$$\overrightarrow{\nabla} = \langle 1, 2, 3 \rangle$$

$$\vec{b} = \langle -2, 4, -1 \rangle$$

$$\text{proj}\vec{z}\vec{v} = \frac{\vec{v} \cdot \vec{b}}{\|\vec{b}\|^2}\vec{b} = \frac{-2+8-3}{4+16+1}(2-2,4,-1) = (-\frac{2}{7}, \frac{4}{7}, -\frac{1}{7})$$

So
$$\overrightarrow{V} = (-\frac{2}{7}, \frac{4}{7}, -\frac{1}{7}) + (\frac{9}{7}, \frac{10}{7}, \frac{22}{7})$$

parallel to \overrightarrow{b} perpendicular to \overrightarrow{b}