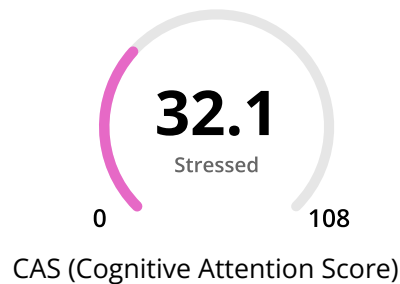




\*\*\*\*\* \*\*\*\*\*

YogiMeter analyses your Choice Making Mind and projects your decision making according to your current Mindset. Learn to understand and change your mindset to become your best self.



### Current Mindset : Feeler

Currently your feeling mind is running your life. You are either spoilt for choices or just slow and confused. Your mind makes you spend too much time in the future. Your mind is playing tricks on you. It does not let you focus and does not let you progress or find peace. Your focus is also compromised.

### Understand your Mindset



### Know Your Challenges & Solutions



AMS - Remedies New

[Practise Your Remedies >](#)



### Attention Energy Balance

73.2%

26.8%



FEELING/THINKING

SOLVING/LEARNING



## Stagnation Cause



### Inaction

V. High

High

Medium

Low



### Compulsiveness

V. High

High

Medium

Low



### Blind Spots

V. High

High

Medium

Low



## Productivity



### Completion

Low

Medium

High

V. High



### Effort: Reward

Poor Effort : Poor Reward



## Current Life Impact



### Impact on Relationship

Poor

Neutral

Good



### Impact on Prosperity

Poor

Neutral

Good



## Happiness New

Upcoming 60 days

BALANCED DAYS

1 days



GROWTH DAYS

2 days



STRUGGLING DAYS

32 days



MIXED HOPEFUL DAYS

18 days



STUCK DAYS

7 days



Your Happiness Forecast ›

# Mental Wellness

YogiMeter has detected your general and leadership mental wellness scores.

## General mental wellness score

**67/100**

Sometimes your mind is improving your life and sometimes it is spoiling it.

## Leadership mental wellness score

**43/100**

You are taking your emotions too seriously and they are pulling you down.

## Concern Areas

- > Empathy Tendency
- > Consistency & Persistence Tendency
- > Living in Present Moment Tendency
- > Timeliness Tendency
- > Code of Conduct Tendency
- > Inner Peace Tendency
- > Adaptability to Change Tendency
- > System & Organisation Development Tendency
- > Self Control Tendency
- > Focus Tendency
- > Tendency to be Insightful
- > Force and Aggression Tendency

- > Sadness & Dissapointment Tendency
  - > Pessimism Tendency
  - > Tendency to Feel Fear, Anxiety or Insecurity
  - > Tendency Towards Mood Swings
  - > Compulsive Social Withdrawal Tendency
  - > Tendency Towards Addictions
  - > Self Harm Tendency
  - > Mood Driven Physical Pain Tendency
  - > Tendency of Excessive Complaining and Blaming
  - > Loneliness Tendency
- 

You need to be careful about these mental tendencies. If not improved, they can spoil your life.

## **Managed Areas**

- > Fundamental Inquisitiveness Tendency
  - > Confidence & Self Worth Tendency
  - > Stable Goal Orientation Tendency
  - > Decisiveness Tendency
  - > Pursuit of Excellence Tendency
  - > Enthusiasm Tendency
  - > Confusion and Indecision Tendency
  - > Tendency About Feeling Guilty
  - > Delusion & Detachment From Reality Tendency
  - > Tendency of Frequently Feeling Rundown/Tiredness
-

These mental tendencies are ok, only because you stay careful about them. If improved they can become your advantage spontaneously.

## Strength Areas

--> Sex Drive Swing Tendency

---

These mental tendencies are helping you improve your life.

## Downward Spiral Areas

- > Force and Aggression Tendency
- > Sadness & Dissapointment Tendency
- > Pessimism Tendency
- > Tendency to Feel Fear, Anxiety or Insecurity
- > Tendency Towards Mood Swings
- > Compulsive Social Withdrawal Tendency
- > Tendency Towards Addictions
- > Self Harm Tendency
- > Mood Driven Physical Pain Tendency
- > Tendency of Excessive Complaining and Blaming
- > Loneliness Tendency

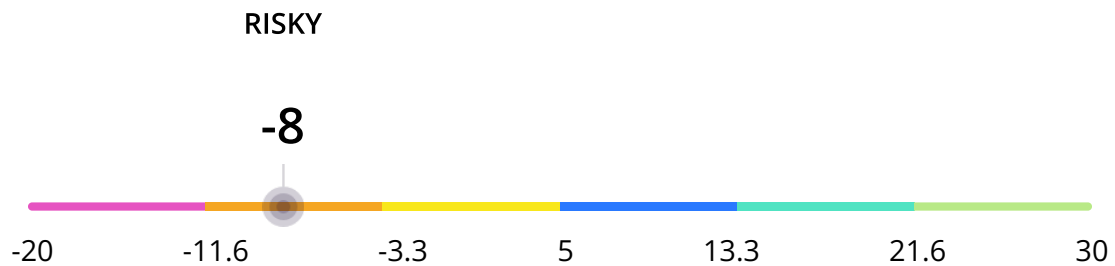
Life is rarely static, its ever changing. These mental tendencies will tend to spoil your life and put you in a downward spiral.

YogiMeter has also detected both positive and negative tendencies which drive your mental wellness.

# Positive Tendencies

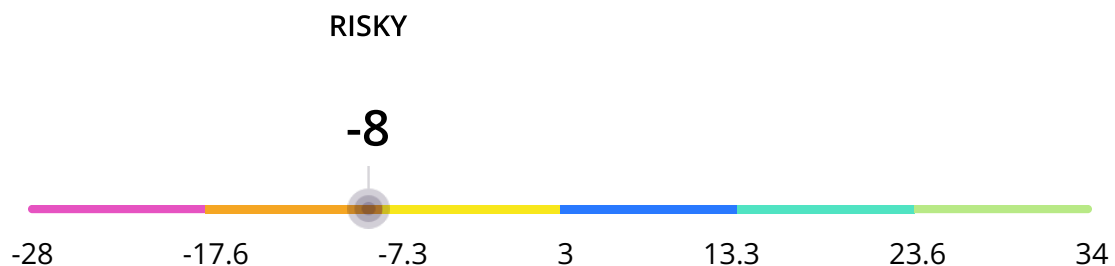
The positive tendency scale ranges from a negative value(eg. -20) to a positive value (eg.30). The higher the score, the better it is. Kindly pay more attention if your score is lower.

## Empathy Tendency



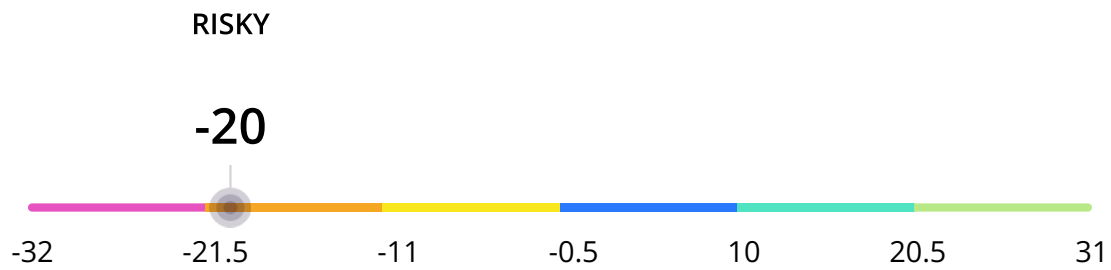
Your empathy tendency is **risky**.

## Consistency & Persistence Tendency



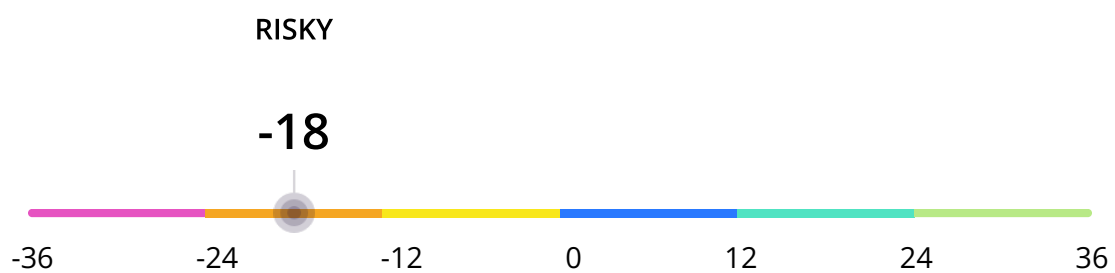
Your consistency & persistence tendency is **risky**.

## Living in Present Moment Tendency



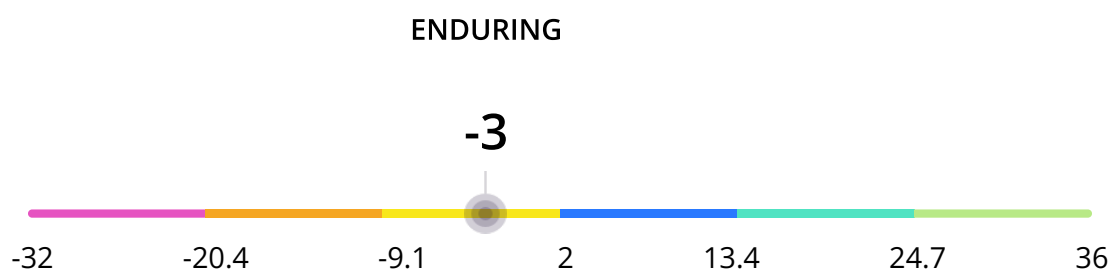
Your living in present moment tendency is **risky**.

### Timeliness Tendency



Your timeliness tendency is **risky**.

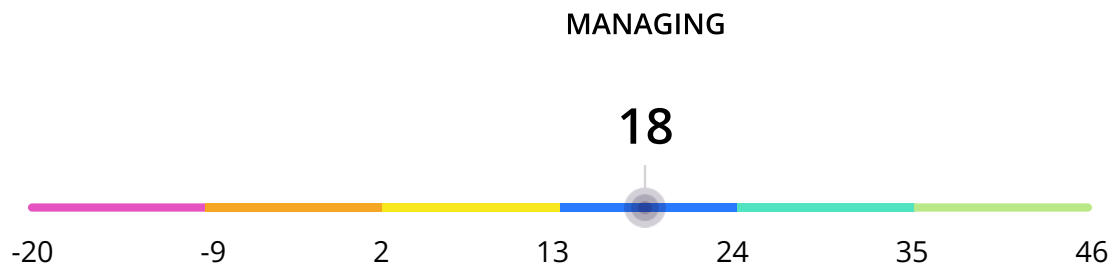
### Fundamental Inquisitiveness Tendency



Your fundamental inquisitiveness tendency is **enduring**.

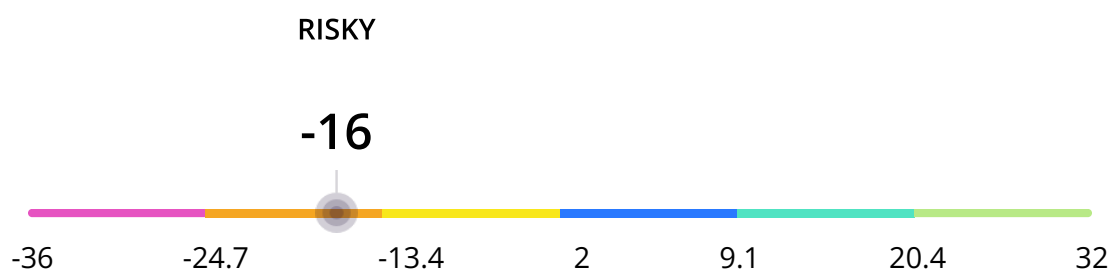
### Confidence & Self Worth Tendency





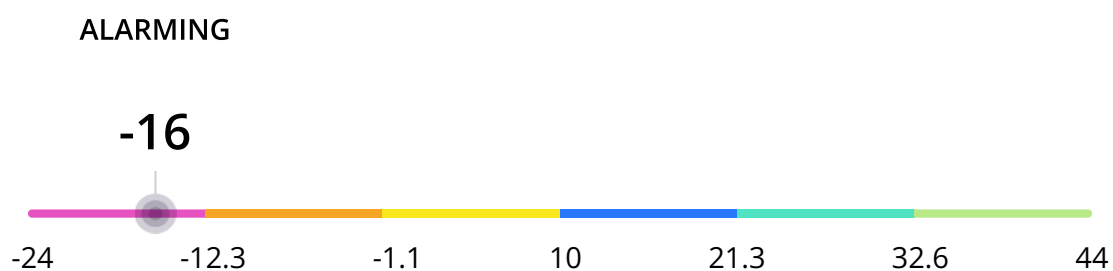
Your confidence & self worth tendency is **managing**.

### Code of Conduct Tendency



Your code of conduct tendency is **risky**.

### Inner Peace Tendency



Your inner peace tendency is **alarming**.

### Adaptability to Change Tendency

POOR



You have **Poor** adaptability to change.

## System & Organisation Development Tendency

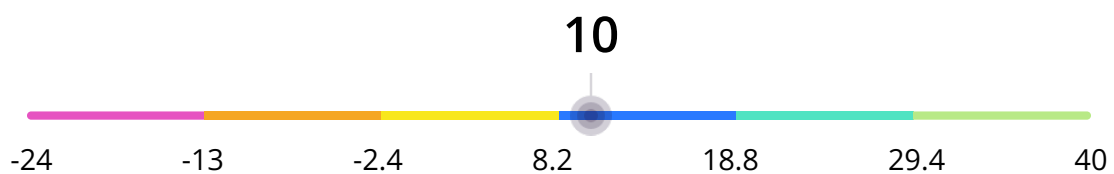
SUBDUED



Your system & organisation development tendency is **subdued**.

## Stable Goal Orientation Tendency

MANAGING



Your stable goal orientation tendency is **managing**.

## Self Control Tendency

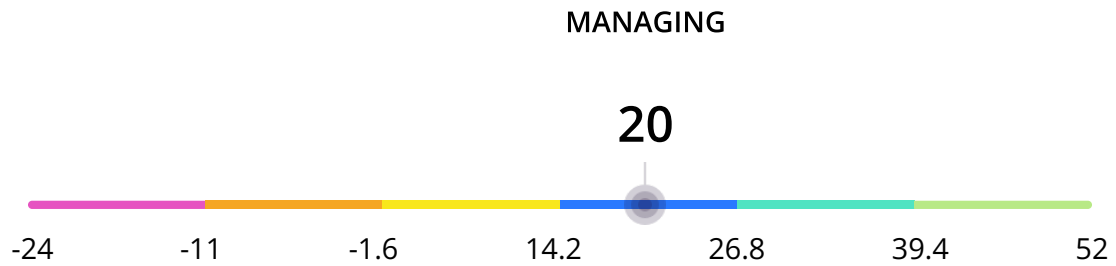
ALARMING



-28      -16.4      -5.1      6      17.4      28.7      40

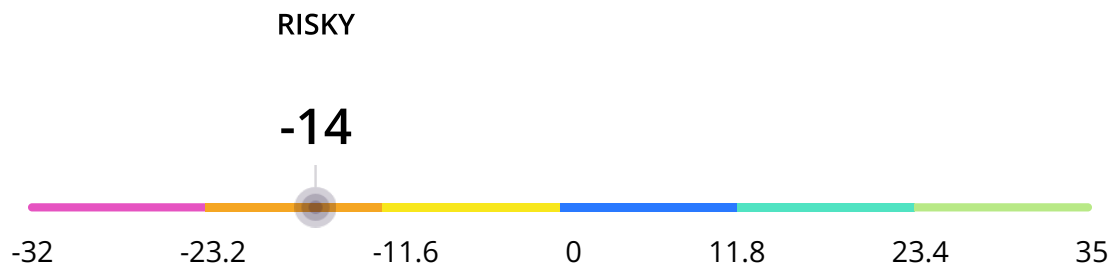
Your self control tendency is **alarming**.

## Decisiveness Tendency



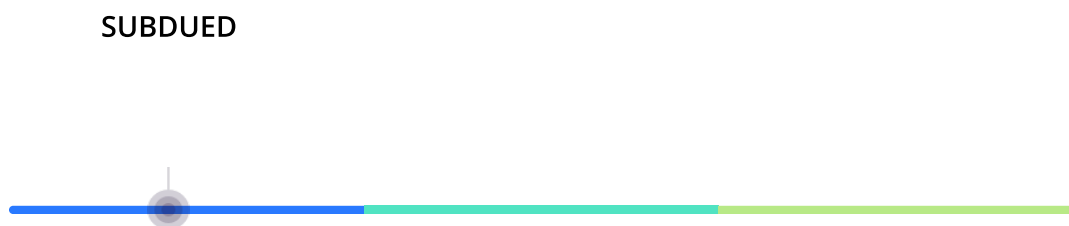
Your decisiveness tendency is **managing**.

## Focus Tendency



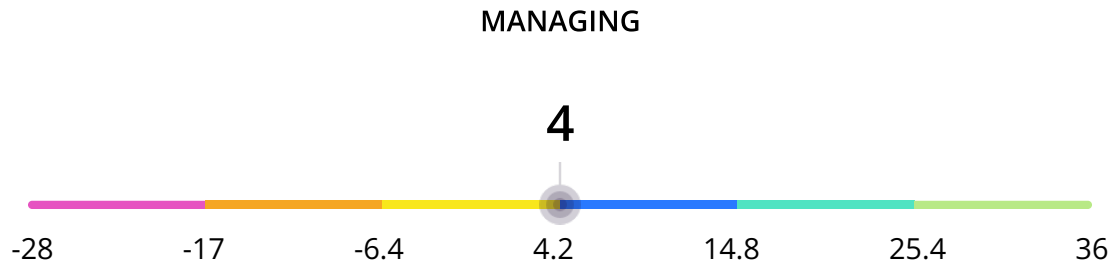
Your focus tendency is **risky**.

## Tendency to be Insightful



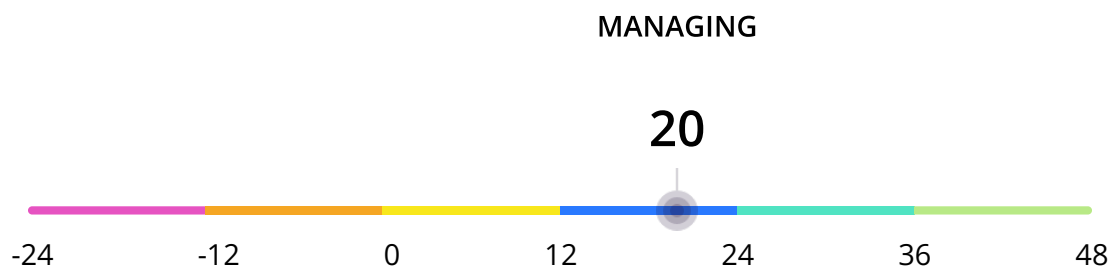
Your tendency to be insightful is **subdued**.

### Pursuit of Excellence Tendency



Your pursuit of excellence tendency is **managing**.

### Enthusiasm Tendency



Your enthusiasm tendency is **managing**.

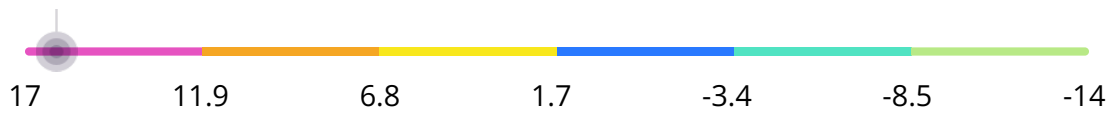
## Negative Tendencies

The negative tendency scale ranges from a positive value (eg.17) to a negative value(eg. -14). This is reverse of positive tendency scale. The lower the score, the better it is. Kindly pay more attention if your score is higher.

### Force and Aggression Tendency

ALARMING

16

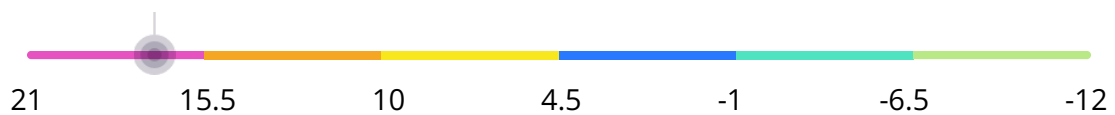


Your force and aggression tendency is **alarming**.

### Sadness & Dissapointment Tendency

ALARMING

17



Your sadness & dissapointment tendency is **alarming**.

### Pessimism Tendency

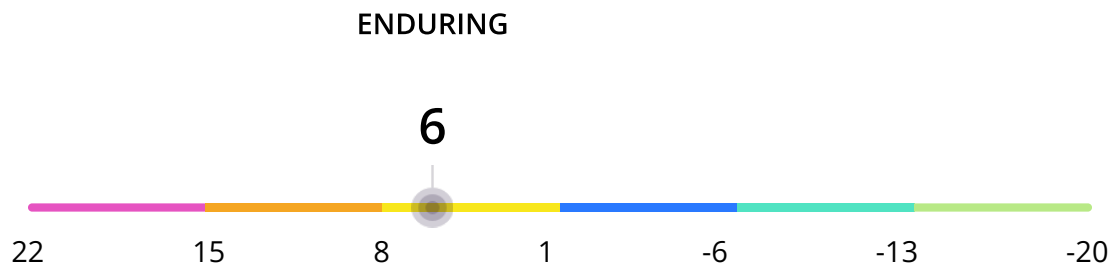
RISKY

7



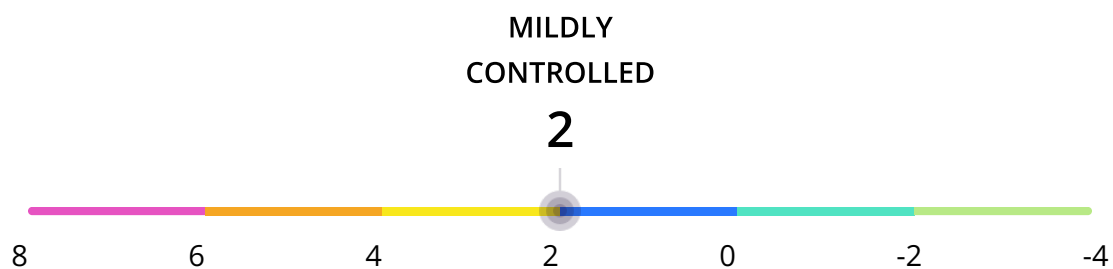
Your pessimism tendency is **risky**.

### Confusion and Indecision Tendency



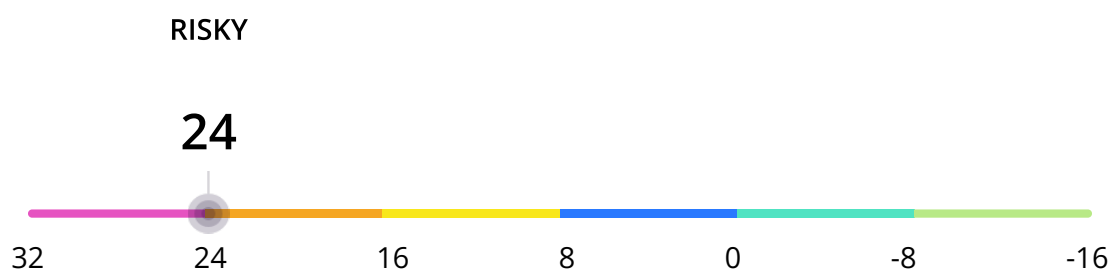
Your confusion and indecision tendency is **enduring**.

### Tendency About Feeling Guilty



Your tendency about feeling guilty is **mildly controlled**.

### Tendency to Feel Fear, Anxiety or Insecurity

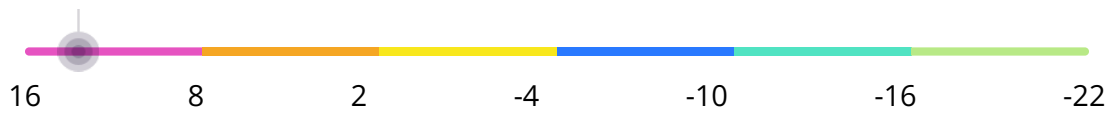


Your tendency to feel fear, anxiety or insecurity is **risky**.

### Tendency Towards Mood Swings

ALARMING

14

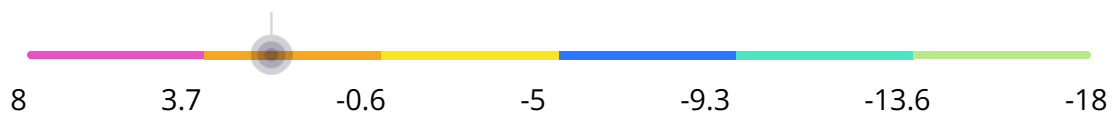


Your tendency towards mood swings is **alarming**.

### Compulsive Social Withdrawal Tendency

RISKY

2

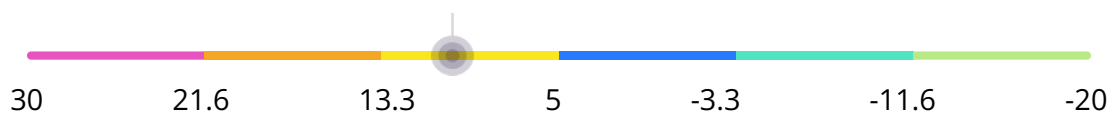


Your compulsive social withdrawal tendency is **risky**.

### Delusion & Detachment From Reality Tendency

ENDURING

10

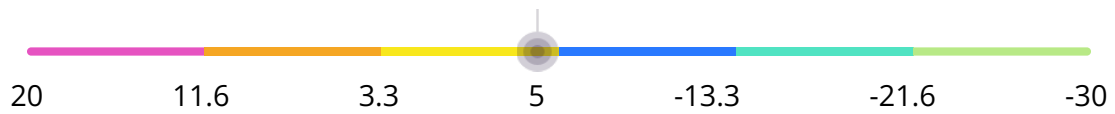


Your delusion & detachment from reality tendency is **enduring**.

### Tendency of Frequently Feeling Rundown/Tiredness

ENDURING

-4

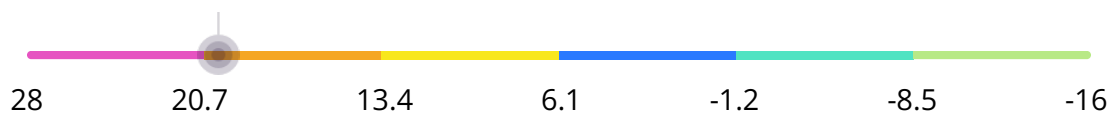


Your tendency of frequently feeling rundown/tiredness is **enduring**.

### Tendency Towards Addictions

RISKY

20



Your tendency towards addictions is **risky**.

### Self Harm Tendency

HIGH

40



Your self harm tendency is **high**.

### Sex Drive Swing Tendency



EXAGGERATED



Your tendency to swing your sex drive is **exaggerated**.

### Mood Driven Physical Pain Tendency

HIGH

61

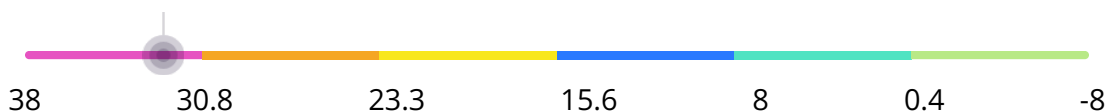


Your mood driven physical pain tendency is **high**.

### Tendency of Excessive Complaining and Blaming

ALARMING

32



Your tendency of excessive complaining and blaming is **alarming**.

### Tendency of Feeling Impatient

ALARMING

26

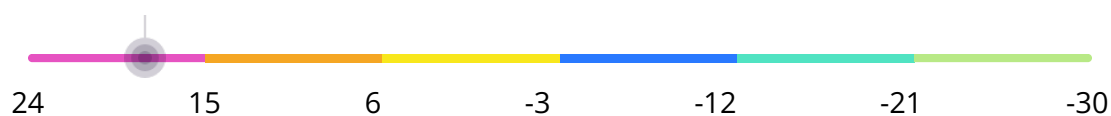


Your tendency of feeling impatient is **alarming**.

## Loneliness Tendency

ALARMING

18



Your loneliness tendency is **alarming**.

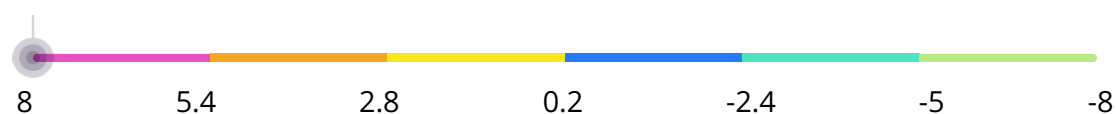
## Tendency to Feel Fear of Missing Out

You have the tendency to feel fear of failure.

## Uncontrolled Obsessiveness Tendency

ALARMING

8



Your uncontrolled obsessiveness tendency is **alarming**.

**\*Disclaimer:** This is not a medical evaluation. This is an assessment based on Yogic Wisdom. This assessment does not prescribe any medicines or invasive intervention.

# Motivations

Quality of our life depends on our response to external events and our initiatives. Our responses and initiatives are generated by our Choice Making Mind. Our choice making mind is dependent on our subconscious motivations. This reports shows you the motivations your mind is currently driven by. These motivations tend to change every 30 to 60 days, so don't forget to repeat your test and keep a track.

## Coaching Remedy Master

### REGULATIONS

#### Universal

Dormant	Connected
	Active

#### Intellectual

Minimized	Personal Flexibility
	Leadership
	Transcendence

#### Social

Minimized	Distinction	Goal Based
Self doubt		

#### Action Initiative

Dormant	Control Based	Goal Based
---------	---------------	------------

#### Emotional

Dormant	Indulgent	Goal Based
---------	-----------	------------

## Physical

Dormant	Recovery	Evolved
---------	----------	---------

## ORIENTATIONS

### Motion

Preservation	Inertia	Momentum
--------------	---------	----------

### Competition

High Distinction	Medium Distinction	Harmony
------------------	--------------------	---------

### Relationship

Individual	Authority	Leadership
------------	-----------	------------

### Analytical

Force	Intellectual	Rule Based
-------	--------------	------------

The above table is for reference purpose only

## Coaching Remedy User

### REGULATIONS

Universal	Dormant
Intellectual	Minimised
Social	Minimised
Action Initiative	Control Based
Emotional	Indulgent
Physical	Recovery

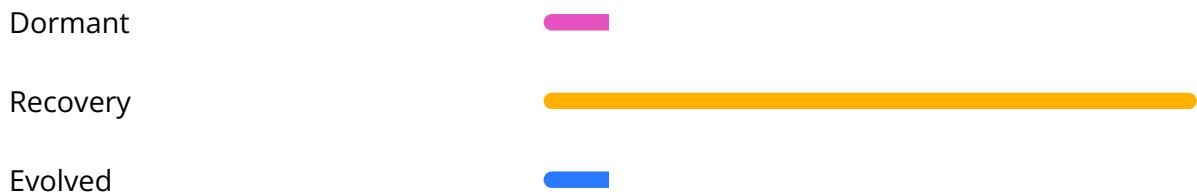
### ORIENTATIONS

Motion	Momentum
Competition	High Distinction
Relationship	Authority
Analytical	Force

## How to Prescribe Remedy

- > Choose an area one at a time according to priority, (listed below left to right is high to low priority) -  
Physical › Action Initiative › Social › Emotional › Intellectual Universal.
- > After 40 days if previous remedy is effective, retake the test and move to next priority.  
Or  
If previous remedy is not effective, prescribe a new remedy for the same problem, which is more likely to succeed.

## Physical Regulation

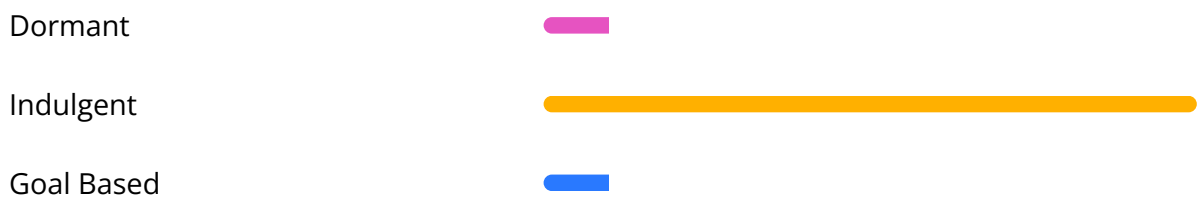


**Your physical regulation is recovery.**

When it comes to your body you seem to be over exheriting. Either it's your hurry to be a certain way or you like to keep pushing yourself. You use extra energy in pushing your body. Due to this tendency your body is mostly in need of some rest. As a result, you may avoid or take short cuts in some other important aspect of your life, like work or relationships etc.

More on this ›

## Emotional Regulation

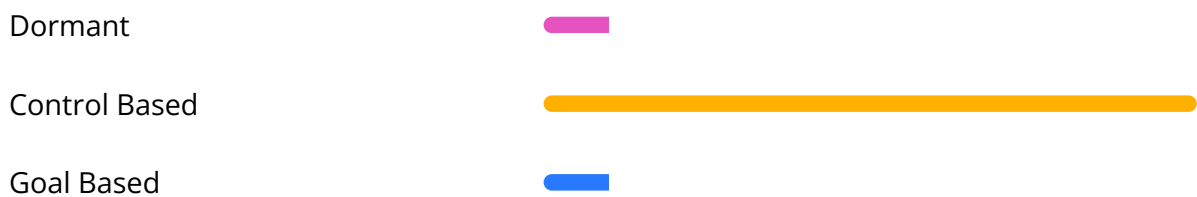


**Your emotional regulation is indulgent.**

Indulgence, enjoyment, taste and experimentation, these seem to be the drivers of your emotions. You want to fill your life with sensuality in some form or the other. Your decisions and actions are influenced by your need to please one or more of your sense organs.

[More on this ›](#)

## Action Initiative Regulation

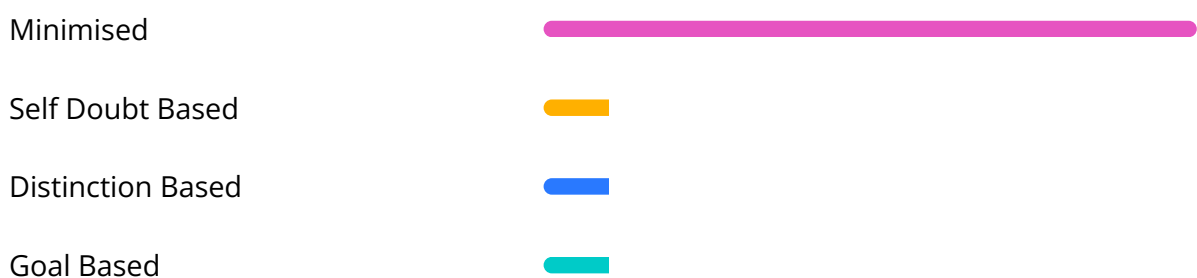


**Your action initiative regulation is control based.**

It seems you have a deep desire for control or some kind of supremacy. You will be quick to act for such reasons and slow to act for any other reasons.

[More on this ›](#)

## Social Regulation



**Your social regulation is minimised.**

You have a strong sense of your own entitlement. You are very focused on what you deserve. Currently, your mind does not think much about what you need to do for others. It's main focus is about how to make yourself comfortable and safe.

[More on this ›](#)

## Intellectual Regulation

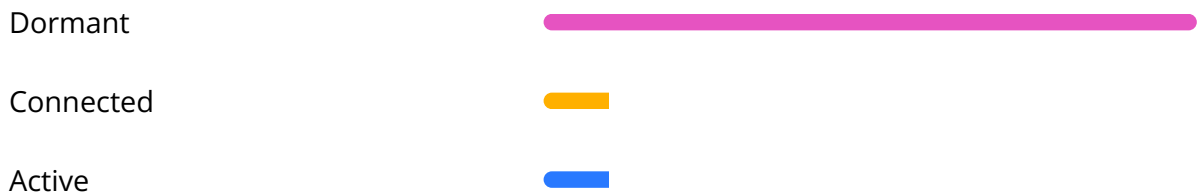


**Your intellectual regulation is minimised.**

Your emotional motivations, your initiative motivations and your social motivations are so strong that, you rarely apply your intellect in a pure manner. All your analysis is effected by your other motivations.

[More on this ›](#)

## Universal Regulation



**Your universal regulation is dormant.**

According to ancient yogic wisdom, we are all connected parts of the universe. However most often, you take decisions, forgetting that you are connected to the universe and thus reduce your harmony with the universe.

## Motion Orientation



**Your motion orientation is momentum.**

This orientation shows that you are an agent of movement and change and evolution. You are not one to stop.

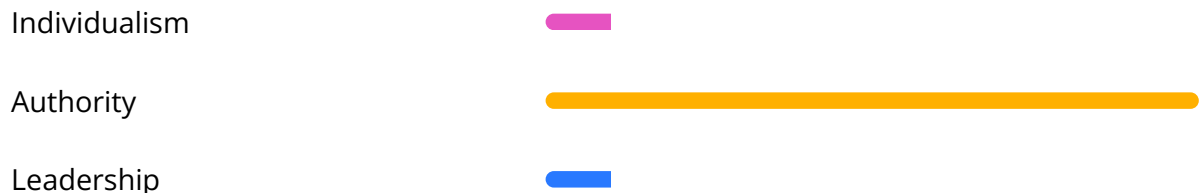
## Competition Orientation



**Your competition orientation is high distinction.**

This indicates a strong need for distinction or standing out which will extend to all facets of your life. This will also lead to a need for a strong sense of material control.

## Relationship Orientation



**Your relationship orientation is authority.**

This indicates a person's need for authority. This is also a social need and indicates a high need for intermingling. If accompanied with self-doubt social regulation, then this indicates suppression of authority and if accompanied with distinction social regulation, then it indicates forceful assertion of authority.

## Analytical Orientation



Force



Intellectual



Rule Based



**Your analytical orientation is force.**

This indicates that person does not use intellectual function often. The person is very materially driven and will tend to use force for getting things done or making themselves ill internally.

## Hazes

Quality of our life depends on our response to external events and our initiatives. Our responses and initiatives are generated by our Choice Making Mind. Our choice making mind is dependent on our subconscious Hazes(blind spots). This reports shows you Hazes your minds is currently driven by. These hazes tend to change every 30 to 60 days, so don't forget to repeat your test and keep a track.

### Discrimination Haze



This dosha indicates that in your day to day thinking and work you forget that you are an indivisible part of the universe and are affected by the rules of the universe much more than any other rules. You tend to take short

term or short sighted decisions which are not sustainable for the planet and the universe. Thus they are not beneficial for you personally either.

### Intellectual Haze



This dosha indicates that the intellectual function is either suppressed and clouded by material concerns or is used aimlessly.

### Individualism Haze



This dosha indicates a kind of self centeredness. This makes you suffer from a strong sense of entitlement and can give you a feeling of being a victim. It can also reduce your ability to take proper and timely initiative. It also distances you from people as you are not able to appreciate their needs and viewpoints and reciprocate properly.

### Force and Quit Haze



This dosha indicates that the person will use force for accomplishing their goals and get exhausted soon after. They tend to abandon their goal if it is not accomplished quickly.

### Yearnings Haze



This dosha indicates an excess of yearnings in life. This leads to excessive and unpredictable indulgence. The person may be over involved in fulfilling the need of one or the other of their senses or even be over involved in sensual desires.

### Recovery Haze



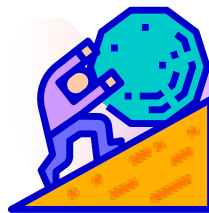
This dosha indicates the tendency to exert excessively, leading to fatigue and exhaustion. This leaves one needing rest and recovery. Sometimes, when you have challenges in life or need to grow, you may not have the adequate energy to give to your work or relationships due to this dosha.

### Restlessness Haze



This dosha indicates a high degree of restlessness at all levels: physical, emotional and thought level.

### Force Haze



This dosha indicates that the person is likely to use force to accomplish their goals instead of finding analytical answers. This leads to the destruction of harmony in life.

## CAS (Cognitive Attention Score)

The CAS (Cognitive Attention Score) reveals the dimensions your mind is active in and indicates your overall well-being.

- Your score is a reflection of the **current** state of your mind **only**.
- Your performance range shows the other extent your mind can reach occasionally.
- Your score tends to change every 30 – 60 days. It is highly recommended that

you take YogiMeter test every 60 days to understand the most recent state of your mind.



Performance Range: **32.1 - 56**

---

- > Your score indicates that you are **very intelligent** and thus you “over rely” on your brain.
- > Your view on life is **not holistic** and thus in spite of your intelligence, you have to struggle in life.
- > **Good news** is that this can all change as you develop a better understanding of **yourself and your life**.

More on this ›

---



What is your current relationship with your mind?

Currently, your mind is like a hyper energetic baby. It is all over the place. It has many distractions and loves the merry go rounds. It keeps you busy and takes your life in circles. When things get unpleasant, it gets scared or throws tantrums.

Q  
Presently, how much do you use your mind and how much does your mind use you?

Nowadays, 45% of the times you use your mind. 55%, it uses you.  
During such a phase in your life, your mind can manipulate you.

Q  
Nowadays, in what manner does your mind identify you?

Currently, your mind thinks you are your body.

Q  
Presently, what are the dominant priorities of your mind?

Comfort & Continuity

## Analysis

1

Currently, is your mind leading you to a better health?



Currently, your mind seems to have other priorities than your physical and emotional health.

Currently, how much joy is your mind creating?



Half the time your mind creates joy.

What makes your mind create sadness?



Other people can really disturb your emotions, on its own your mind stays joyful.

Currently, what is the basis of your decision making?



Currently, your mind tends to take many decisions on a moment to

moment basis on your immediate feelings. At most times it is reacting to the environment.

5

Nowadays, how long are your decisions valid for?



Your reactionary decisions change often and your planned decisions change every 12 to 30 months as your plans change.

Your decisions are taken on a moment to moment basis; they change rapidly as the situation changes.

How much your life is likely to be impacted by other people's decisions and your independent decisions?



6

Currently, what can be the sphere of influence of your decisions if you tried?



● Self and Family

● Self and Family + Community or Organisation



- Self and Family + Community or Organisation + Industry or Fraternity
- Self and Family + Community or Organisation + Industry or Fraternity + Nation

The sphere of influence of your decisions are Self and Family

For your current state of mind, who is your ideal adviser?



Someone who can **lead** you and tell you: 1. what path to take 2. how to learn 3. help you take major decisions. If they are physically fit, you will gain more.

What kinds of doubts does your mind create?



High self-doubt and many other doubts.

How often can your doubts drag you down in life?

70% of time



How often does your mind make you leave things unfinished?

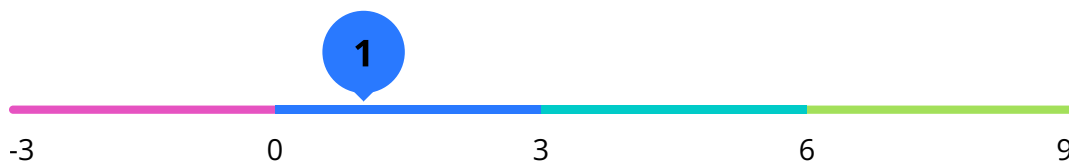
80% of time



# Prosperity

Your Prosperity Score indicates how your mind's orientation impacts prosperity in your life. Prosperity is based on a combination of your earnings, expenses, savings and their rates of growth.

## Prosperity Score



### Impact on Life:

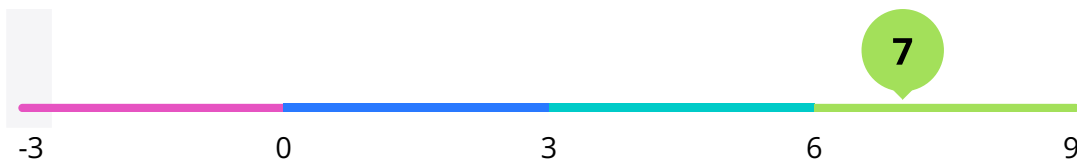
Enduring

### Suggestion:

Act as per other's advice.

## Income Enhancer

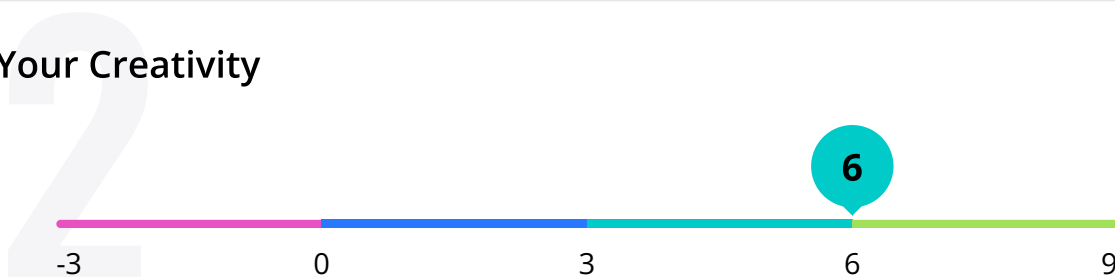
Increasing Your Earning



### Rapid increase in income

You have a deep desire to grow your income, and this is your first positive strength. It will keep your mind open and thinking. Secondly, you can become instantly creative and resourceful when it comes to growing your income. You can make your mind, body and relationships work harder to achieve this goal. You will also have the ability to come up with big-leap ideas that can quickly change your income level altogether. A big negative in this area can be your greed. You can sometimes make really silly mistakes, as the mere promise of large or quick returns can flaw your judgement. Another challenge you may face is that you can fail to consistently grow your own learning. You are more likely to depend on external factors than to grow your own knowledge and ability to increase your income.

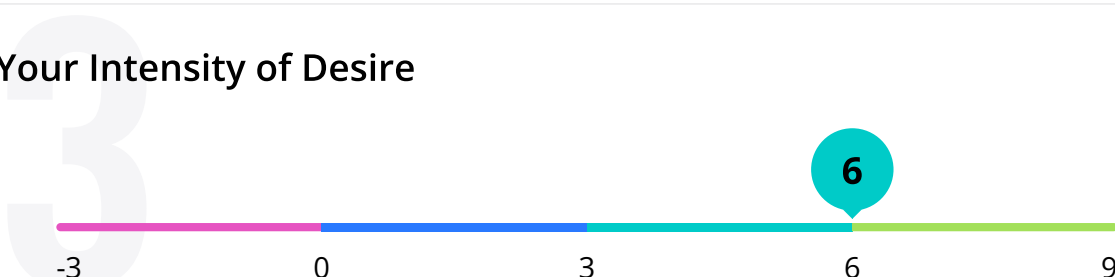
### Your Creativity



### Sensory creativity

Currently your creativity seems to be heightened to create things that appeal to other people's senses. Objects that are visually appealing, nice to listen to, smell, taste or touch.

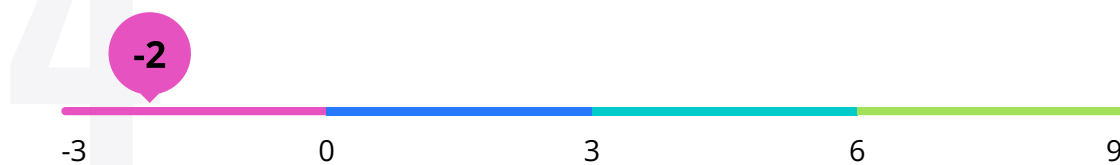
### Your Intensity of Desire



## Forceful intensity of desire

Your current habits indicate that you bring great intensity to your goal, however you seem to apply too much force to what you need to achieve. This indicates a low level of patience. This force may have often yielded results and so you seem to rely on it. The problem with this force is that it's effective only in situations that work out quickly, or where the other person is willing to deal with this force. In many other instances you will find this approach counterproductive. This could make you totally abandon your goal or path, and turn in a new direction and lead to a burn-out. In order to avoid this, you need to increase your patience and moderate your force. So the golden learning for you is that "great intensity can exist without great force".

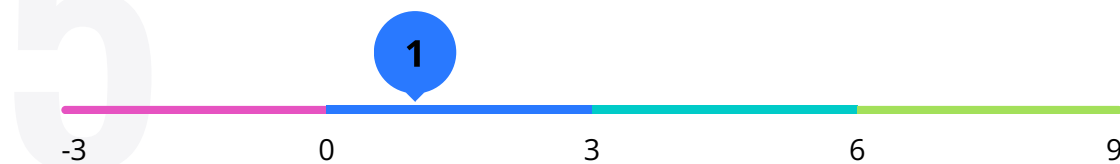
## Your Consistency



### Consistency is a big concern area for you

Your lack of consistency seems to be the cause of your income-related problems.

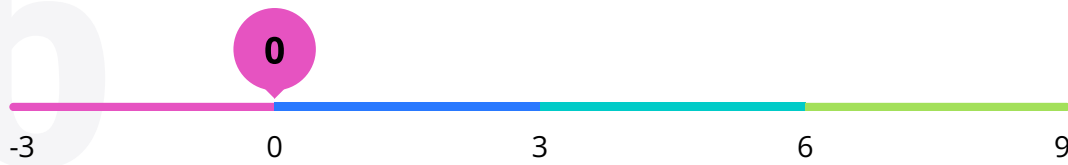
## Your Relationships and Organisational Ability



### Organisation needs can bring challenge to your life

Your habits indicate that your relationship and organisational abilities are an area of concern. They can pull you down financially.

## Your Inventive and Path-breaking Thinking

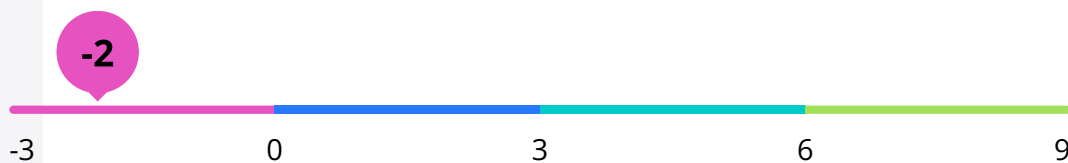


### Unpredictable path-breaking thinking

Your choices indicate that your inventive and path-breaking thinking is still underdeveloped and requires some more work.

## Expenditure Trigger

### Rising Spends



### Rapid and reckless rise in expenditure

Your expenditure will rise along with your income. In fact sometimes it may rise faster. This is a real concern area for you and you need to be very careful. Some of the reasons your expenditure may rise include a need to grow and create more wealth, that will make you constantly invest in the future. Also, you are prone to making risky investments which may be never yield anything. You also tend to be over optimistic and don't keep an eye on the bottom line, You believe that somehow you will make so much money, that it will justify the expenditure.

## A Compulsion for Physical Comfort

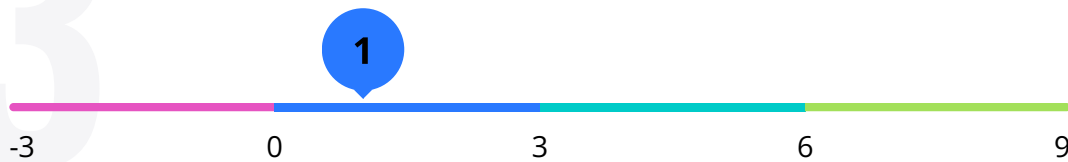


### Physical comfort will not come in your way

6

Your habits indicate that your need for physical comfort is moderate and not a big concern area for either your income or expenditure.

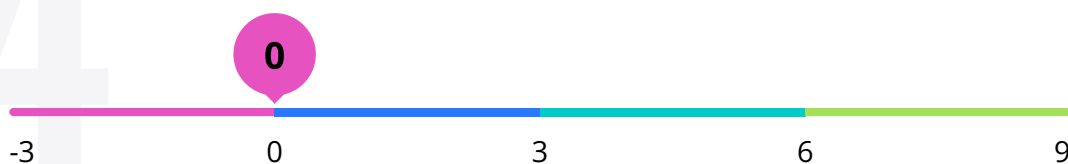
### Over-expenditure on Enjoyment and Luxuries



### Luxury and enjoyment needs can slow you down

Your habits indicate that you are quite fond of enjoyment and/or luxuries. This tendency can come in the way of your income-expenditure balance.

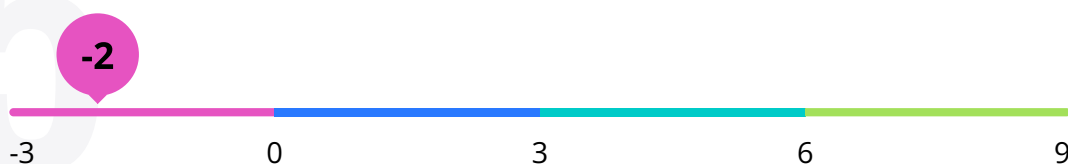
### Expenditure on Popularity or Reputation



### Your money is more important than your leadership

Your habits indicate that you do not concern yourself enough with your popularity and reputation to make consistent efforts that could incur expenses.

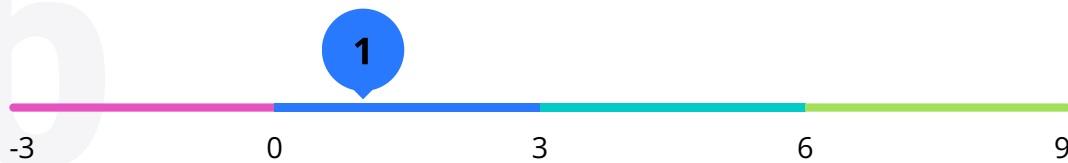
### Need for Adulation



### Be cautious of your need for love and validation

Your habits indicate that you have a heightened need for adulation. This emotional need can threaten your income and expenditure balance. It can place you in poor company as well as prevent you from taking firm decisions.

### Risk from Investment Failure

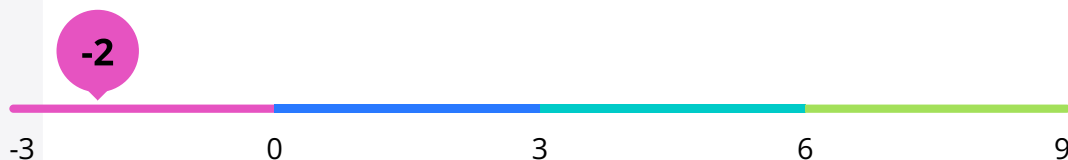


#### Let those with proven track records invest for you

Your habits indicate that you should not make investments by yourself. You must consult a financial expert and even then you should not invest in volatile opportunities.

## Saving Solution

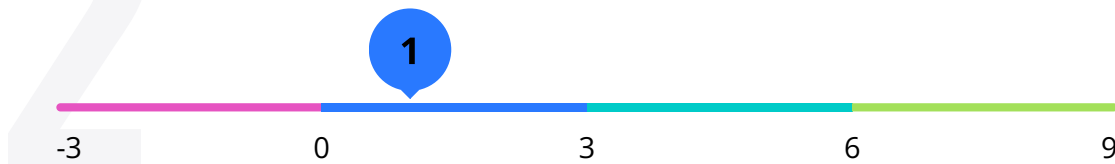
### Challenges



#### Comparing yourself to others is a sure road to failure

Always remember that all that glitters is not gold. You have a tendency to be taken in by other people's success or deceptive get-rich-quick schemes that look good from the outside. You are prone to wager your savings on what looks like gold without thinking it through. You are prone to sudden excitement and when something catches your fancy your emotions take over. You have to learn to slow down and think things through, otherwise you may waste your earnings or disposable wealth.

## 2 Make Money Make Money

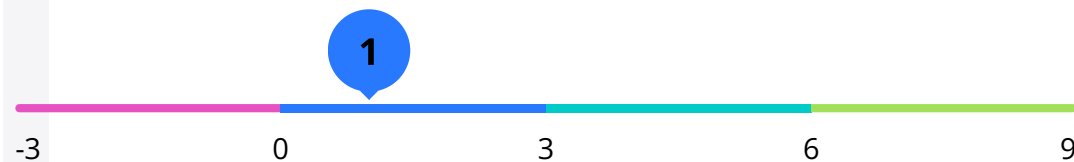


### If it's boring, it's probably beneficial for you

Making your money make money for you is not an act of heroism. Taking credit and feeling heroic are not emotions that belong with this act. You seem to be too interested in victory and dominance and these are not the language of money making money. In fact money making money can be boring and slow. So please develop a taste for boring and slow.

## Functional Wealth

### 1 Functional Wealth through Parentage or Patronage



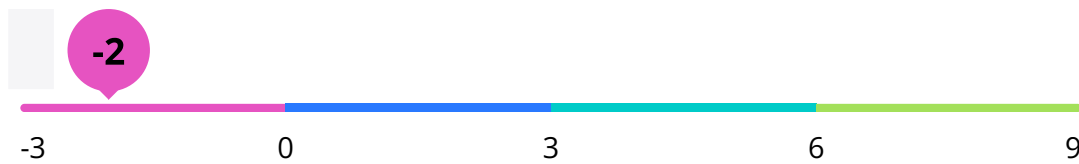
### You need a 'Pillar of Strength' in your life

Your habits indicate that you need a pillar of strength in your life to maintain functional wealth. In other words, without someone's help you will not be able to put together enough savings to live well without an income for 10 years.

## Other Important Factors

### 1 Financial Discipline

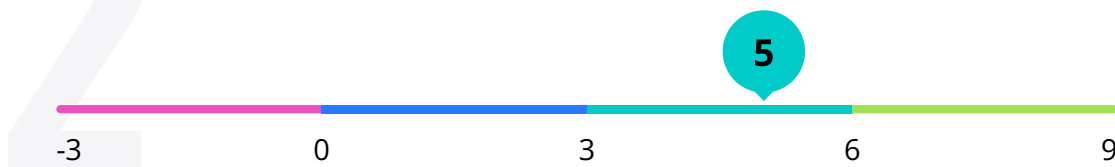




### Your financial discipline can bring your world crashing

Your habits indicate that financial discipline is your area of concern. You must improve on this or all your hard work may come to nothing in the end. Also, you should choose someone to handle your finances and listen to them. Your own mind can make you lose all you have and earn. So either work on this area or let someone else deal with your financial decision-making.

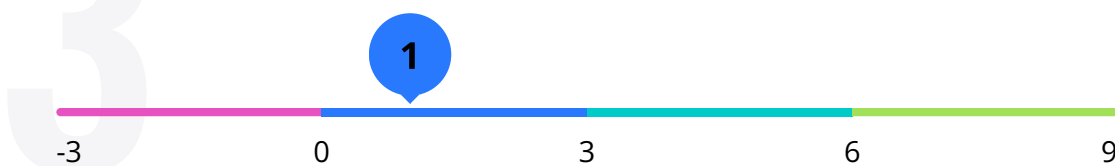
### Disproportionate Risk Ability



### High risk can cause high gain but high loss also

Your habits indicate that you are going through an alarming phase or you have some alarming tendencies with regard to taking risks. Please be very careful while assessing risks. You can take disproportionate risks and this can have long-term consequences. Please listen to critics and extremely mature people.

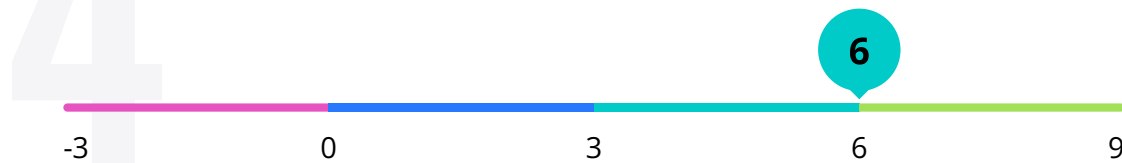
### Stability Of Wealth



Your wealth will fluctuate with your ever-changing mind

Currently your habits indicate that your wealth will keep fluctuating. You are likely to see many ups and downs in your life. This is a real area of concern. However, the solution to this problem does not lie in curbing your creativity.

## The Main Causes of Your Fluctuating Wealth



- > Pride
- > Arrogance
- > Conceit
- > Anger
- > Harsh speech
- > Overconfidence
- > Hurry
- > Greed
- > Over-attachment
- > Lack of patience

## Advice

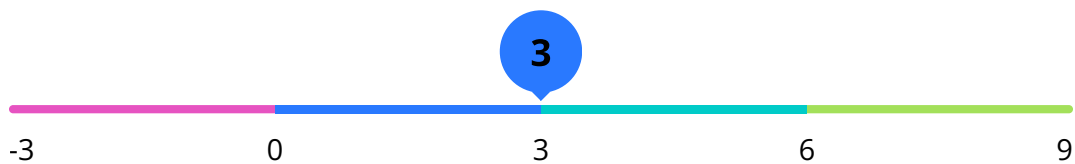
### Enhance your listening

You always have something to say. You need to listen more. You need to seek advice. You are so motivated to sell ideas, deals and stories that you may not listen. This will make you miss the advice you may get from the wise around you.

# Relationships

Your Relationship Score indicates the manner in which your mind is steering your relationships. The analysis is based on the depth and expanse of your relationships and how likely are they to be beneficial to you.

## Relationships Score



### Impact on Life:

Enduring

### Suggestion:

Take advice from those who seem to make and keep long relationships.

## Mental Tendencies That Are Very Helpful In Improving Or Maintaining Your Relationships

1

--> Confidence & Self Worth (++)

--> Enthusiasm (++)

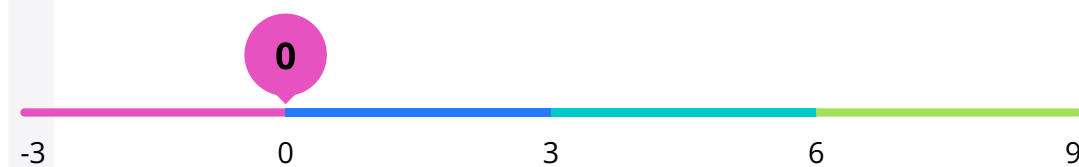
## Mental Tendencies Which Negatively Impact Your Relationships

1

- Empathy (++)
- Code of Conduct (++)
- Self Control (++)
- Force and Aggression (--)
- Sadness & Dissapointment (--)
- Pessimism (--)
- Feel Fear, Anxiety or Insecurity (--)
- Mood Swings (--)
- Compulsive Social Withdrawal (--)
- Excessive Complaining and Blaming (--)

## Loyalty, Dependability And Consistency (LDC)

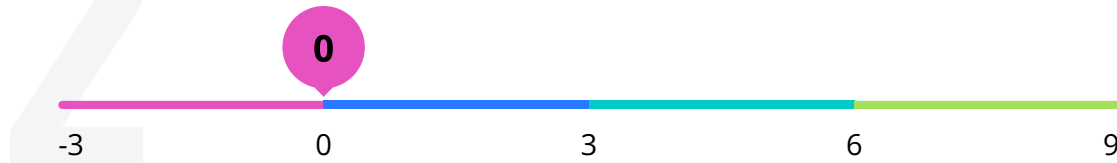
### Your Loyalty towards Family



#### You have a larger horizon of responsibilities

Your habits indicate that you are loyal towards family and close friends; however, there are many priorities in your life and loyalty to close ones has to coexist with your other priorities. Your friends and family understand that you have other priorities. Sometimes this may become an issue in your life and you have to learn to deal with this.

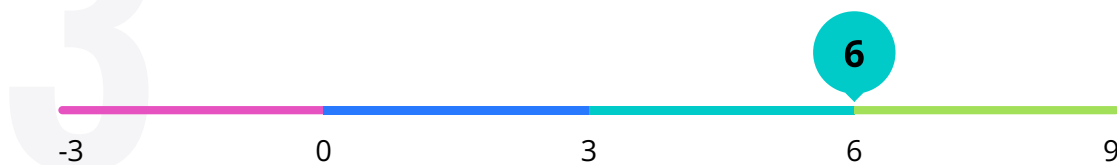
## Your Dependability towards Family



### Sometimes strength and sometimes over-commitment

Your habits indicate that although you are a dependable person, sometimes other priorities may take precedence. Thus on occasion close friends and family may consider you unpredictable.

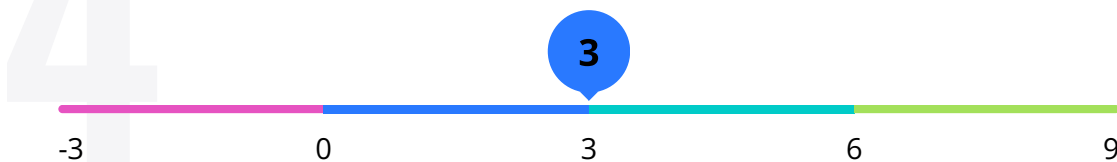
## Your Consistency towards Family



### Mostly strength area

Your habits indicate that your family and close friends find you consistent most of the time, but cannot be 100% sure about you.

## Your LDC towards an Organisation or Group

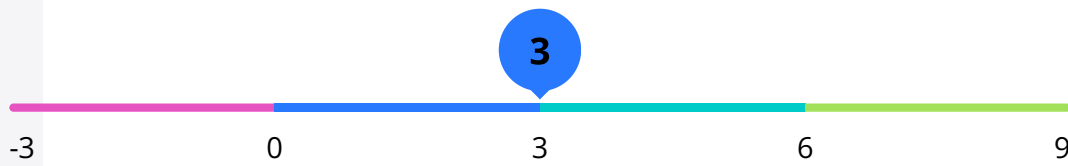


### Challenge area

Your habits indicate that your loyalty, dependability and consistency is not attached to an organisation or group unless that organisation or group is fully in your control.

## How An Organisation Sees You

### 1 LDC Perception by Organisation



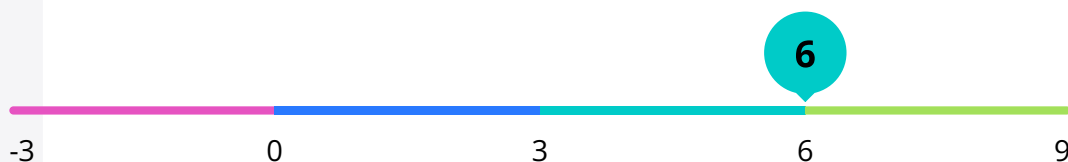
#### Some colleagues may think of you as selfish

Your habits indicate that irrespective of your intentions, your organisation or group will not value you for your loyalty, dependability or consistency.

However, they might find you consistent with your creative skills, your ability to solve certain problems or to perform specific tasks that others may not be able to do.

## How Others See You

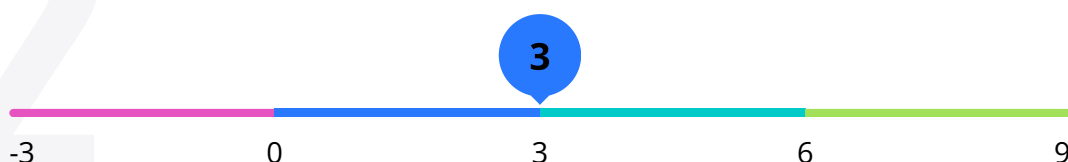
### 1 Physical Laziness



#### Strength area

Your habits indicate that laziness is not your problem and people know that.

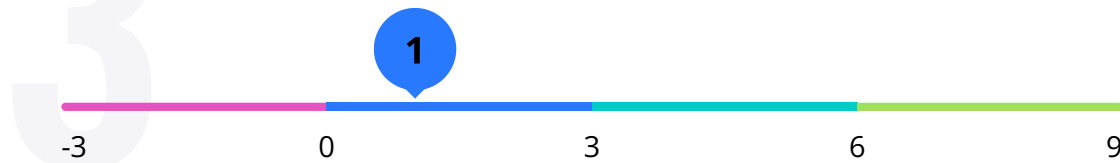
### 2 Carelessness



### Occasional challenge area

Your habits indicate that you focus only on things that are important to you, and tend to be disorganised in other things. So people may perceive you to be careless in your low-priority areas. This can be bad for your relationships as these areas can be of importance to others.

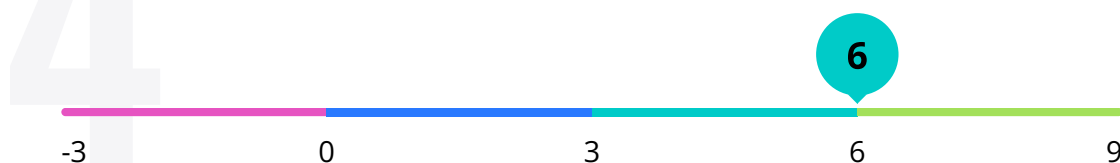
### Over-indulgence



### Challenge area

Your habits indicate that your zest for life creates a neediness or void in you. This makes you over-indulge in many areas of your life. This will estrange you from many people. Over-indulgence is often a sign of an inner void.

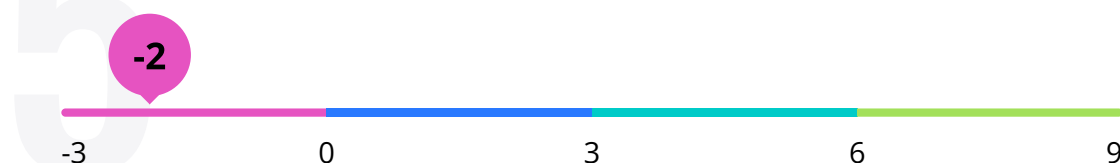
### Mental Laziness



### Strength area

Your habits indicate that mental laziness is not your problem.

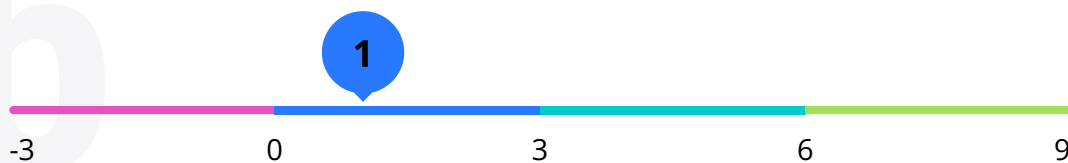
### Predictability



### Unpredictable and possibly troublesome

Your habits indicate that people around you may find you unpredictable and hard to deal with. They may sometimes shy away from trusting you. This will reduce trust in your dealings. This may also hamper you from persuading people in matters where trust is involved.

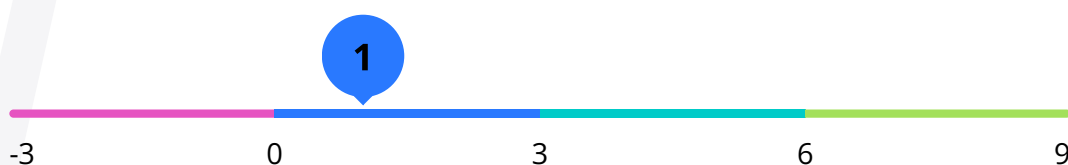
### Judgemental and Opinionated



### High challenge area

Your habits indicate that even if you are a liberal person, others may think of you as being judgemental and opinionated. This could affect the warmth, bonding and transparency of your relationships. It could even make your work environment challenging at times.

### Fairness in Financial Matters



### Mostly unfair

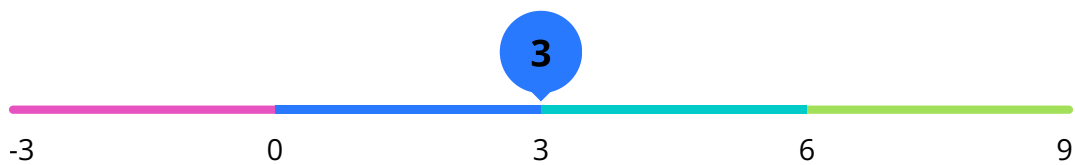
Your habits indicate that people will be wary of dealing with you in financial matters. This may leave you isolated, especially if you need financial collaboration.



# Stress & Emotions

Your Stress Score indicates how much stress you are carrying currently. It is based on the comparison of how much time you spend in problem-solving versus stressing over your problems. It also focuses on the different things or situations that stress you.

## Stress & Emotions Score



### Impact on Life:

Enduring

### Suggestion:

Physical workout, community service, and joining any spiritual or philosophical practice will help you tremendously.

## Stress Trigger

### A Need for Physical Safety and Comfort

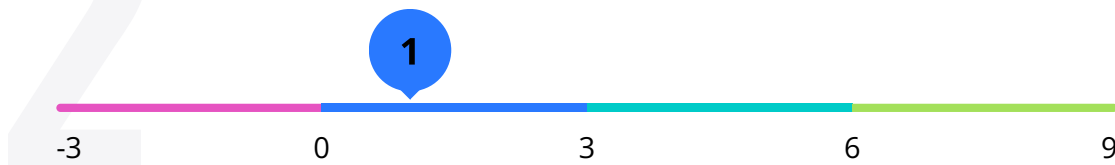


### Occasional stress area

You occasionally feel the need to slow down your life, and take a break with some much-needed rest. In cases where you are not able to do this at

frequent intervals, you tend to feel stressed.

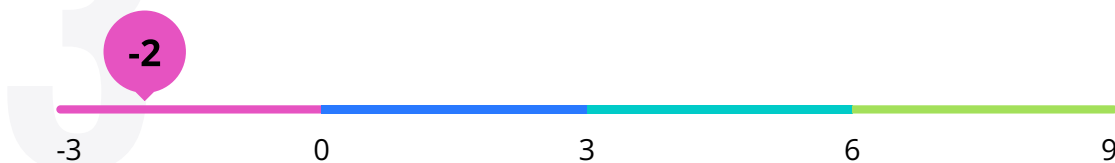
## A Need to Protect and/or Provide for Family



### All fear is a projection of your mind

Family is everything for you. Your habits indicate that you probably think of them, their wellbeing and your contribution to your family, above all else, and this can be major stress factor for you. You need to take a step back from worrying about the future of your family members so much.

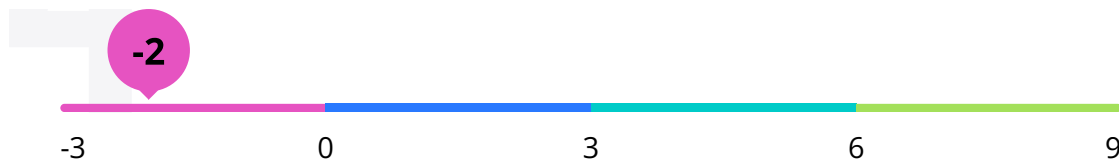
## Pretentiousness



### Constant stress area

You are constantly worrying about how others see you and what they think of you. This underlying thought even dictates how you manage your image and behaviour. This will be a source of constant stress to you, will impact major decisions and possibly negatively influence your life in more ways than you understand. You need to internalise the feeling that you are great as you are. Tell yourself that nobody is perfect, everyone has human frailties. It's only when people see and experience your human (faults and all!) side, will they truly learn to trust you.

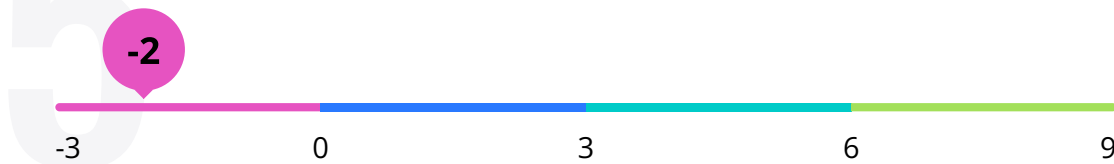
## Conflicts and Disputes



### Constant stress area

Conflicts and disputes are a huge source of stress in your life. You need to re-examine your choices and preferences. Please understand that it may not be who or what you are dealing with that is the cause of conflict. It may be about how you are acting. Contrary to what we believe, conflict is born out of a lack of empathy for others' compulsions or way of life. An underlying conflict indicates some form of finger-pointing and a lack of forgiveness. If you forgive or stop pointing the finger, you will find others changing. If you do not make this change in a current conflict area, you will simply fill your life with stress and this could be a major concern area for you.

### An Attachment to Material Things

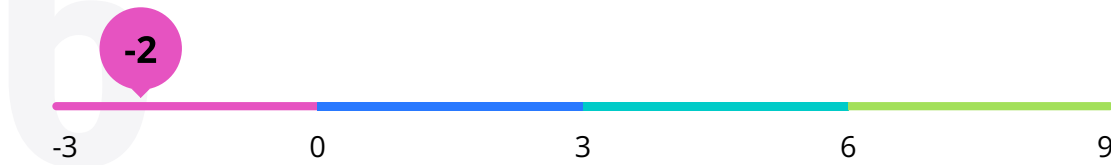


### Stress area

You have a tendency to be attached to material things. Mostly it will be things you desire and don't possess yet. But sometimes it could be something you already have and are excessively attached to. This can cause a lot of stress in your system, without you realising it. Excessive desire for a state of being, an object, or person is not a pattern you tend to maintain. In fact you may even wrongly perceive it to be your strength. However please note that getting something doesn't depend on how strongly you dream about it, but rather on how much you work for it. And when you work for something, you should focus not on your benefit from it, but on why others will give it to you gladly. In other words finding the benefit for others in it. If you do this then you will not stress, and achieve what you want. If you just desire or focus on the

benefit for yourself, more than the good of others, then this could be a perpetual stress area for you.

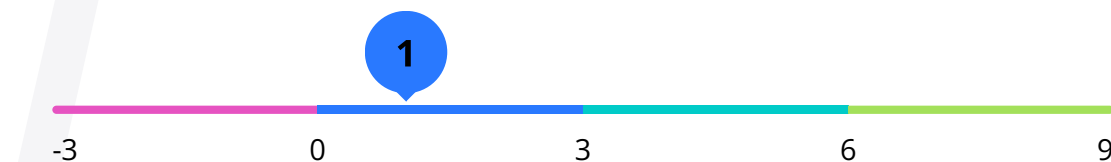
## A Lack of Physical Activity



### Stress area

You crave something and you feel that it will make your life much better. Not having it will make you feel very incomplete. This may be a sign that you need to add physical activity in your life. You need regular movement of body parts and energy.

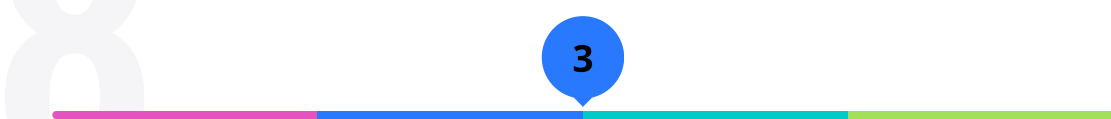
## Time Management



### Stress area

You are over-committed. Either in terms of the number of things you are involved in, or due to an over-commitment to one thing in an obsessive manner (without the necessary detachment or objectivity). This will make you mismanage your time. This over-commitment, even if it's to yourself alone, gives birth to sadness. You need to take this aspect of life more seriously. It will help you cure many emotional issues and also impact your relationships.

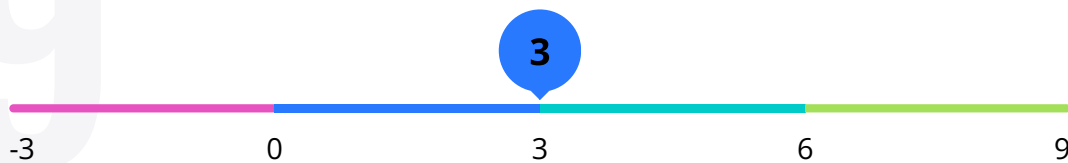
## Weather



## -3 Stress area

Weather can cause you stress, and you are more likely to feel stressed in hotter than in colder weather.

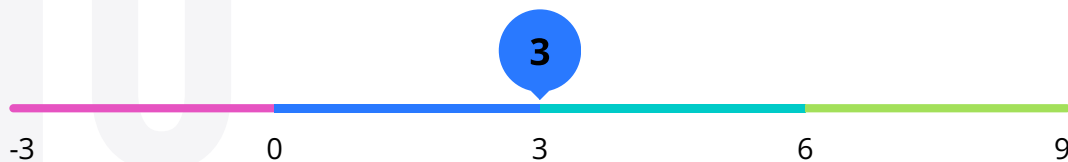
## 9 Attachment to Material Gain



### Stress area

You may have a compulsive need to add materials to your life. This could be a constant need for income, profit or some other specific gain. In case this need is not fulfilled, you may get excessively disturbed and stressed. This will also undermine your ability to plan and find practical solutions. You should first calm yourself down and then find solutions to such problems.

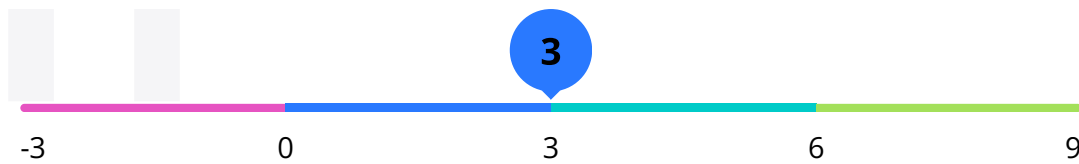
## 10 An Attachment to Happiness



### Cyclical stress area

You don't chase happiness, you would much rather have adventure or growth in your life. But sometimes you too can fall into the happiness trap and find that you need to get happiness from an external situation. This itself can become a source of stress, however this will only happen occasionally.

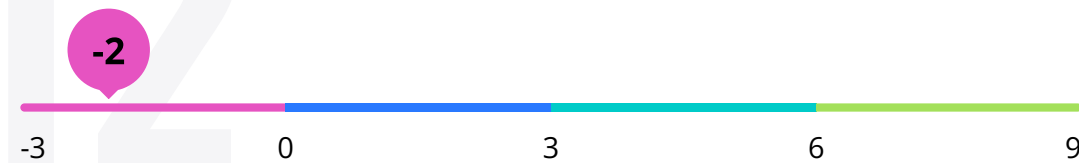
## 11 Excessive Social Entanglement



### Caution area

You display a strong impulse to gain from your relationships. You can become excessively entangled in socialising, making this a major source of stress for you and totally throwing you off track. This will then yield the exact opposite result of what you expected.

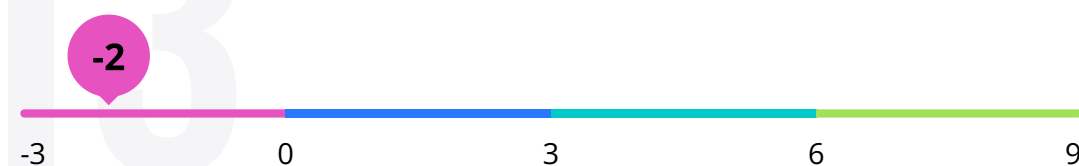
### A Feeling of Victimisation



### High stress area

Your habits indicate that you are prone to feeling like a victim. You often feel that someone else, life itself or external circumstances bring problems on to you. You are fixated on this feeling and it is spoiling your life. While this may be true in some part, this way of thinking has a few problems—it does not allow you to think about solutions; it makes you feel sad and helpless; and it also makes you feel powerless. You need to totally avoid thinking like this and focus on how to solve this problem. You have it in you to overcome this feeling.

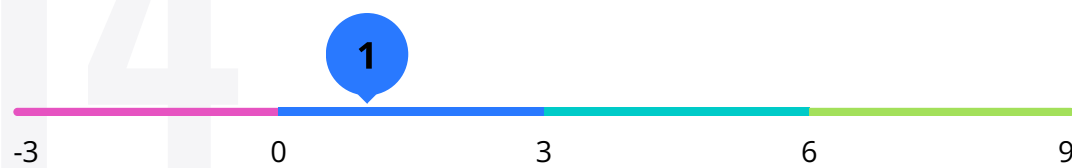
### Anger



### Stress area

Beware, as anger may be your worst enemy. According to the ancient scriptures, anger means two things: one, that you are overly attached to something. Two, that you have given up at finding a real solution and that's why you are angry. It is one of the largest causes of stress in your environment and it will destroy your relationships. If you get angry frequently, please exercise more. This will channelize the restless energy within you and help control your anger.

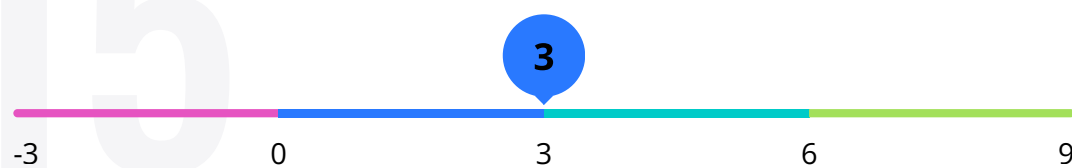
## Fearfulness



### Stress area

You tend to get worked up about something you need to achieve, acquire or possess. This can wind you up much more than you realise. It can cause stress in your life, spoil your relationships and also ruin your health. Don't think of this deep desire as the essential energy responsible for your achievements. If anything, it destroys the quality of your achievements. Sometimes it will make your achievement illusory, as after accomplishing it, you may even consider it worthless, and also feel pain or sorrow. It's best not to be overwhelmed by this fear of not getting something. You need to work on this aspect of your life.

## A Lack of Forgiveness

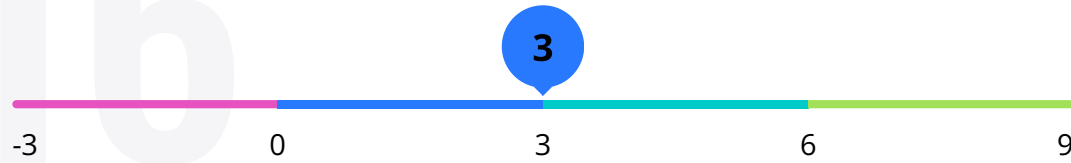


### Occasional stress area

Holding a grudge can be a source of emotional imbalance for you, but not for

long. You are more likely to move on as you have a stronger need to evolve in your life's journey.

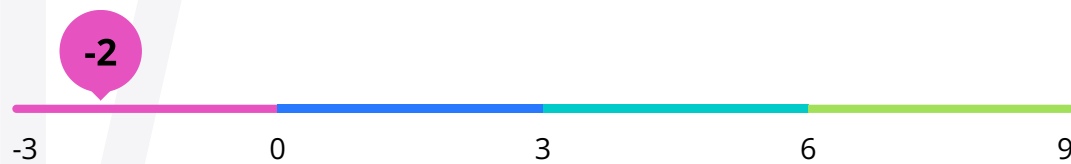
## A Superiority Complex



### High stress area

Humans are created equal. Yes, you have some strengths that are unique to you, however others have theirs. While we agree that everyone is not the same, everyone is equal. It is most important that you understand this. Others have an equal chance of getting to your goals, even if they don't have your tools. They may have others. If you don't have clarity on this, you will actually not make it to your goal, and only those who don't have your talents will.

## Lust

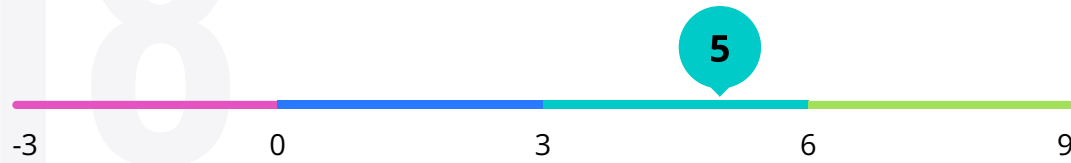


### High stress area

You show a strong tendency to be fully and forcefully attracted to something or someone. Beware as this will make you blind, even with open eyes. This tendency alone can land you in such a deep ditch that you could take an entire lifetime to crawl out. So please focus your lust carefully. It's like hunger to you so find a responsible solution for it. Sometimes when we don't eat well at home, we find ourselves eating junk food and then wind up with food poisoning. This is exactly what lust can do to your life.



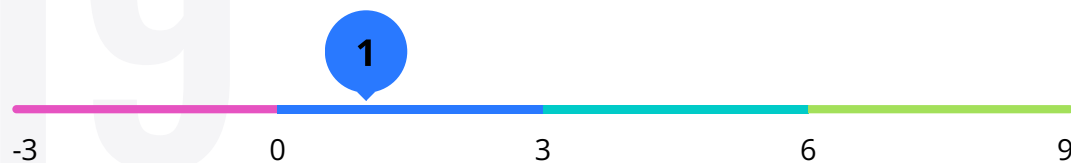
## A Fear of Failure



### Stride area

Your habits indicate that you have almost no fear of failure. You fail to appreciate the real risk of failing and do your work very optimistically, as if there is no possibility of failure. This can actually be bad for your outcome as you are less likely to revise and take advice. But this will not be an area of stress for you. However, to avoid actual failure, it is always good to get a second opinion or re-examine your work with fresh eyes.

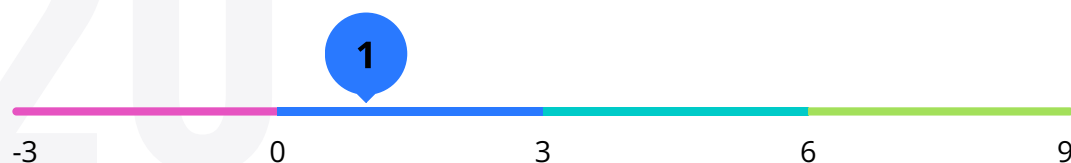
## Dependence for Material Needs



### Stress area

You are likely to be dependent on others for your material needs. This will make you vulnerable to them and can become a source of stress if your benefactor behaves in an unpredictable manner

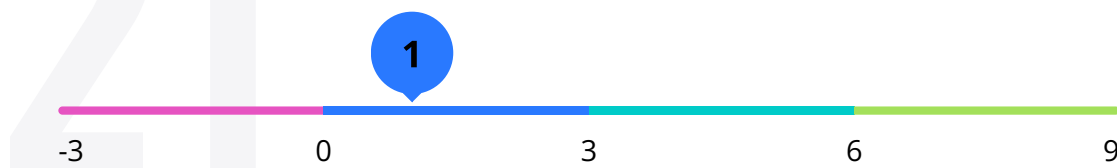
## Trust



### Stress area

You have a very peculiar disposition when it comes to trust. Even though you may not trust others, your actions are likely to be quite trusting because you have a lot of confidence in yourself. This is more applicable in professional and business dealings. However you find it difficult to trust people in emotional matters. So much so, that you can even distrust people you are very close to in emotional matters and this can make you quite miserable.

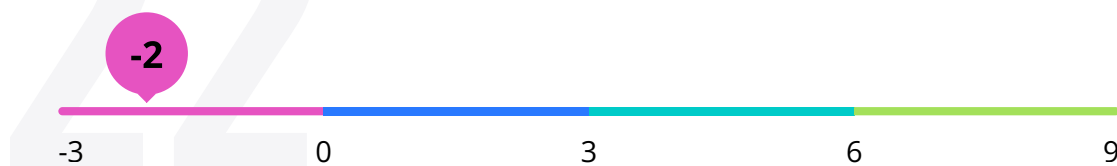
## Self-doubt



### High stress area

You have a lot of self-doubt. This comes to the surface when you try and work in collaboration with others who are competent or are go-getters. This can also come to the surface when you set out to achieve something or during trying times when you need to find solutions. This self-doubt can be a huge source of stress and emotional imbalance in your life. Know that this self-doubt is actually useless. It only comes out because you tend to do less and think more. Even when you do, you tend not to be focused. Multitasking and taking too many breaks, can make you do less and think more. These are habits you need to repair, rather than doubt yourself, as there is absolutely nothing wrong with you.

## Risk Behaviour

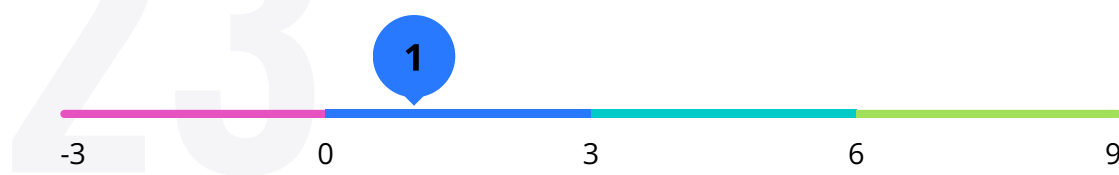


### High stress area

Your inability to trust others tends to create an emotional imbalance in your

life. Since you depend on others for material things, you learn deep lessons every time you are disappointed and start dealing with people with even more caution. This leaves you with a larger trust deficit. This also keeps your relationships shallow. You have a very strong orientation for growth and this makes you take a lot of risks. Often, this risk-taking is out of proportion and can become a source of high stress in your life, even driving you to the brink at times.

## Consumerism



### High stress area

You are prone to managing your energy and moods through consumerism. This is a sign of an underlying stress in you. Besides being a reaction to your existing stress, this behaviour also adds to your stress. If this manifests itself in the form of food or alcohol, it will impact your weight, health and self-esteem. In case it manifests itself in the form of shopping etc., it will negatively impact your productivity and also increase your material entanglement in life.

## Reasons For Moderate Stress

1

--> A Fear of Failure

## Reasons For Medium Stress

# 1

- > A Need for Physical Safety and Comfort
- > A Need to Protect and/or Provide for Family
- > Time Management
- > Weather
- > Attachment to Material Gain
- > An Attachment to Happiness
- > Excessive Social Entanglement
- > Fearfulness
- > A Lack of Forgiveness
- > A Superiority Complex
- > Dependence for Material Needs
- > Trust
- > Self-doubt
- > Consumerism

---

## Reasons For High Stress

# 1

- > Pretentiousness
- > Conflicts and Disputes
- > An Attachment to Material Things
- > A Lack of Physical Activity
- > A Feeling of Victimisation
- > Anger

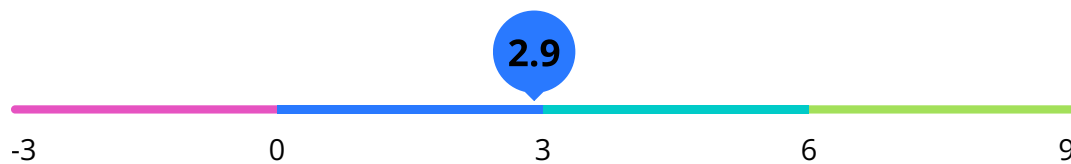
→ Lust

→ Risk Behaviour

# Effectiveness

When our thoughts, actions, emotions and goals are aligned we tend to be effective and get our desired work done. When they are at cross-purposes, we fail. Your Effectiveness Score is based on the analysis of this alignment. It is a good measure of how likely we are to set and achieve goals.

## Effectiveness Score



### Impact on Life:

Enduring

### Suggestion:

Get someone to coach you on goal-setting and follow-up.

## Internal Effectiveness

1

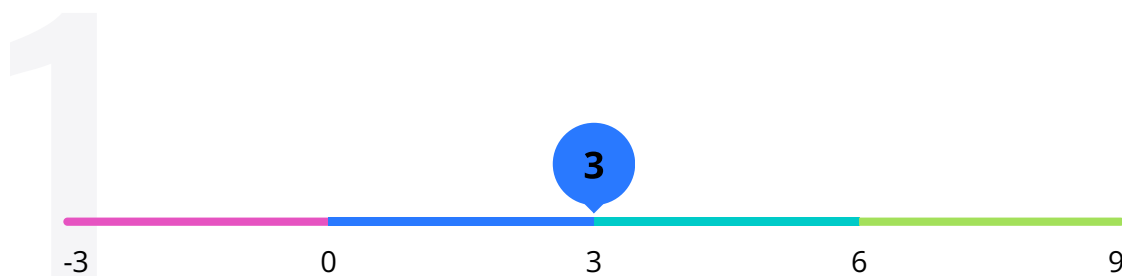
7



### Solid strength area

Your thoughts, emotions and actions seem aligned, so it seems that you are very clear about what you want and you are going after it. The good news is that this makes you very effective. However you must understand that while a bicycle accident may cause minor injuries, a plane crash is fatal. Similarly when you are a super-effective person, you need to choose your goals more carefully, as the chances of you accomplishing them are higher. If you set yourself poor goals, you may face self-made plane crashes in life.

## External Effectiveness

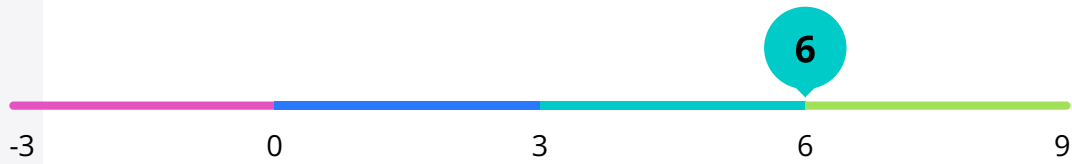


### Challenge area

Currently your effectiveness seems to be low. This means that for every 10 things on your list, you will be able to achieve less than 5. This will make the outcome of your life random. You will find yourself playing the guessing game more often and you will need to work harder for the same results. In order to improve this you need to listen to others more clearly (don't just listen to their words, try and understand their intent). Also, consider what others want and build that into your plans. Thirdly, improve your discipline. If you pick any of these three suggestions, you will find that all three will improve as they are all interconnected. Your ability to understand the needs of others, work for their benefit, and your discipline are all connected and they rise and fall together.

## Effectiveness Barrier

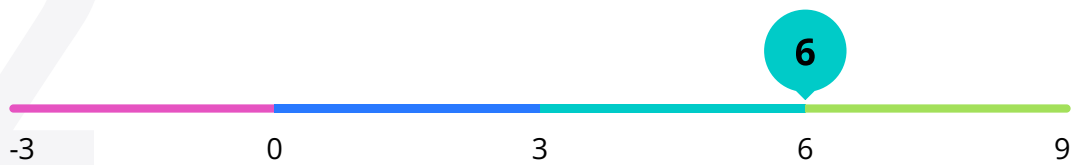
### 1 Physical Inertia



#### Strength area

Your habits indicate that physical laziness does not impede you from executing your ideas.

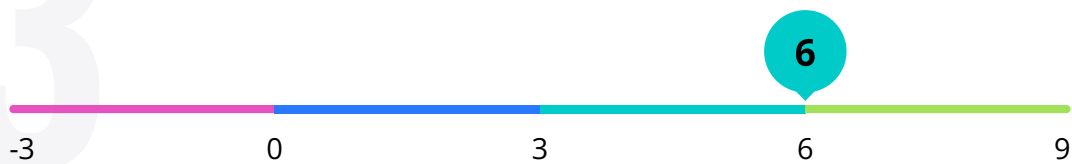
### 2 Mental Inertia



#### Strength area

Your habits indicate that mental laziness is not a challenge for you.

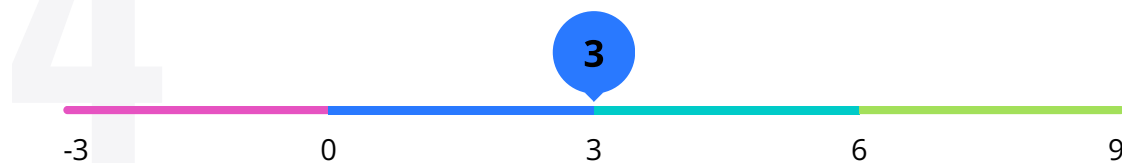
### 3 Mental Confusion or Indecisiveness



## Strength area

You do not seem to be a victim of mental confusion or indecisiveness at the moment. You may be affected as much as the average person is, that's all. Exercise and meditation are two ways to help you improve. There is no major cause for concern when it comes to your effectiveness.

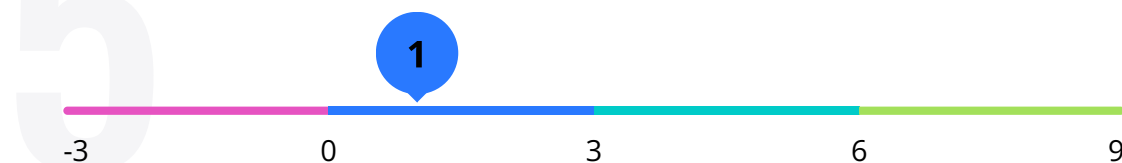
## General Disinterest in Life



## Medium chance of occurrence

Your habits indicate that you tend to put in a lot of effort into chasing your goals and you take your effort very seriously. There will be times when your efforts aren't successful and this could send you into a low, make you sad and lose interest in life. At such times, you will not be able to implement what you desire. You will remember that at the time that you were approaching your goal, you spent a lot of time thinking about the benefits of achieving your goal (more love, more money, more fame etc.) This is what makes you so disillusioned. According to the Bhagwad Geeta, the single-most important law of action is not to think about the benefits that will come to you. In fact, it prescribes that you only think of the benefits others will have from the work you do. This will make you stronger and also make you more likely to succeed. The benefits to you are automatic and linked solely to the benefit you are able to pass on to others.

## Strong Likes and Dislikes

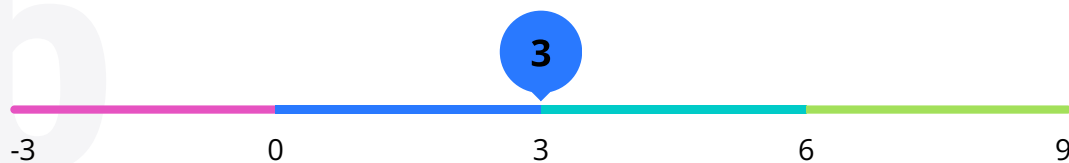




### High challenge area

Currently you seem to be in a zone where you like and dislike people and things very strongly. This may be a pattern or it could be temporary. These feelings will be so intense and sharp, and will take so much of your attention and mind space, that it will interfere with your actions. Please remember that no matter how good or bad people, events or organisations may be, you need to stay a little detached. You have to reduce judgement. While these intense feelings don't benefit you, they do cripple your own effectiveness, even if you feel to the contrary. Strong likes and dislikes eat into your peace of mind and influence your decisions.

### Ignorance, Illusion or Misconceptions



### Medium chance of occurrence

Your habits indicate that you are going through a stage where you may sometimes fall into illusion or misconception, due to your greed, attachment or impatience. This will totally ruin your effectiveness. It's not so much that you don't know any better, it's more like you temporarily forget what you know due to your greed or rush.

### Lack of Consistency in Effort

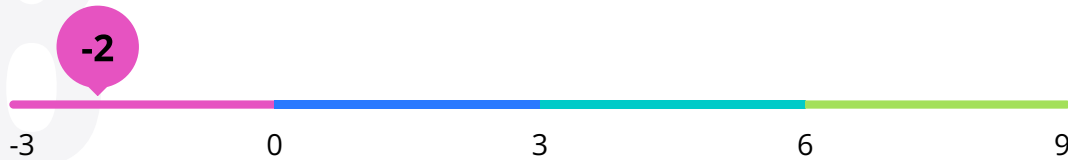


### Challenge area

Your habits indicate that you are quite focused. You will pursue your goals with a lot of force and passion. The challenge with so much force and

passion is that you can be easily disappointed due to reversals on your path. You may not have the requisite patience to continue your efforts. This can cause a drop in consistency in your efforts.

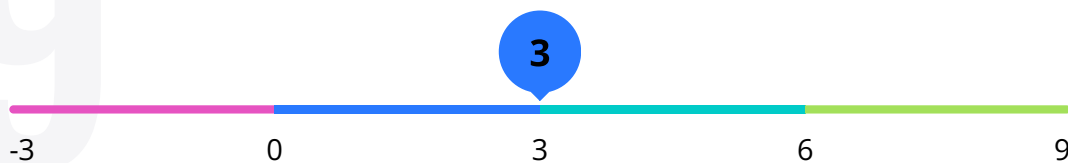
## Overconfidence



### High challenge area

Your habits indicate that you are in a mental zone where you can spoil the implementation of your plan due to your overconfidence.

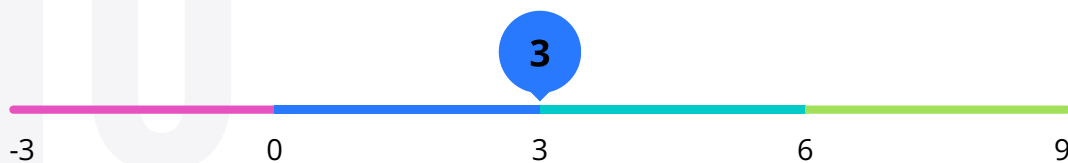
## Fickleness



### Challenge area

Your habits indicate that chasing multiple things and temporary setbacks can make you act in a fickle manner. This will have a negative impact on your effectiveness.

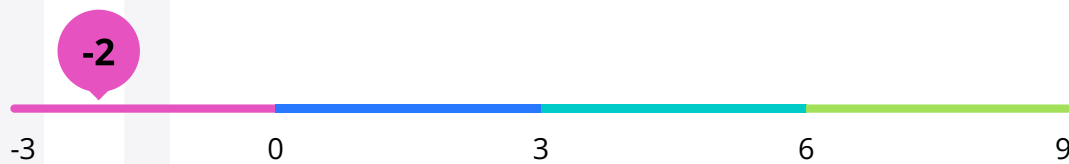
## Procrastination



### Occasional challenge area

Your habits indicate that you are sometimes prone to procrastination. This will make you disappointed and can give birth to self-doubt. Another problem can be that while you may manage to finish what's most important to you, you may not finish what you had agreed upon with someone else. This will negatively affect your relationships, besides making you less effective. Also, this will compromise your leadership quotient.

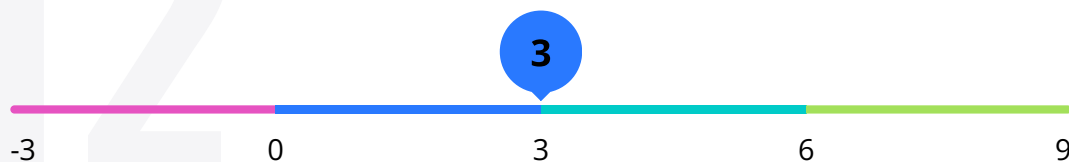
### Excessive Indulgence in One Activity



#### High challenge area

Your habits indicate that you are in an addiction-prone zone. Your addiction or excessive indulgence can become an implementation roadblock for you.

### Excessive Social Entanglement



#### Medium challenge area

Your habits indicate that you normally don't get swayed easily; but sometimes excessive social activity can come in the way of your work. You are quite capable of noticing this and correcting this yourself. All you need is to be conscious of this.

### Impractical Self Restriction



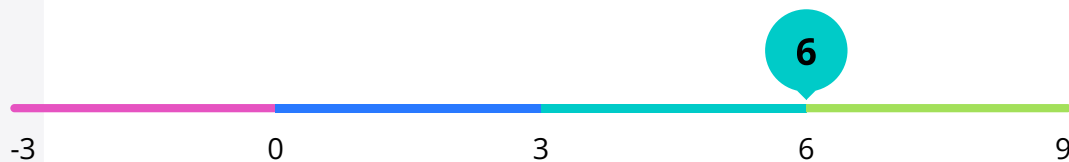
-3 0 3 6  
**Your mind can play trick on you, let the goals lead you**

Your habits indicate that you are susceptible to taking some form of discipline, tradition or mental and practical restrictions too seriously. You need to be careful that this does not stop you from executing your plans.

# Intelligence

## Intelligence Dimensions

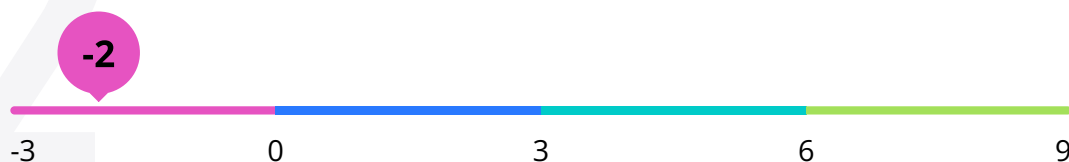
### 1 Social Intelligence



#### Above average social intelligence

You are definitely using your social intelligence at an above average level, at the moment. This will help you live a better quality of life than an average person with your background and skillset.

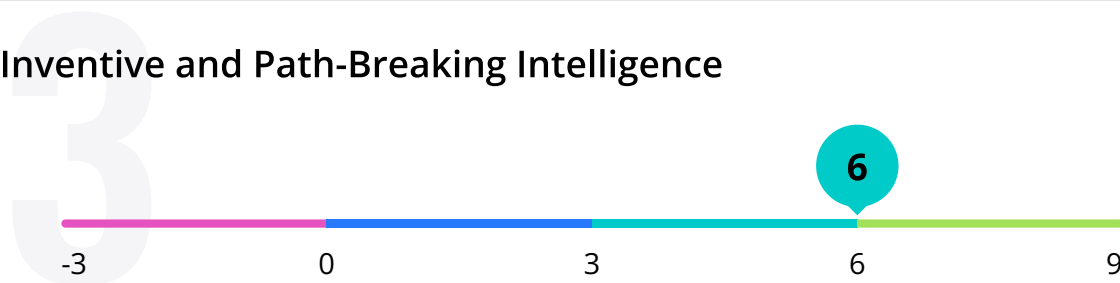
### 2 Emotional intelligence



## Below average emotional intelligence

Currently you seem to be quite emotionally disturbed. It seems that irrespective of your outer world situation, you are suffering a lot. You have many challenges, which, in fact are born of your mind. Your mind makes you feel that these are your life's problems. You may have real problems, but your emotions are making things worse. Instead of helping you solve your problem, your mind is making it worse. If your problem is bringing you a hardship score of 6 (on a scale of 0 to 10), your mind is making it an 8! This is clearly not a good place for you to be. You should follow any practice that helps you calm and control your mind.

## Inventive and Path-Breaking Intelligence

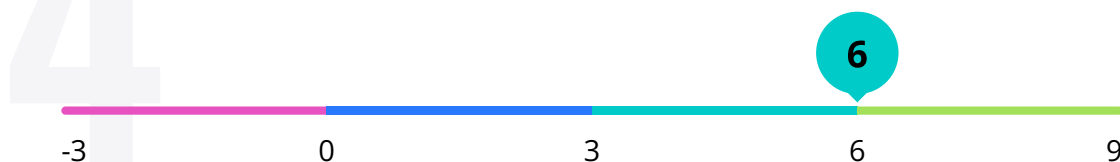


## Fertile seeds of yogi zone

You seem to have some fertile seeds of living in the Yogi Zone, where path-breaking creativity is always at your command. These seeds exist in all of us, but in you they seem to be becoming fertile. You may also occasionally witness these sparks of creative brilliance when you amaze yourself and everyone around you. When you are able to access this intelligence, you will get the feeling that it just came to you from somewhere. Stay true to this thought and don't fool yourself by ascribing this to your mind. This kind of path-breaking creative intelligence and inventive thinking comes from beyond the mind. It comes from a silence of mind in a moment when you are connected to the larger consciousness, which is motivated by the common good of all. It is in a zone of zero selfishness where you will find the most suitable and universal answer, and it is likely to have the best long-term outcome for not just you, but for all involved and for the world at large. Hold on to the thought that this creativity has nothing to do with you or your ego, but comes from a place beyond and these flashes will happen more often,

and you will find yourself moving deeper into the zone. Remember the seeds are fertile in you. Your cognitive memory may not be able to grasp this, but your ancient or primitive memory, that exists at a cellular or DNA level, where you know much more than your mind can recall, is active. That super memory reader in you is awakening and fertile. You need to increase detachment and discipline. You need to distance yourself from the fruits of your actions and think more about the quality of input into your work. At every step, think of how you are helping others through your efforts and slowly you will find yourself visiting the Yogi Zone more frequently.

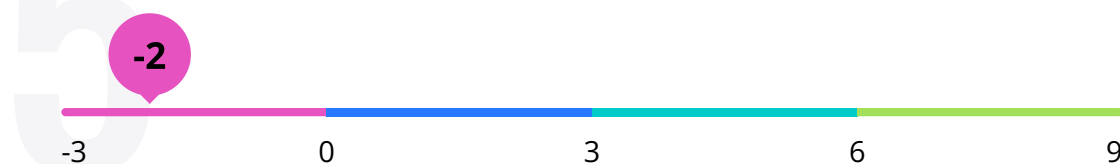
## Social Adaptability



### Above average social adaptability

Take advice when you need to manage relationships of gain.

## Emotional Adaptability



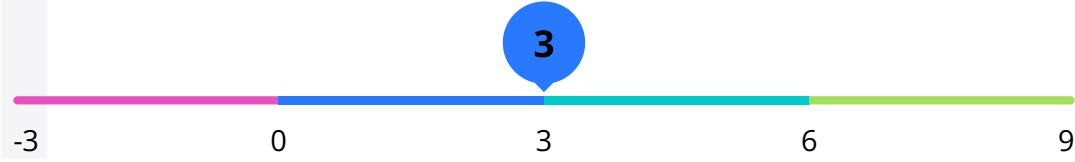
### Below average emotional adaptability

Chant 108 times "I am not alone, the Universe will pave the way" every morning and every night or chant this with your God's name. Also add regular exercise to your life.

## Self Development Skills

# 1

## Self-Motivation

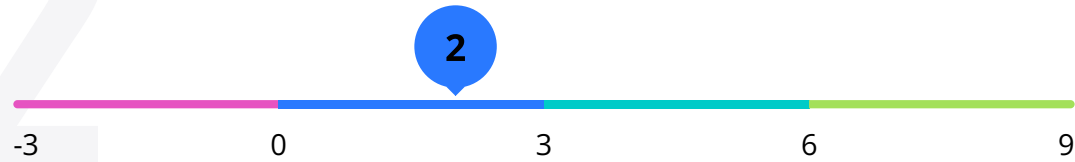


### Enduring

Chant to your God or Universe to "Give me the strength to achieve", 108 times every morning and every night.

# 2

## Self-Management



### Enduring

Get a coach and take a lot of advice.

Plan Details	
Plan:	Book a session (1 test)
Test Taken:	1
Remaining Test:	0

