

# High potentials : psychological & practical guide

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## **1 : What is high potential nowadays**

The term “high intellectual potential” has become so commonplace that it seems familiar. However, it covers a more nuanced reality than simply “high IQ.”

It refers to a way of processing information and connecting ideas that, from childhood, is distinguished by its speed and depth.

IQ testing is only one tool, a partial snapshot. What matters is the experience: inexhaustible curiosity, the need to understand, the impression of thinking about several things at once.

Being HPI is also a social experience. Many describe a feeling of being out of step, the impression of speaking another language in the midst of ordinary conversations. This difference can be a source of motivation or fatigue, depending on how those around them respond.

An environment that recognizes uniqueness nurtures the desire to learn; a context that minimizes it can create withdrawal or anxiety.

Finally, HPI is not a fixed label. There is no single profile, but multiple trajectories. Some are precocious learners, others more discreet.

Some find their path quickly, others search for a long time. This diversity makes it essential to look beyond clichés to understand what “high potential” means in real life.

There are many preconceived notions about HPI. We imagine outstanding academic success, cold logic, and a predetermined destiny. The reality is more nuanced. Some HPI children get bored in class and drop out.

Others go unnoticed, preferring to blend in with the group rather than show off their advanced abilities. High potential does not guarantee success or unhappiness: above all, it creates specific learning and relationship needs.

These needs primarily concern pace. Gifted children can learn very quickly, but they also need time to explore freely, ask questions, and make personal connections.

When this dual movement is hindered—by a program that is too slow or too rigid—discouragement, anxiety, and even rejection of school can arise. It is less a question of ability than of the quality of the environment.

In adults, the same mechanisms can be found at work or in social life. The impression of understanding everything before others can be a strategic asset, but it can also isolate.

The challenge is not to slow down one's thinking, but to find spaces where it can be expressed, confronted, and put into dialogue.

HPI is not superiority but a different way of participating in the world.

Talking about HPI is not about labeling but questioning a way of relating to the world. It is an inner movement: a desire to connect, understand, and explore, which can be recognized long before a word is found to describe it.

Many say they have “always thought this way” without ever seeking to define themselves.

This quick and curious way of thinking creates a disconnect. Not only with school or work, but with the common way of approaching reality. Conversations may seem to move too slowly,

questions may seem limited.

This does not mean that we are worth more: it is a difference in pace and perspective.

The key is not to prove anything. It is to do something with it: to transform this energy into choices, creations, and connections.

HPI then becomes less of a “state” and more of a journey. It opens up a responsibility: to invent a place where this liveliness finds its form, where it nourishes life rather than exhausting it.

HPI can be seen as an invitation to get to know oneself in a different way. Rather than a passport to performance, it opens up a reflection on how to live one's thoughts.

This reflection is all the richer because it does not seek proof or status, but a lifestyle. It involves accepting a degree of difference, playfulness, and surprise, which are the very hallmarks of living intelligence.

This intelligence is nourished by unexpected encounters and unique projects. It benefits from being placed in dialogue with a variety of fields, far from any narrow specialization.

It is often in these intersections that the creative strength of HPI individuals is revealed, much more so than in the simple accumulation of knowledge.

HPI is not a predetermined destiny. It does not explain everything, nor does it excuse anything. It offers an original relationship with the world.

By recognizing it as such, everyone can forge their own path, without being reduced to a fixed definition.

## **2 : A quick and unique way of thinking**

HPI individuals often stand out for their unique way of thinking: tree-like thinking. Ideas emerge in networks, each one opening up new avenues. A conversation, a book, or an image can trigger a flood of connections.

This speed gives the impression of “seeing further,” but it can also become overwhelming if it prevents you from stopping.

This dynamic creates a unique relationship with time. Many describe a natural impatience, a feeling that the outside world is moving too slowly.

This is not a character flaw but a consequence of their internal rhythm. Learning to harness this rhythm and take deliberate breaks becomes a way of life.

In everyday life, this abundant thinking can be a source of discovery, creativity, or tension. The challenge is not to slow down, but to find spaces, activities, and relationships that support this richness without stifling or dispersing it.

This rapid thinking is often accompanied by a particular sensitivity. HPI individuals speak of sensory and emotional acuity: sounds are perceived more finely, emotions are more vivid, and atmospheres resonate more strongly.

This hypersensitivity is a strength when it allows them to pick up on the nuances of the world, but it can also amplify stress and fatigue.

In relationships, this intensity plays a double role. It facilitates empathy and a keen understanding of others, but it also exposes

them to overload.

The need for solitude may then seem paradoxical: it does not reflect a rejection of connection, but rather a need to recharge after intense interactions.

Finding balance means recognizing this sensitivity and viewing it as a mental trait rather than a weakness.

This can be achieved through rituals of pause, calming environments, or forms of creative expression that transform intensity into a resource.

Another aspect of HPI is the ability to connect distant fields. This is not just a matter of memory or logic, but a way of associating ideas beyond the usual frameworks.

This ability explains the ease with which interdisciplinary projects are undertaken or original solutions are invented.

However, this movement can clash with rigid organizations. Overly linear working methods or overly hierarchical environments can seem stifling.

Many therefore choose more autonomous paths: research, artistic creation, entrepreneurship, or simply professions where intellectual autonomy is strong.

Recognizing this ability to make associations means giving it room to play.

Whether it's exploring new knowledge, combining arts and sciences, or reinventing everyday life, HPI flourishes when it can move freely between fields of experience.

HPI can give the feeling of living with several channels open at all times. Ideas flow, emotions follow, perceptions intertwine.

This intensity creates richness, but also a challenge: how to find a rhythm of life that is neither a headlong rush nor isolation.

Many describe alternating between phases of high activity and moments of withdrawal, almost silence, necessary to assimilate what they have experienced.

Rather than seeking to normalize this cycle, it is often more fruitful to accompany it. Some find this balance in writing, music, outdoor sports, or forms of collective engagement.

The key is to provide the mind with a space where it can flow without getting lost. Time spent dreaming and wandering, far from being useless, becomes a moment of maturation where deep connections are made.

HPI is not just a matter of measurable intelligence. It is a unique relationship with time, sensations, and ideas. Recognizing how this works allows us to transform constant tension into lasting creativity.

The challenge is not to slow down but to give this movement a living form, so that it becomes a source of invention rather than a factor of exhaustion.

By embracing this dynamic, everyone can move from a logic of control to a logic of composition: working with their own rhythm, imagination, and sensitivity.

This is how the uniqueness of high intellectual potential ceases to be a burden and becomes a way of being in the world.



### **3 : Living with difference on a daily basis**

Living with high potential means experiencing a daily disconnect. At school, at home, at work, many describe a persistent feeling of moving at a different pace. This disconnect manifests itself early on: boredom with repetitive learning, a need to move faster, or a feeling of being “elsewhere” even when in the company of other children.

It can become a source of intense questioning about one's place in the world and what it means to belong to a group.

In adolescence, this feeling often intensifies. The gap between inner richness and external expectations can lead to withdrawal or provocative behavior. This is not a rejection of connection, but a search for spaces where thoughts can flow freely. The young people concerned sometimes try out several activities before choosing one, as if each field revealed only one facet of themselves.

In adults, the issue of disconnect takes other forms. It can manifest as difficulty sitting through meetings that are considered too slow, a constant need to renew projects, or a preference for deep conversations rather than superficial exchanges.

These attitudes are often misunderstood. However, they are the way in which HPI individuals seek a field that suits them, where curiosity and intensity find a common language.

Difference is not a barrier, but an invitation to invent new ways of living. The challenge is not to blend into the existing framework, but to create connections where uniqueness can be expressed without denying oneself.

Professional life is an area where the uniqueness of HPI individuals is strongly revealed. Many appreciate environments where initiative is encouraged, where ideas can circulate and be quickly implemented.

Contexts that are too hierarchical or focused on simple execution give the impression of going around in circles. This leads to frequent career changes or a preference for flexible structures such as start-ups, independence, research, or art.

This mobility is not instability. It responds to the need to feed a continuous curiosity and to maintain meaning in what one does.

When a project has delivered all it can, it becomes natural to seek a new space for exploration.

This movement may surprise those around them, but it is often a prerequisite for genuine commitment.

In working relationships, frankness and quick thinking are as much resources as they are challenges. An HPI can formulate in a few sentences what others elaborate on in several meetings. Without mediation, this can be perceived as impatience or arrogance.

Learning to translate one's rhythm so that it remains audible to others is a valuable skill.

It is less about slowing down than adjusting the way you share your vision. Finding a balance between creative momentum and listening allows you to transform difference into a collective driving force.

In the personal sphere, HPI can make relationships both intense and demanding. Many seek deep exchanges that can sustain rich and open dialogue.

When this need is not met, solitude can become an accepted preference. This withdrawal does not express a lack of interest in others, but rather a desire to preserve the quality of the relationship.

Emotional life is marked by a strong ideal. Bonds are built around shared projects, nourishing conversations, and a desire for authenticity. When reality deviates too far from this ideal, frustration can be intense.

Some people alternate between periods of intense passion and periods of distance in order to regain their center.

Friendships follow a similar logic. It is not uncommon for a gifted person to have few relationships, but those they do have are deep and loyal. Trust, mutual intellectual stimulation, and respect for independence are essential.

These relationships are often long-term, even if physical encounters are infrequent.

Living with difference in one's personal life means accepting this mixture of intensity and withdrawal. This opens up a space where freedom of thought and emotional closeness can coexist without diminishing each other.

The question of social context is central for a gifted person. From school to civic engagement, confrontation with norms invites a unique position.

It is not just a matter of challenging, but of seeking out places where initiative and critical thinking are welcome. Associations, artistic collectives, and grassroots actions then become privileged spaces.

In these contexts, the ability to quickly grasp issues often allows one to play a leading role. Identifying needs, devising solutions,

connecting people who would not otherwise have met: these are all natural contributions for those whose thinking is quick and broad.

The risk is becoming scattered or exhausted, hence the importance of choosing commitments that are in line with one's core strengths.

This active place in the outside world has internal effects. By investing in concrete projects, the HPI finds a form of anchorage. Ideas do not remain abstract: they are tested and transformed through contact with reality.

This movement protects against purely intellectual withdrawal and nurtures confidence in one's own ability to act.

Inventing flexible frameworks where lively thinking meets action allows difference to become a vector of social connection. It is often in these exchanges that the most lasting and fruitful experiences are woven.

## **4 : The strengths of high intellectual potential**

HPI is often accompanied by a great capacity for concentration when a subject arouses interest. This focus is not simply prolonged attention, it is total immersion. Hours can pass without fatigue setting in, as curiosity fuels energy. In learning, this phenomenon promotes deep understanding and a strong memory.

This intensity is also expressed in creativity. Whether designing a scientific project, imagining a work of art, or finding original solutions to complex problems, the speed of association opens up a vast field of possibilities.

It is not the quantity of knowledge that matters, but how it is combined.

Added to this inventiveness is keen intuition. Many describe an ability to “sense” situations, anticipate developments, or perceive the unspoken aspects of a conversation.

This intuition is not magic: it results from rapid processing of weak signals and overall attention to context.

These strengths are not privileges. They need to be shaped in order to become fruitful. When they are recognized and exercised, they transform entire environments, whether it be a work team, a personal project, or a collective commitment.

Another strength lies in the ability to learn. HPI is not limited to quick understanding; it is a true agility to explore various fields. Languages, sciences, arts, techniques: curiosity pushes us to cross the boundaries between disciplines.

This cross-disciplinary approach is valuable in a world where

knowledge intersects and evolves constantly.

This exploratory drive is supported by associative memory.

Information is linked in networks, allowing ideas or images to be retrieved long after they were first encountered and used in unexpected contexts.

This gives rise to original perspectives, where an old intuition suddenly finds its place.

HPI also manifests itself in strong perseverance when a project resonates with a deep desire. This perseverance is not blind obstinacy, but an ability to keep moving forward despite obstacles.

It gives a unique solidity to commitments, whether intellectual, creative, or relational.

Combined, these qualities make HPI a fertile ground for innovation, research, and creation, provided that the environment allows the necessary freedom to deploy them.

The ability to connect people is another asset of HPI. Many develop keen listening skills, perceive complementarities within a group, and facilitate cooperation. This ability comes not only from the intellect but also from a sensitivity to human dynamics. It makes it possible to transform a collection of individuals into a creative team.

This same sensitivity supports ethical commitment. Quickly understanding the issues and consequences of an action often leads to questions about its meaning.

In a world where technological and social choices are increasingly complex, this vigilance can become a collective asset, capable of proposing solutions that respect both people and the

environment.

Finally, many people with high IQs demonstrate particular strength in the face of adversity. Quick thinking and creativity are mobilized in the face of the unexpected, allowing them to invent solutions where others see a dead end.

This resilience is not indifference to difficulty, but a way of opening up the field of possibilities even in times of crisis.

Many high-potential individuals demonstrate a unique ability to give shape to their intuitions. They don't just imagine: they bring their ideas to life, whether in the form of an object, a text, or a business.

This transition from idea to action is based on a balance between imagination and practicality. It explains why many innovative projects are led by high-potential individuals.

This power of realization also extends to the way they live their lives.

Creating a tailor-made framework, inventing routines that feed curiosity, shaping an environment where thought flows freely: these are all actions that transform uniqueness into an art of living. It is not only a way to achieve professional success, but also a way to connect with the world on a deeper level.

By revealing this creative dimension, HPI shows that intelligence is not just a matter of calculation. It is an energy capable of shaping reality, opening up forms of culture, solidarity, or beauty that did not exist before.

In a rapidly changing world, this ability to build something new is one of the most valuable strengths.

## **5 : Common vulnerabilities**

The same qualities that make HPI so valuable can also become a source of tension. The need for accuracy, quick thinking, and heightened sensitivity can lead to a form of perfectionism.

This perfectionism is not just a taste for a job well done, but an inner demand that makes it difficult to accept imperfection. The feeling that “nothing is ever good enough” can slow down the start of a project or lead to abandonment before completion.

This demand manifests itself from childhood. An HPI student may refuse to hand in an assignment that they consider insufficient, even if it is well above average.

In adulthood, it takes the form of severe self-criticism, long hesitation before sharing an idea, or an inability to delegate. If it is not recognized, this inner tension turns into chronic anxiety or discouragement.

Perfectionism is often accompanied by a unique relationship with time. Rapid thinking makes the gap between the ideal and reality feel particularly intense.

A feeling of “never being good enough” can set in, fueled by constant comparisons between what is and what could be.

Recognizing this mechanism allows us to learn to set limits, to value the process rather than perfection, and to accept that incompleteness is part of any creative endeavor.

Another challenge concerns the relationship to rules and limits.

Many gifted children and adults feel a tension between their desire for autonomy and the need to fit into a framework. When instructions seem arbitrary, they may refuse to obey, not out of provocation but because they do not see the point.



This refusal can be interpreted as insubordination, when in fact it often reflects an expectation: that of a clear framework, a reference point that has value beyond simple constraint.

In family or school life, this need for reference points can clash with environments that are too lax or too rigid. A framework that is too lax leaves the child at the mercy of endless thoughts. An overly rigid framework stifles creativity and triggers power struggles.

The difficulty is not choosing between freedom and law, but creating a rule that is experienced as fair, connecting the individual to the collective while respecting their uniqueness.

In adulthood, this relationship with rules continues to play out. At work, in relationships, and in civic life, HPI individuals seek less to circumvent laws than to participate in their development. They want to understand why they exist and how they can evolve.

Providing spaces for dialogue where this quest can take place allows latent conflict to be transformed into creative contribution.

The emotional sensitivity of HPI individuals also exposes them to a certain vulnerability to their inner world. Thoughts flow, as do emotions, sometimes with an intensity that is difficult to contain.

This flow can fuel imagination and creativity, but it can also lead to moments of anxiety or a feeling of saturation.

This intensity does not mean weakness. It signals that the psychic life is vibrant, that it is seeking form. When it cannot find a place to express itself—through speech, writing, creation, or simply a dialogue where one feels heard—it can turn into diffuse anxiety, agitation, or withdrawal.

It is important to recognize this need for expression, including

in adult life. A space for expression, whether through deep conversations with loved ones, artistic work, or therapeutic support, allows us to bring flexibility to what would otherwise close in on itself.

This is not an escape but a way of welcoming what thoughts and emotions produce and giving them a direction that supports the desire to live.

Another fragility concerns the relationship to time and the body. Rapid thinking can lead to living in constant tension, as if the future were constantly pressing.

The need for novelty pushes us forward, while sensitivity makes every delay or obstacle more difficult to tolerate. This sometimes results in deep fatigue, a feeling of being out of step with the ordinary rhythm of the world.

This disconnect also has a physical dimension. Some describe periods of irregular sleep, difficulty feeling hunger or fatigue, or, conversely, hypersensitivity to the body's signals.

The mind takes over to the point of making us forget our physical limits, until a breakdown forces us to slow down.

Taking care of this connection between mind and body is not simply a matter of healthy living. It means recognizing that thought needs anchoring.

Practices that reconnect us with sensation—walking, sports, meditation, manual arts—offer an essential counterpoint. They allow intellectual momentum to become part of a livable duration, where the desire to understand remains in dialogue with the rhythm of life.

## **6 : Growing and thriving with high intellectual potential**

Growing up with high potential means first learning to recognize your own dynamics. For a child, this means discovering that they think quickly, connect ideas differently, and that this difference is not an anomaly but a resource.

This recognition is not about labels, but about how adults show that this liveliness is welcome.

The early years are crucial. A family environment where curiosity is encouraged and rules are made clear provides a structure for mental energy.

When these guidelines are lacking, children can become lost in restlessness or withdraw into themselves for protection. They need adults who support both their enthusiasm and their integration into community life.

School plays a complementary role. Attentive teachers can offer appropriate challenges, encourage personal research, and welcome questions outside the curriculum.

Rather than artificially accelerating schooling, the aim is to open up a space where learning retains its dimension of discovery, without turning difference into pressure to perform.

In adolescence, the need for meaning and the search for identity become more pressing. Gifted young people often explore several areas of interest, test identities, and seek places where their thinking finds resonance.

This period can be turbulent if the environment does not provide clear guidelines or people capable of supporting this exploration.

A relevant adult at this stage is not necessarily an expert on HPI, but someone who listens without judging, sets clear boundaries, and offers opportunities for responsibility.

The adult figure acts as a framework, providing the distance necessary for desires to take shape. When this figure is missing, young people risk confusing stimulation with guidance and losing themselves in unfinished projects or excessive identity changes.

The choice of studies or first professional experiences should be approached as a series of tests. Rather than looking for a definitive path, it is useful to consider each commitment as an exploration that provides information about one's tastes, endurance, and ways of working. This attitude reduces the pressure of “all or nothing” and allows for changes of direction without them being experienced as failures.

Transitions to independence require practical exercises: managing a budget, seeing a project through to completion, learning to negotiate collective constraints.

These lessons serve as an anchor. They allow intellectual vivacity to be embodied in concrete skills and freedom to be articulated with responsibility.

Finally, encouraging expression and creativity is key. Writing, debating, and setting up a collective or artistic project provide opportunities for thoughts to find an audience and be transformed.

These spaces make visible what would otherwise remain internal and potentially tormented. They preserve desire and creative momentum from becoming bogged down in anxiety.

The transition to adulthood brings another type of inner work.

After the exploratory phase of adolescence, it is a matter of building a lasting relationship with the world.

For many HPI individuals, this means finding an activity where curiosity is not stifled and freedom of thought remains alive.

Professional life becomes a field of experimentation.

Environments that allow for autonomy and value initiative and creativity often better meet expectations than strictly hierarchical frameworks.

This search does not always lead to “intellectual” professions in the traditional sense. It can also inspire choices in the crafts, arts, or entrepreneurship, as long as they feed the feeling of creating something new.

On a personal level, HPI adults seek relationships that can support rich dialogue. Relationships based solely on social conformity quickly prove insufficient.

Building a couple or a family requires finding partners who accept differences in pace and the need for sincerity. These alliances are built on a mixture of passion and patience, where each person's freedom is recognized.

The relationship with time also evolves. After early bursts of energy, it is necessary to learn to manage time: to accept that certain stages take time, that projects need to mature, that the body has its own rhythm.

This integration of the long term is one of the conditions for lasting fulfillment.

The relationship with success also takes on a unique form. Rather than seeking external recognition, many choose to measure themselves against internal goals.

This personal requirement provides strong direction but can

also isolate. Sharing discoveries, even imperfect ones, becomes a way of maintaining a connection to the world and spreading inspiration.

The collective dimension remains crucial. Participating in joint projects, passing on knowledge, and supporting others in their learning opens up a field where HPI ceases to be a solitary adventure.

These commitments are often an opportunity to transform intellectual energy into cultural, social, or educational heritage.

Finally, fulfillment is based on an intimate recognition: understanding that uniqueness does not need to be justified.

When this point is reached, high potential ceases to be a subject of proof or doubt. It becomes a peaceful way of inhabiting the world, open to the unexpected and to encounters.

## **7 : Finding your lifestyle and relationships**

Choosing a lifestyle that matches the mental agility of someone with high intellectual potential (HPI) first requires recognizing your own needs. For some, this means a calm environment close to nature, where thoughts can flow freely.

For others, it is the hustle and bustle of city life that fuels creativity and provides the necessary diversity. There is no single model: the key lies in the ability to identify what supports desire and what extinguishes it.

Work rhythms must also be adapted. Some people find balance in self-employment, which gives them the freedom to organize their own time.

Others prefer the support of a structure, provided that it allows for initiative. The choice is not only professional: it involves an overall relationship with daily life, where freedom and stability are balanced differently depending on the stage of life.

Social relationships are part of this lifestyle. A gifted person often needs rich and sincere exchanges, but also moments of retreat.

Knowing how to communicate this alternation to those around you avoids misunderstandings.

Some friends understand that silence is not a sign of distance but a necessary phase, and that the intensity of reunions more than compensates for absences.

Building your lifestyle therefore means articulating space, rhythm, and relationships in a unique way. This constant adjustment ensures that thinking is not a burden but a source of momentum.

When building a romantic relationship, HPI individuals often seek a subtle balance. They aspire to intellectual and emotional closeness, but they also want to preserve their freedom.

This dual requirement can make encounters rarer, but when they do occur, the bond is deep and lasting.

Communication plays a central role. The rapid flow of thoughts can create misunderstandings if words do not keep pace with the inner rhythm.

Taking the time to formulate thoughts and let the other person respond becomes a gesture of attention that supports the relationship. Mutual understanding is based not only on shared interests, but also on each partner's ability to embrace moments of silence and shifts in intensity.

A couple formed in this spirit becomes a space for mutual growth. Each partner finds the opportunity to broaden their horizons, confront their ideas, and experiment with joint projects without losing their own identity.

This dynamic requires a particular flexibility: knowing how to draw closer and then withdraw in turn, so that the relationship remains alive.

By recognizing these specific needs from the outset, it is possible to build a relationship that supports creative momentum and emotional stability, rather than opposing them.

Friendships have a special value for HPI individuals. They are chosen for the quality of the exchanges rather than for simple proximity.

It is not uncommon for a circle of friends to develop slowly, around a few memorable encounters, and to remain stable over many



years, even if contact is infrequent.

These bonds prioritize sincerity and depth. Conversations can resume after long silences without losing their intensity.

This ability to reconnect across time comes from an attachment based on mutual recognition rather than on the frequency of encounters.

In a world where friendship is often measured by the number of interactions, this way of looking at it may seem surprising. Yet it responds to a need: to have spaces where thoughts can flow freely, where words can be spoken without being reduced to formalities.

These relationships become solid points of support in times of transition or questioning.

Choosing, maintaining, and sometimes reinventing these friendships requires constant attention. But their rarity is part of their strength, giving everyday life a depth that cannot be replaced by multiple contacts.

Beyond their inner circle, many HPI individuals find balance by participating in larger groups.

Whether through cultural projects, collaborative research, environmental initiatives, or civic engagement, these spaces allow inventiveness to take root in social reality.

These commitments have a dual benefit. They offer a field of action where thought can be deployed in the service of concrete objectives, and they create unexpected encounters that renew inspiration.

These are often places where new forms of cooperation can be

experimented with, far from traditional hierarchies.

This broader participation also acts as a counterbalance to individual demands. By working with others, we discover the value of creative compromise, learn to combine rhythms, and adjust our ideas so that they find a shared place.

This process nurtures a sense of belonging that does not sacrifice individuality.

Integrating these collective dimensions into one's lifestyle allows us to connect inner richness with the transformation of the shared world, giving HPI a fully social scope.

## 8 : **Inventing your own path**

Reaching adulthood or maturity does not mean that the issue of HPI is settled once and for all. It shifts. After seeking out suitable environments and compatible relationships, it is time to give one's life a personal direction.

Inventing one's own path first requires recognizing what has really mattered throughout one's experiences. These benchmarks are not always what we had imagined. They are discovered by looking at what, over time, has brought joy, curiosity, and meaning.

This step involves distinguishing between inherited expectations—those of family, school, and culture—and what belongs to one's own desires.

HPI can complicate this process because it allows us to succeed in many areas. But multiplying possibilities is no substitute for personal direction. Taking the time to listen to your inner voice is essential to avoid spreading yourself too thin.

Finding your path also means accepting uncertainty. The path is not mapped out in advance. It is built through trial and error, detours, and sometimes breaks.

This element of risk is not a lack of planning; it is part of creating oneself. The ability to connect events and make sense of forks in the road then becomes a major resource.

Inventing one's path involves redefining success. For many HPI individuals, the challenge is not the accumulation of titles or possessions, but the ability to give shape to ideas that matter.

This shape can be a work of art, a business, a social commitment, or a unique way of approaching an ordinary profession. The question becomes: what leaves a lasting mark, rather

than what impresses.

This orientation requires dealing with economic or institutional uncertainty. Choosing to pursue a passion project rather than a safer path can be worrisome for those around you.

Yet it is often in these less well-marked areas that creativity finds its full measure. Accepting a certain degree of risk means betting on your ability to bounce back and transform the experience into new resources.

Your relationship with time also changes. It is no longer a question of chasing after every opportunity, but of choosing those that prolong the movement of your inner life. This discernment is less a matter of calculation than of listening carefully to what resonates.

Far from being a sudden gesture, the decision becomes a maturation that connects intuition and action.

At this stage, success is measured less in immediate results than in fidelity to an inner direction, even when the path requires unexpected detours.

Inventing one's own path also means maintaining a lively relationship with the unknown. For the HPI, whose thinking can anticipate and plan far ahead, it is sometimes difficult to accept that not everything can be predicted.

Yet it is often in unexpected events that true novelty arises. Learning to welcome these moments as resources rather than threats broadens the field of possibilities.

This disposition also applies to relationships. The encounters that transform a life are rarely those that we had planned. They arise

from coincidences, shared curiosities, and common adventures.

Being open to these encounters, without trying to control everything, enriches our journey in unpredictable and often decisive ways.

Our relationship with memory also plays a role. Looking back on past experiences, not to repeat them but to identify a common thread, allows us to see a continuity that was not visible at the time.

This inner work gives the present a depth that supports future choices.

In this way, self-invention is not opposed to chance. Rather, it consists of recognizing how chance becomes meaningful when we know how to welcome it and incorporate it into our personal history.

Finally, inventing one's path means embracing an inner freedom that no longer depends on external approval. This freedom is not isolation.

It is nourished by connections, knowledge, and experiences, but it is not limited to them. It consists of being able to say yes or no in accordance with one's own orientation.

It involves reconciling oneself with imperfection. A project can be transformative even if it does not exactly correspond to the initial ideal.

A bond can be precious even if it does not last forever. Accepting this unfinished dimension does not diminish the strength of desire; on the contrary, it gives it the flexibility it needs to last.

This inner position makes a form of transmission possible. Without seeking disciples or imitators, the HPI person leaves traces

through their creations, their ways of living, and the paths they open for others.

Singularity then becomes part of the common world, available to those who come after.

Inventing one's own path does not mean isolating oneself in an exception, but contributing to a living heritage.

This is perhaps the most accomplished form of fulfillment: an existence where intelligence and desire have found their own style while nourishing collective life.