐ You are looking at it calmly, without guessing

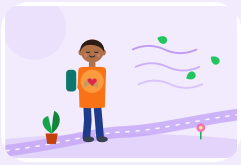
→ Then move to step 2, sense.

PART 7 OF 7 · HOW DO I GROW?

Step 2 of 8 · Sense

Check how it feels - what this step means for you, and how to use it.

1 Notice · 2 Sense (YOU ARE HERE) · 3 Practise (YOUR GOAL) · 4 Bond · 5 Apply · 6 Envision · 7 Plan · 8 Present



Step 2 · Sense - check how it feels

"How does this feel to me - right or wrong?"

You arrive from step 1, notice, with **the facts and the lessons**. Your goal now: step 3, **practise** - repeat until easy.

Growing

WHAT THIS STEP MEANS FOR YOU

Trusting your own feelings may not come easily yet, so you may look to others to tell you what is right.

HOW THIS STEP LAUNCHES STEP 3

Sense which skill truly feels like yours - that is the one worth practising again and again. When practice feels right, you keep it up.

START HERE

Pause for one minute before a choice and ask: how do I feel about this?

Done when: you can name the feeling before you choose.

THEN BUILD ON IT

- ☐ Name three feelings you had today, every evening
  Done when: naming your feelings comes quickly.
- ☐ **Use your Self Understanding aptitude:** keep a daily journal of thoughts, goals and feelings

YOUR WAY - TALK & EXPLAIN FIRST

Say your feeling out loud: "this feels right because..."

Your setup: Check it in a quiet spot, with your bridge colour, fresh lime, around you.

WHAT STOPS YOU MOVING ON

Choices feel confusing, and you can go along with others even when something feels off. Then you leave this step without **a clear yes from inside**.

A GUIDE'S NOTE

Two quieter steps in a row ask for patience - borrow momentum from your strongest step, present, whenever you feel stuck. Your inner sense speaks quietly. Take two slow breaths to tell a passing worry from a true signal - then check it with one fact.

In real life - at school or college: Before choosing a subject or a friend group, you notice how it makes you feel. **At work:** Before saying yes to a deal or a role, you check how it sits with you - then check the facts.

YOU ARE READY TO MOVE ON WHEN

- ☐ You have paused to ask how this feels to you
- ☐ You can name what feels right and what does not
- ☐ You still want to go ahead

→ Then move to step 3, practise.

PART 7 OF 7 · HOW DO I GROW?

Step 3 of 8 · Practise

Repeat until easy - what this step means for you, and how to use it.

1 Notice · 2 Sense · 3 Practise (YOU ARE HERE) · 4 Bond (YOUR GOAL) · 5 Apply · 6 Envision · 7 Plan · 8 Present



Step 3 · Practise - repeat until easy

"What can I practise today, again and again, until it gets easy?"

You arrive from step 2, sense, with **a clear feeling of what is right**. Your goal now: step 4, **bond** - stay close to people.

Growing

WHAT THIS STEP MEANS FOR YOU

Practice may not come naturally yet - you can learn something once and move on, so skills stay half-learned.

HOW THIS STEP LAUNCHES STEP 4

Practise the part that helps other people most. A skill you can trust is the best thing you can bring to the people in the next step.

START HERE

Pick one skill and practise it 15 minutes a day for 21 days

Done when: you have ticked off all 21 days.

THEN BUILD ON IT

- ☐ Repeat every new thing three times before you move on
  Done when: three repeats feel normal, not forced.
- ☐ **Use your Body & Movement aptitude:** play a sport, dance or do yoga regularly

YOUR WAY - TALK & EXPLAIN FIRST

Ask someone to coach you while you practise.

Your setup: Practise at your study desk, facing east - your best direction.

WHAT STOPS YOU MOVING ON

Skills stay at "I know it" instead of "I can do it under pressure". Then you leave this step without **a clear practice routine**.

A GUIDE'S NOTE

Mastery is built in short, steady repeats, not marathons. Repeat the one part that matters most, with full attention.

In real life - at school or college: You solve the same type of question again and again until you can do it fast. **At work:** You rehearse a new skill or presentation several times before the real day.

YOU ARE READY TO MOVE ON WHEN

- ☐ You have practised the first part on several days
- ☐ You keep a regular time for it
- ☐ You can picture what "good" looks like

→ Then move to step 4, bond.

PART 7 OF 7 · HOW DO I GROW?

Step 4 of 8 · Bond

Stay close to people - what this step means for you, and how to use it.

1 Notice · 2 Sense · 3 Practise · 4 Bond (YOU ARE HERE) · 5 Apply (YOUR GOAL) · 6 Envision · 7 Plan · 8 Present



Step 4 · Bond - stay close to people

"Who is close to me on this, and who needs my support?"

You arrive from step 3, practise, with **a skill you can trust**. Your goal now: step 5, **apply** - use it for real.

Growing

WHAT THIS STEP MEANS FOR YOU

In busy times you may focus on the task and forget to check in with the people around it.

HOW THIS STEP LAUNCHES STEP 5

Find the real people who will use this - a customer, a teacher, your family. Knowing who it is for tells you exactly where to apply it.

START HERE

Ask one person a day how they really are, and listen fully

Done when: you have heard someone's real answer.

THEN BUILD ON IT

- ☐ Before starting work, ask: who will this help?
  Done when: you can name the person your work helps.
- ☐ **Use your People Skills aptitude:** work on team projects and group activities

YOUR WAY - TALK & EXPLAIN FIRST

Listen fully, then repeat back what you heard.

Your setup: Share it with one person close to you whose opinion you trust.

WHAT STOPS YOU MOVING ON

Quieter people may feel left out, and teamwork can take more effort than it should. Then you leave this step without **the people involved on board**.

A GUIDE'S NOTE

Real connection needs both warmth and fair limits. Listen fully, and protect the time your own work needs.

In real life - at school or college: In a group project, you ask who needs help and what the teacher is really looking for.
At work: Before a meeting, you think about what each person needs from it.

YOU ARE READY TO MOVE ON WHEN

- ☐ You have checked in with the key people
- ☐ You know what each of them needs
- ☐ You have set one fair limit on your time

→ Then move to step 5, apply.

PART 7 OF 7 · HOW DO I GROW?

Step 5 of 8 · Apply

Use it for real - what this step means for you, and how to use it.

1 Notice · 2 Sense · 3 Practise · 4 Bond · **5 Apply** (YOU ARE HERE) · 6 Envision (YOUR GOAL) · 7 Plan · 8 Present



Step 5 · Apply - use it for real

"Where can I use this in the real world this week?"

You arrive from step 4, bond, with **people close to you**. Your goal now: step 6, **envision** - look ahead.

Growing

WHAT THIS STEP MEANS FOR YOU

You may know and practise more than you use - your skills can stay in the room instead of out in real life.

HOW THIS STEP LAUNCHES STEP 6

Get one real result, however small. A real result proves what is possible and lets you picture something bigger.

START HERE

Use one thing you learned in a real situation every week

Done when: you have used it for real at least once.

THEN BUILD ON IT

- ☐ Offer your skill to one real person - a friend, a client, your team
  Done when: someone has used what you offered.
- ☐ **Grow your Rhythm & Sound aptitude:** learn or practise an instrument, or sing

YOUR WAY - TALK & EXPLAIN FIRST

Tell someone where you will use it - then go and do it.

Your setup: Before you try it for real, write the one thing that must go right on a green card - your growth colour.

WHAT STOPS YOU MOVING ON

Your skills stay less visible than they deserve - people do not yet see what you can really do. Then you leave this step without **real use and real lessons**.

A GUIDE'S NOTE

Action cures overthinking. Early in a path, a small trial run is enough; later on, it becomes the real delivery.

In real life - at school or college: You use what you learned in class in a real project, a competition or at home. **At work:** You take a new skill straight into a real task with a real client or team.

YOU ARE READY TO MOVE ON WHEN

- ☐ You have used it in a real task or with a real person
- ☐ You know where it works and where it wobbles
- ☐ You have one practical lesson written down

→ Then move to step 6, envision.

PART 7 OF 7 · HOW DO I GROW?

Step 6 of 8 · Envision

Look ahead - what this step means for you, and how to use it.

1 Notice · 2 Sense · 3 Practise · 4 Bond · 5 Apply · 6 Envision (YOU ARE HERE) · 7 Plan (YOUR GOAL) · 8 Present



Step 6 · Envision - look ahead

"Where can this lead, and what would make it great?"

You arrive from step 5, apply, with **a real result in the real world**.
Your goal now: step 7, **plan** - put steps in order.

Natural strength

WHAT THIS STEP MEANS FOR YOU

You see ahead - where things could lead and what they could become.

HOW THIS STEP LAUNCHES STEP 7

Picture the end result clearly, then work backwards. A clear destination makes planning the road simple.

START HERE

Turn every big idea into one step for this week

Done when: each big idea has a first step.

THEN BUILD ON IT

- [ ] Share your vision and ask others to test it
  Done when: someone has questioned it, and it still holds.
- [ ] **Grow your Space & Design aptitude:** draw mind maps instead of plain notes

YOUR WAY - TALK & EXPLAIN FIRST

Describe the future out loud to someone, as if it has already happened.

Your setup: Sit facing east at a clear desk while you picture your goal.

WHAT STOPS YOU MOVING ON

You can dream far ahead and lose touch with today's steps. Then you leave this step without **a picture of where your result leads next**.

A GUIDE'S NOTE

After the effort of apply, this step feels like familiar ground - use the ease to catch up. Vision does not mean predicting the whole future - it means knowing why you are taking the next step. Keep your picture simple enough to fit on one sticky note.

In real life - at school or college: You think about which stream or college this subject could lead to. **At work:** You ask where this skill or project could take your career in two years.

YOU ARE READY TO MOVE ON WHEN

- [ ] You can see the bigger goal your work now opens
- [ ] You can name what went well so far
- [ ] You feel the pull of the next, bigger step

→ Then move to step 7, plan.

PART 7 OF 7 · HOW DO I GROW?

Step 7 of 8 · Plan

Put steps in order - what this step means for you, and how to use it.

1 Notice · 2 Sense · 3 Practise · 4 Bond · 5 Apply · 6 Envision · 7 Plan (YOU ARE HERE) · 8 Present (YOUR GOAL)



Step 7 · Plan - put steps in order

"What are my next three steps, in order?"

You arrive from step 6, envision, with **a bigger purpose**. Your goal now: step 8, **present** - share it.

Natural strength

WHAT THIS STEP MEANS FOR YOU

You naturally work out the steps - what comes first and what comes next.

HOW THIS STEP LAUNCHES STEP 8

Plan your message - who, what, in what order, in how many minutes. A planned message is short, clear and calm.

START HERE

Keep each plan to one page, with a start date

Done when: your plan fits on one page.

THEN BUILD ON IT

- [ ] Write a "plan B" for every important task
  Done when: the hardest task has a backup.
- [ ] **Use your Number & Logic aptitude:** solve one puzzle or brain-teaser a day

YOUR WAY - TALK & EXPLAIN FIRST

Talk the plan through with someone, then record it.

Your setup: Write your plan at your desk, facing east, on one clean page.

WHAT STOPS YOU MOVING ON

You can over-plan and delay action, or get upset when plans change. Then you leave this step without **a clear finishing plan**.

A GUIDE'S NOTE

Energy flows easily from envision into this step - just do not rush past its question. A good plan is a bridge, not a prison. Plan three steps ahead in detail, and keep a plan B in your pocket.

In real life - at school or college: You write a study timetable for the week before an exam. **At work:** You break a project into milestones with dates before you begin the heavy work.

YOU ARE READY TO MOVE ON WHEN

- [ ] The finishing steps are dated and in order
- [ ] Everyone involved knows their part
- [ ] You know how you will handle a late change

→ Then move to step 8, present - your last step.

PART 7 OF 7 · HOW DO I GROW?

Step 8 of 8 · Present

Share it - what this step means for you, and how to use it.

1 Notice · 2 Sense · 3 Practise · 4 Bond · 5 Apply · 6 Envision · 7 Plan · 8 Present (YOU ARE HERE) · Success (YOUR GOAL)



Step 8 · Present - share it

"Who needs to hear this, and how do I say it in simple words?"

You arrive from step 7, plan, with **a clear plan**. Your goal now: **the success itself** - finished, real and seen by others.

Natural strength

WHAT THIS STEP MEANS FOR YOU

You speak up and bring people together - you explain things in simple words so people get the point, and they follow your lead.

HOW THIS STEP REACHES YOUR GOAL

This is your last step: show the result and tell its story simply. When others see and understand it, your goal is complete.

START HERE

Listen fully before you reply - count to three

Done when: people feel heard before you speak.

THEN BUILD ON IT

- ☐ Share work when it is ready, with one clear message
  Done when: people can repeat your message back to you.
- ☐ **Use your Words & Language aptitude:** read for 20 minutes every day and tell someone what you read

YOUR WAY - TALK & EXPLAIN FIRST

Practise saying it aloud three times before you share it.

Your setup: On the day you share it, wear or carry a small touch of yellow - your power colour for big days.

WHAT STOPS YOU MOVING ON

You can talk before listening, or share before the work is ready. Then you leave this step without **your finished work shown and understood**.

A GUIDE'S NOTE

Sharing turns a private thought into a real commitment. Speak simply, then pause and listen - the reaction is half the value.

In real life - at school or college: You raise your hand to explain your answer, or present your project with confidence. **At work:** You share your progress in the team meeting and ask for what you need.

YOU HAVE REACHED YOUR GOAL WHEN

- ☐ You have shown it to the people who matter
- ☐ They understood what it does
- ☐ You know your next, bigger goal

→ Then choose a bigger goal and climb again from step 1, notice - on a higher level.

AT A GLANCE · YOUR SUMMARY

How to Get the Best from Me

A card for the people around me - family, teachers, friends, colleagues.



I am Gaurav - the Inspirer.

This page tells you how I learn, what keeps me going, and how to help me be at my best.

Learns by: Talk & Explain | **Focus:** 25-minute blocks | **Strongest:** Presenting | **Growing:** Noticing

1 HELP ME LEARN AND WORK

HOW I LEARN BEST

Let me talk it through and explain it back - I learn by saying it.

Try this: ask me to explain it back in my own words - if I can say it, I have it. My next best way: Picture & Map.

I WORK BEST WHEN

I can lead a part of it and set my own pace, in blocks of about 25 minutes.

Try this: give me a short break after each block; the same desk at the same time builds my rhythm.

HOW TO GIVE ME FEEDBACK

Be direct and brief, then let me decide how to fix it.

Remember: Skip the long build-up - I take it best as a clear challenge, not a list of faults.

2 DO AND DON'T

DO - WHAT MOTIVATES ME

A chance to speak up, share ideas and be heard.

So: give me a chance to explain or present it to others.

DON'T - WHAT SHUTS ME DOWN

Being rushed through details, or blamed for small slips.

Instead: give me a moment to check, and point out slips in private.

3 WHEN I AM STRESSED - AND HOW I CARE

WHEN I'M STRESSED, YOU'LL NOTICE

I start missing details and rushing.

WHAT HELPS ME

Talking it out with someone I trust - you can be that person.

HOW I SHOW I CARE

With words, warmth and time together. Make time to talk - a few unhurried minutes mean a lot to me.

Share this page with a teacher, a manager, a partner or a new friend - it saves months of guessing, and helps them help me.

AT A GLANCE · YOUR SUMMARY

You on One Page

Who I am at a glance - everything in this report on one page, with my promise to myself.



I am The Inspirer, with The Observer growing inside me. I begin my path with noticing and I learn best by drawing it and explaining it.

MY THREE COLOURS

Yellow · Green · Fresh lime

power · growth · bridge

MY FOCUS BLOCK

25 minutes

Then a 5-minute break - my brain works best in clean blocks.

MY STRONGEST SIDE

Heart (EQ)

Feeling for people and reaching out.

MY TOP APTITUDES

People Skills · Words & Language · Number & Logic

I use them every day - they make learning and work feel easy.

MY SUCCESS PATH

Noticing → Sensing → Practising

My first three steps - Get Ready - for any new goal, at any age.

HOW I LEARN BEST

Teach it on a board

My top two ways: Talk & Explain and Picture & Map.

MY BEST CAREER FIELDS

1 Education & Training
2 Law, Governance & Public Service
3 Sales, Marketing & Brand

My top skill at work: **R&D Skills**. My way of working: **building a venture**.

MY THREE PROMISES TO MYSELF

1 _____

2 _____

3 _____

My signature _____ Date _____