

Dear Participant,

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 a **SEEKER** on the **JOY SPECTRUM** - A concept from Dr. Vrushali Saraswat. The elaboration is as follows:

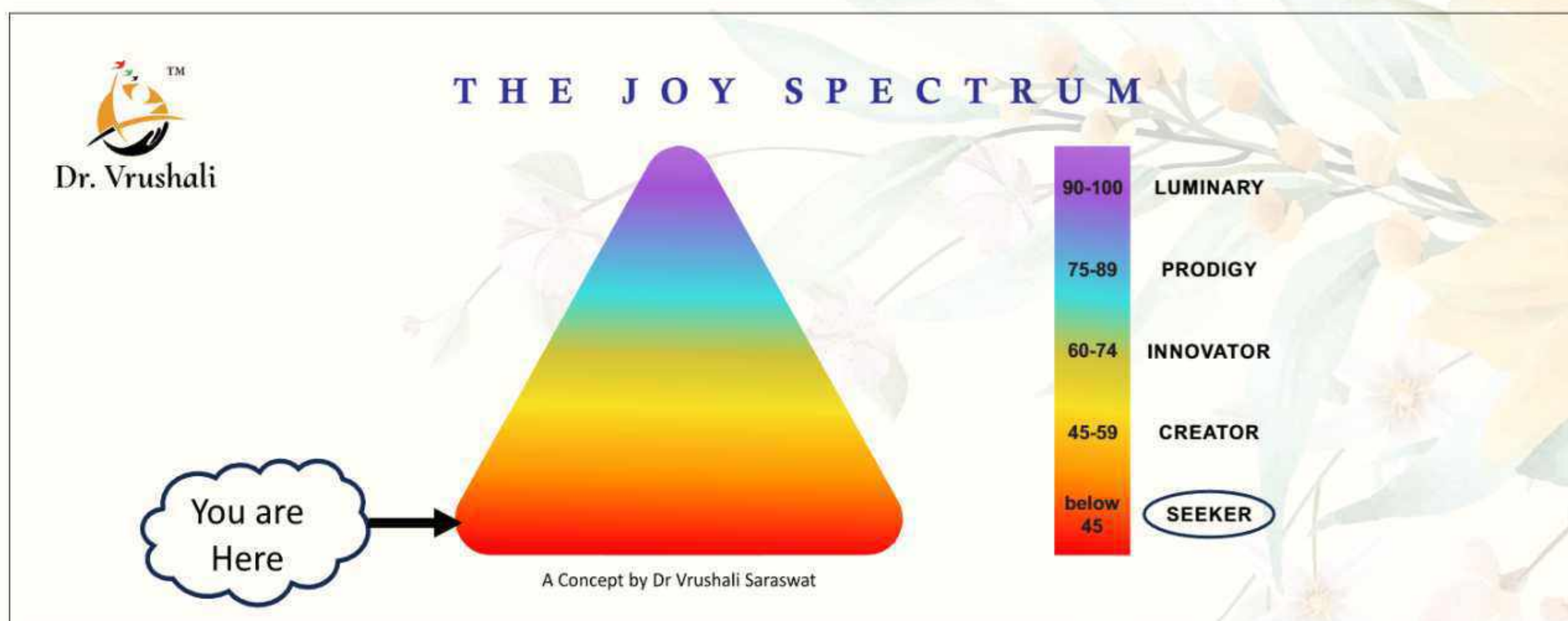
The Seeker (HI score Below 45)

A score in this range suggests challenges in achieving a high sense of well-being and ambitious nature, but with a lower level of satisfaction, lack of positive emotions, or lack of clear purpose. Individuals here may be facing stress or dissatisfaction across various areas of life.

This range of scores suggests:

1. Very rare moments of joy or relief.
2. Infrequent moments of positive phases, however in those moments resilience is demonstrated.
3. Social connection is there, even if it is mostly strained.
4. There's a strong desire to improve their situation hence, seeker.
5. Frequently experience negative emotions or stress and require targeted emotional support.
6. You struggle to find purpose and could benefit from purpose-driven practices.
Lack of clarity on your purpose is one of the main reasons for dissatisfaction with yourself and hence seeking out a source of clarity from outside.
7. Require relationships and strong support for feeling fulfilled. Loneliness is both a habit and a big challenge for you.
8. Experience challenges in work, personal life, and relationships due to overly emotional responses to not-so-overly emotional situations.
9. Often, they feel overwhelmed or fatigued and need a lot of validation from outside.
10. You require guided help to rebuild emotional strength and resilience.

Know where you are on the Joy Spectrum



More about You

You are a seeker, meaning you are someone who's seeking things from the outside world and is in a dreamy state always. Your ambitions and reality have a huge gap. This gap is easily bridgeable, however, your intentions and actions need a lot of guidance. You need a clear, simplified framework to get better results in life. You seek a lot of approval and validation from the relationships, this approval and validation or appreciation you need are based on your expectations, and these expectations are not conveyed to others hence, whatever others do that isn't enough for you, this is one of the main reasons of your dissatisfaction with others, these could be your spouse, best friends, parents or employees. You tend to get into a grumpy mood after an argument and to come out of an argument with logic is difficult for you.

Seekers experience a great deal of challenges at workplace, as they expect others to understand your needs, which leads to an emotional reaction to the professional set up or work, at times simple tasks can appear as a torture or trouble due to your emotional nature. However, when someone explains detailed logic behind their actions you are easily persuaded to believe that the opposite person is not tormenting you. You have the ability to see another's perspective only when someone else explains it to you, but once you see another person's perspective, you demonstrate great friendship.

What you should do?

- 1. Identify your limiting beliefs and work on resolving your conflicts.*
- 2. Train yourself to give logic-driven responses to situations rather than emotional responses.*
- 3. Work on daily habits and mindset.*
- 4. Take support from experts on how to effectively utilize the unlimited potential you have inside of you.*
Working closely with a Life/Happiness Coach can give you better perspectives with less effort.
- 5. To have better relationships, you must work on your concept of Self and love yourself.*

Embracing your journey as a Seeker is the first step toward unlocking the happiness and fulfilment you deserve. Remember, with the right guidance and intentional action, you have the power to transform your challenges into opportunities for growth and joy.

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