

Innovator

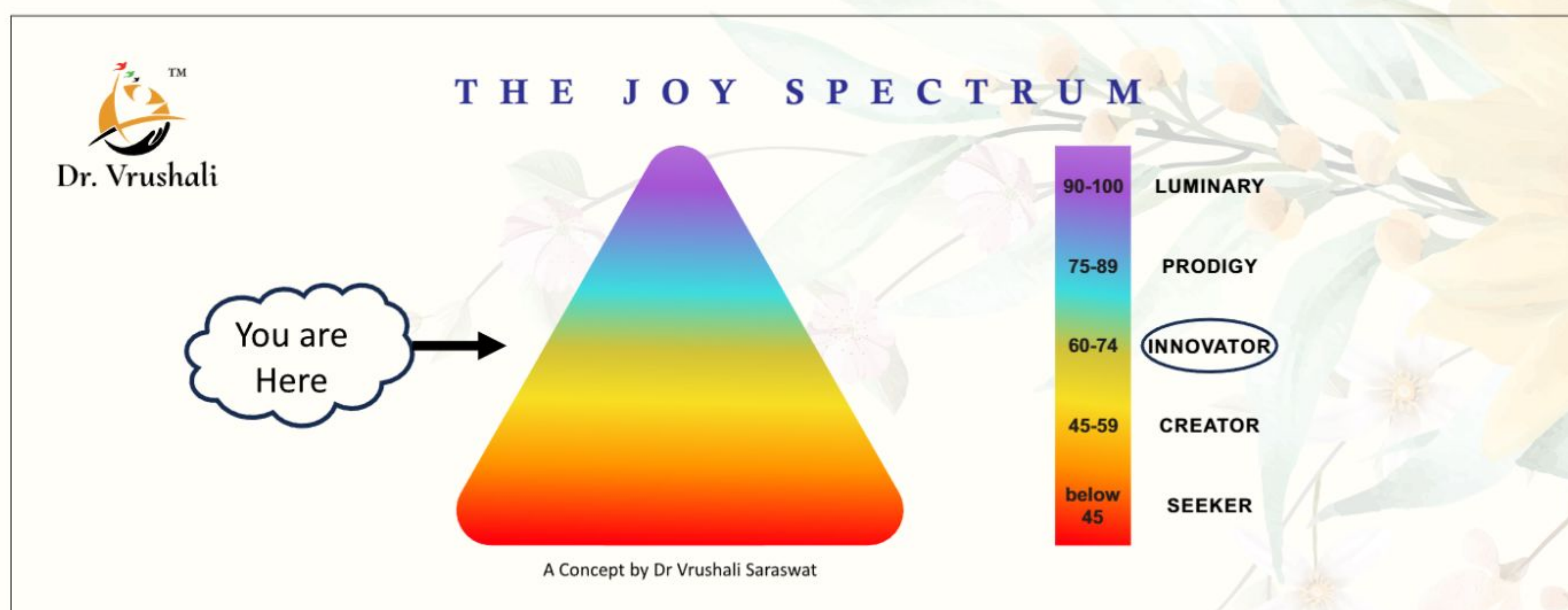
Congratulations on taking the time to understand and improve your Happiness Index score! This report reflects your efforts and provides valuable insights into your well-being. Remember, every small step you take toward positivity and fulfilment matters. Your score is mentioned in the mail. You are an Innovator on the JOY SPECTRUM - A concept from Dr. Vrushali Saraswat. The elaboration is as follows:

Moderate Happiness (60-74)

The range of scores indicates:

1. You experience mixed emotions, positive and negative.
2. You maintain a fair sense of fulfilment.
3. Have meaningful relationships though sometimes inconsistent.
4. You are able to balance life and work though not always smoothly.
5. You demonstrate signs of resilience but require support to maintain this.
6. You are able to engage in fulfilling activities however lack consistency.
7. You exhibit moments of self-doubt that require attention.
8. Self-care practices are sporadic and need a structure to bind them.
9. You are able to identify and address growth areas however lack of consistency makes you appear like a procrastinator.
10. you have all the ingredients to be your own light but require an outside structure or system that can lead you.

Know where you are on the Joy Spectrum



More about you...

You are that unique combination who has all the ingredients for success but hasn't put it together yet. All the aspects of your personality are great foundations for success, you can achieve whatever you decide on but one of the biggest hurdles is your lack of consistency and lack of persistence because of which you keep innovating new ideas, new products new methods of living life but don't give time to integrate what you have. There is a tendency to leave things halfway by presumptuous shortsightedness or inability to trust your own planning. Hence, your life might look like a person jumping from one task to another.

To take your life to the next level and basically to integrate what you need is engaging in deeply fulfilling and science-backed consistent action, which are both easy and effortless as well as no-brainer and not time-consuming. Basically, activities that take less time and are super easy to follow through. You have great ideas, a very good ability to plan, and considerable socially acceptable social skills which can actually make you a great leader. Your personality is that of a charming person who is liked by most people but your main challenge is inconsistency with self.

Innovators need new challenges every other day hence innovators, however, if you channel all your energies on One thing you can succeed 70% more than trying newer methods or tasks. You have more potential inside you than you give value to yourself. You are a people pleaser and have a charming effect on people hence, other people are not your challenge. You emotional powerhouse, you can manage yourself as well as the people around you well, but the only thing stopping you from being a leader is your inability to stay on one thing, which is your most troubled area of life.

What you can do?

- 1. Prioritize your tasks and dedicate your energy to completing one project or goal before moving to the next.*
- 2. Create a daily routine or habit tracker to help you stay committed and accountable to your plans.*
- 3. Believe in the strategies you've created; give them the time they need to produce results rather than abandoning them prematurely.*
- 4. Incorporate quick and effective self-care activities, like a 5-minute gratitude exercise or a 10-minute walk, to maintain balance.*
- 5. Use your social charm and innovative mindset to inspire collaboration and seek mentorship for structured guidance from a Life/Happiness Coach.*

*Your potential as an **Innovator** is limitless when paired with focus and persistence. By channeling your energy into meaningful, consistent actions, you can transform your innovative ideas into lasting achievements. Embrace your power, trust your journey, and watch yourself rise as a confident and inspiring leader!*

*Love n Light,
Dr. Vrushali Saraswat
Happiness Coach.*