

## **Creator**

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 fulfillment matters. Your score is mentioned in the mail. You are a **CREATOR** on the JOY SPECTRUM - A concept from Dr. Vrushali Saraswat. The elaboration is as follows:

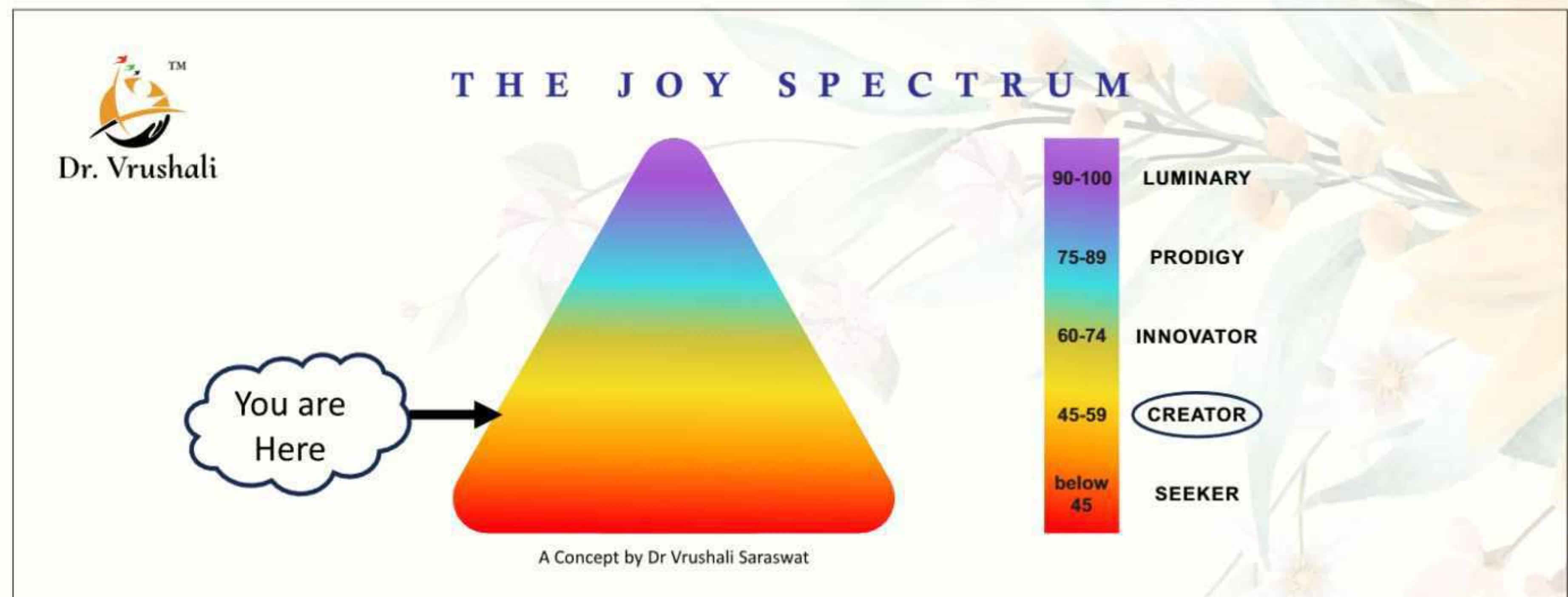
### **Happiness Index Score between 45 - 59**

This score indicates low Happiness, moderate well-being with room for growth in Happiness Quotient. People in this range may feel content at times but may not consistently experience high levels of satisfaction or purpose.

#### **This Range of score indicates :**

1. Fluctuating emotions with moments of positivity.
2. The feeling of occasional contentment indicates the potential for deeper satisfaction.
3. You are able to maintain relationships that provide you with some sort of support.
4. You show resilience only when faced with extreme challenges.
5. There's an innate tendency to give up.
6. You face challenges in balancing responsibilities that involve other people.
7. The stress impacts your mental as well as physical well-being.
8. You experience moments of doubt or low motivation which requires continuous guided practices.
9. The low levels of Happiness impact confidence which calls for a motivation boost.
10. Stress management is the biggest challenge, which impacts the best-made plans and becomes the biggest hurdle in the growth journey.

#### **Know where you are on the Joy Spectrum**



## More about you...

You are a creator, meaning you are in that phase wherein you can create your destiny however you require external support. You have acquired all the essential ingredients of success but your own stress management is your challenge. All of this can be solved with simple and easy methods which have been a secret of many ordinary people who rose to extraordinary success.

Creators are those who think that they work better under pressure and voluntarily avoid managing stress. They tend to nurture stress rather than good mental health. However, you have a great sense of purpose and once given strong support can move mountains. Inconsistency in efforts is a hallmark of your personality, any small failure or misfortune and you will easily decide to give up. In reality, you just need a little push and you can achieve the life of your dreams.

You have incredible potential which surfaces only when you are pushed to the corner, in the face of challenge you are capable of showing great resilience. All this potential is mostly wasted due to a lack of persistence and lack of self-confidence. Due to these challenges, communication with others becomes a hurdle and robs you of the opportunity to become an inspiring leader. Even when

you attempt leading your team or tribe you face criticism, due to lack of persistence and effort which in turn makes you more lethargic and demotivated.

With continuous support and guided motivational practices you can optimise your hidden potential and embark on a remarkable success journey. Showing resilience is your secret super power.

## What Can you do?

1. Stress management with Mindfulness practices and regular physical exercises.
2. Building consistency through scheduling minutely.
3. Building resilience consistency, through managing emotions by identifying emotional conflicts and resolving it.
4. Boosting confidence, by implementing Self love techniques, mindfulness, and gratitude.
5. Take support openly from a counsellor/life coach/happiness coach for enhancing your life skills and optimizing your potential.

Remember, being a **Creator** means you hold the power to shape your destiny. With the right support, persistence, and guided practices, you can unlock your full potential and embark on a fulfilling journey toward lasting happiness and success. Believe in yourself—you are capable of incredible things!

Love n Light,  
Dr. Vrushali Saraswat  
Happiness Coach.