

# Lifebook Intra-spect Assessment Report of Findings

**ETHEL - AUGUST 21, 2021**

Congratulations on taking your Lifebook Intra-Spect Assessment!

We understand where you are in your life right now, we know where you're capable of going from here.

Now that you've identified your Category of Focus and Category of Connectivity, your next step is to spend time immersed in those two areas of your life.

If you would like to go deeper into Lifebook categories and envision what do you want and why do you want it - in each of them - you can [START YOUR LIFEBOOK JOURNEY HERE](#).

**YOUR LIFE QUOTIENT:**

**101**

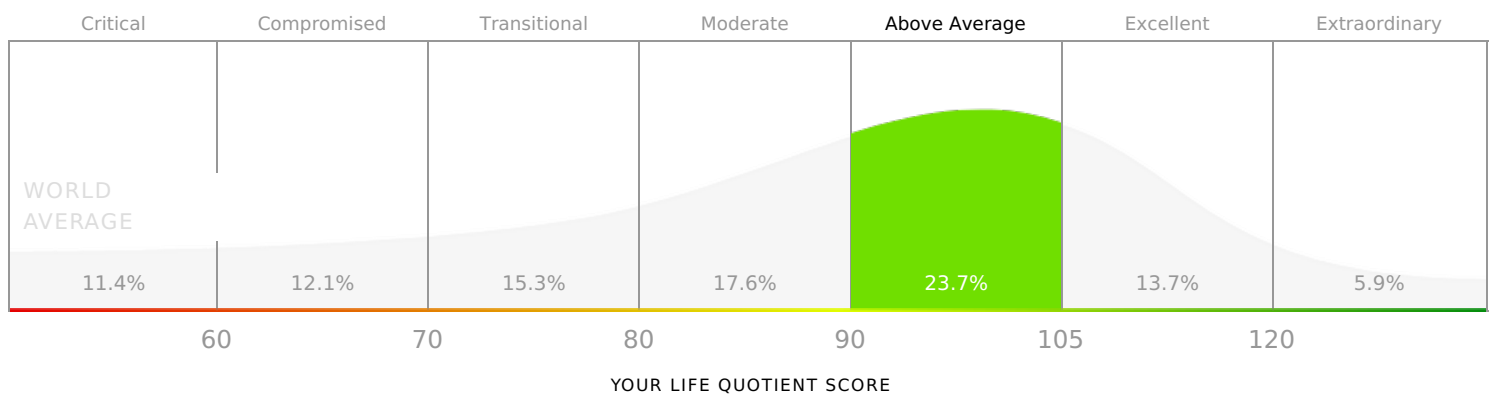
**YOUR CURRENT LEVEL:**

**Above Average**

## LEVEL 5: ABOVE AVERAGE

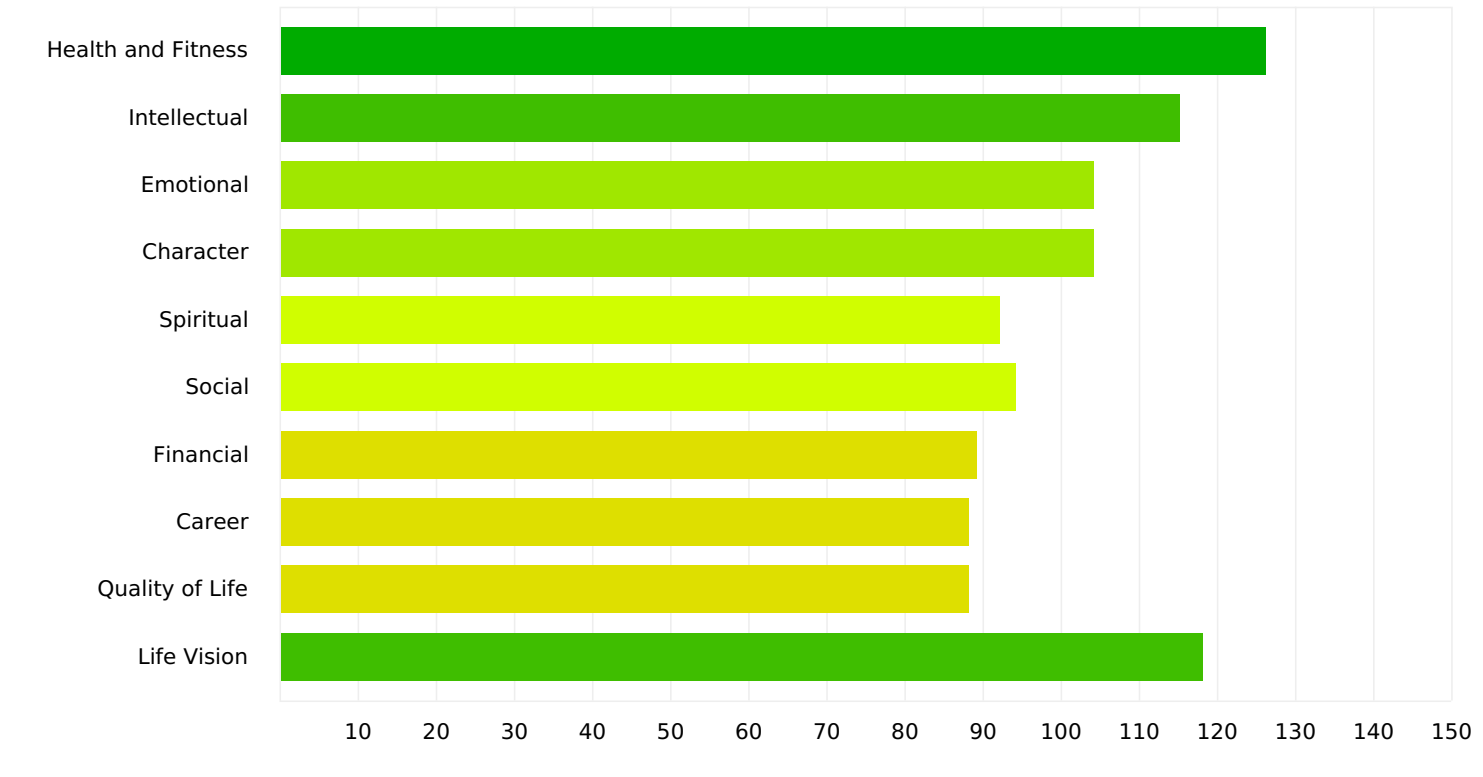
Characterized by success across most categories of life. Overall levels of personal development and happiness are relatively high. Typically, people at this level have focused a good deal of energy on their own personal development. They are usually above average in every category, OR high-scoring in most categories, with one or two lower category scores that decrease their overall Life Quotient. Thus, feelings of happiness, balance, success and fulfillment are common, but often accompanied by a strong desire to improve and achieve even more success in one or more areas of life.

This is your Life Quotient Comparison Graph. This graph shows how your Life Quotient score compares with others who have taken this Assessment. It describes the 7 different Levels of Personal Development and shows the percentage of Intra-Spect users that fall into each scoring range. Your current level is described below.



YOUR 10 CATEGORY GRAPH

The graph below illustrates your scores in each individual Life Category. You can use this graph to quickly identify where you need more focus and balance, so you can take action to achieve an even greater quality of life in the future.





## YOUR CATEGORY OF KEY FOCUS

### Career

This is the category you indicated you most need to improve.

SCORE

88

Your Career score is about average, neither poor nor excellent. You are at a crossroad right now, between a successful, fulfilling Career and a mediocre one. Your Career has a significant impact on every area of your life. An enjoyable, fulfilling Career is a true blessing, allowing you to express your talents, pursue your goals with confidence and create financial abundance for yourself and those you love. On the other hand, Career dissatisfaction is a leading cause of chronic stress, unhappiness and unhealthiness. An unfulfilling Career can have a devastating impact on everything from your Emotional Life, to your relationships, to your Health and Fitness. Typically, people in your scoring range have mixed feelings about their Career, alternating between overall job satisfaction and lack of fulfillment. Negativity and stress are sometimes present, often accompanied by a sense of frustration. Yet, at other times, you feel hopeful, optimistic and even somewhat fulfilled in your Career. If you are like most people at this level, you enjoy certain aspects of your Career, but you also feel that something important is missing, that your Career is somehow “incomplete”. These feelings usually revolve around lack of passion and purpose. A lingering sense that “there’s something better out there for me” is very common at this level. You are likely aware that you have the potential to be more successful in this area of your life. The fact is, you are at a crossroad right now, between a successful fulfilling Career, and a mediocre one. If you find the courage to make the positive changes that are required, you will be on the road to success and abundance. However, if you do not take action to improve, your job dissatisfaction will likely deteriorate from here. We can help you improve your Career score and find fulfillment, as we have for so many others in your scoring range. The key may be found in the other 11 categories of your life. The next page of this report describes the “Support Category” for your Career. Please read it carefully, as it may well hold the secret to increasing your Career score.

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## YOUR CATEGORY OF CONNECTIVITY

### Health and Fitness

This is the support category for your Category of Key Focus.

All 12 Categories of your life are profoundly connected. They all support each other and are supported by each other. That is why none of them can be left out, or left behind, or left to chance. Our data shows that an especially powerful connection exists between your Career and your Health and Fitness. So strong, in fact, that your Health and Fitness may actually hold the key to achieving your Career goals. When your body is healthy and functioning properly, you think more clearly, experience higher energy levels, and are able to perform at your best. Regular physical exercise, eating right for your body type and proper nutritional supplementation can affect your brain energy in positive ways. This has a direct positive impact on your Career. When you feel good physically, you have a greater depth of strength and energy to draw on. You feel better about yourself and tend to have more confidence, which allows you to do higher quality work and leads to greater Career and Financial success. On the other hand, when your body is unhealthy, it can have a devastating impact on your Career. Physical distress nearly always leads to emotional distress, which makes it impossible to perform at your optimal level. If your health is compromised, you can't think as clearly, you have less energy and strength available to you, and your Career will suffer as a result. Simply put, the quality of your Career is determined, to a large extent, by your Health and Fitness. Our research shows that if you increase your Health and Fitness score, your Career score will increase right along with it. Please see Our Recommendations in the last section of this report.

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## YOUR CATEGORY OF STRENGTH

### Health and Fitness

This is the category in which you scored the highest.

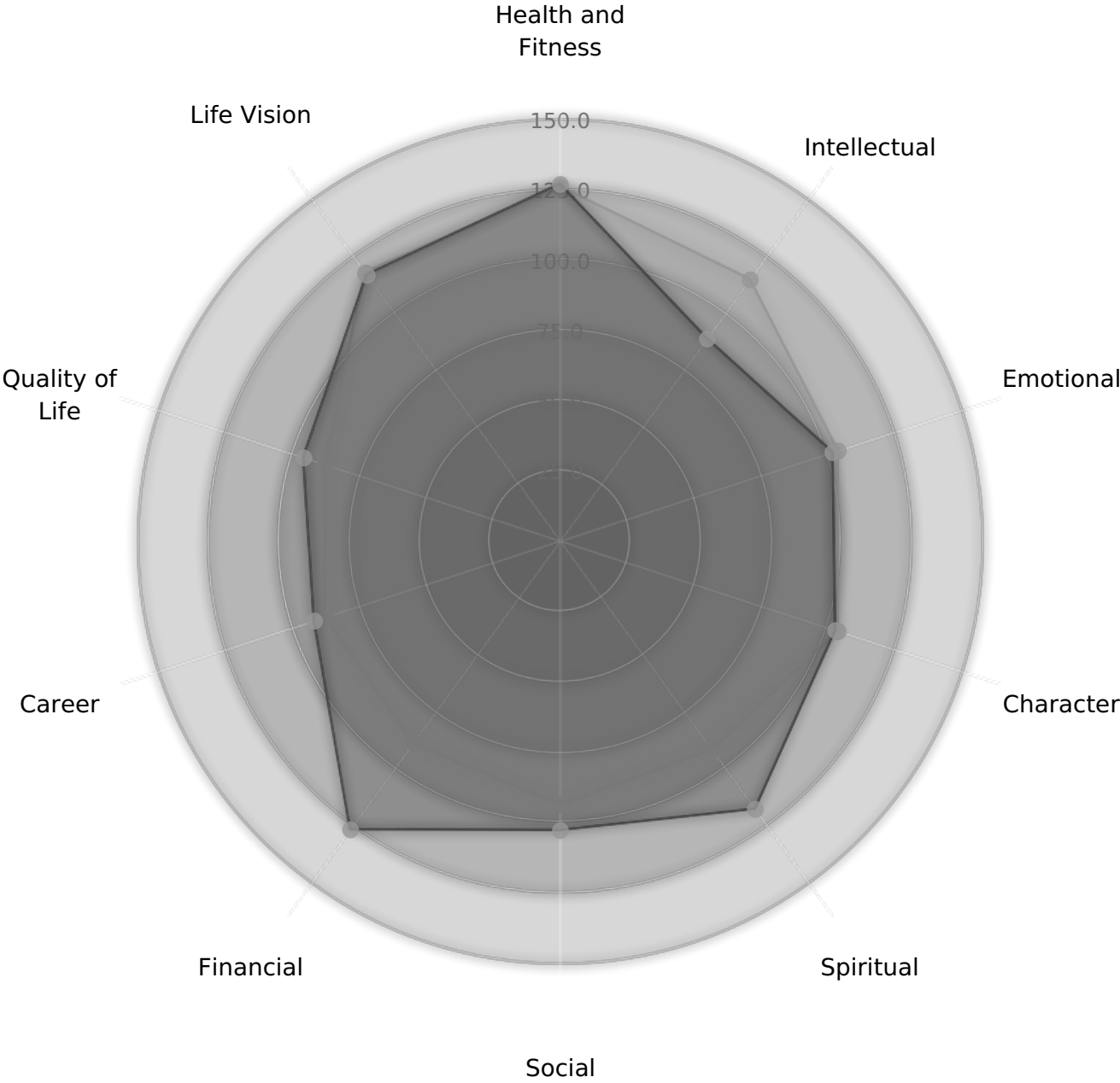
SCORE

# 126

Congratulations! Your Health and Fitness score is truly extraordinary. You are performing better in this category than in any other area of your life. You have taken the time to educate yourself with regard to health and nutrition and you tend to apply what you've learned successfully. Your body is fit and functioning properly and your overall levels of energy and vitality are relatively high. The commitment you have made to a healthy diet and regular exercise gives you a greater depth of mental strength and emotional stability to draw on. Simply put, Health and Fitness have become your lifestyle and an important part of your identity. You may still experience ups and downs in this category from time to time, but overall, you demonstrate a consistency in your Health and Fitness that is relatively rare. Your commitment to excellence in this category has a positive affect on every other area of your life and is undoubtedly an inspirational example to the people around you. If you're like most people in this extraordinary scoring range, you have a good deal of pride at what you have accomplished so far, but you are also aware that much more is possible for you. As a result, you're constantly looking for new strategies and techniques to achieve even higher levels of Health and Fitness in the future. Your Health and Fitness is a very powerful Category of Strength, which can be leveraged to create success in other areas of your life. This is a foundational category, a pillar upon which a balanced, successful life can be built. You can put your Health and Fitness to work to improve your Love Relationship, become a better Parent, attain more Career success and even earn more money. Our research clearly shows that you can increase other category scores by leveraging the attributes that have contributed to your Health and Fitness score.

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HOW EXPANSIVE IS YOUR LIFE EXPERIENCE?



## HEALTH AND FITNESS

# 126

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### EXTRAORDINARY

Congratulations! Your Health and Fitness score is truly extraordinary. You are doing very well in this important area of your life. You have taken the time to educate yourself with regard to health and nutrition and you tend to apply what you've learned successfully. Your body is fit and functioning properly and your overall levels of energy and vitality are relatively high. The commitment you have made to a healthy diet and regular exercise gives you a greater depth of mental strength and emotional stability to draw on. Simply put, Health and Fitness have become your lifestyle and an important part of your identity. You may still experience ups and downs in this category from time to time, but overall, you demonstrate a consistency in your Health and Fitness that is relatively rare. Your commitment to excellence in this category has a positive effect on every other area of your life and is undoubtedly an inspirational example to the people around you. This does not necessarily mean you've achieved your highest potential in your Health and Fitness. If you're like most people in this extraordinary scoring range, you have a good deal of pride at what you have accomplished so far, but you are also aware that much more is possible for you. As a result, you're constantly looking for new strategies and techniques to achieve even higher levels of Health and Fitness in the future.

## INTELLECTUAL

# 115

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### EXCELLENT

Your Intellectual score is excellent, which is having a positive impact on other important areas of your life as well. Like all human beings, your mind is one of your greatest assets. Yet, few people truly understand and value its power. When your mind is healthy, stimulated and functioning properly, you can think rationally, make clear decisions, and pursue your goals with confidence. However, with the high demands of everyday life, it's easy to become mentally overloaded and fatigued, which can severely compromise your intellectual powers. Obviously, you have focused a good deal of energy on your Intellectual Life and it has paid off in real and meaningful ways. A consistent experience of mental stimulation is present and your overall levels of intellectual fulfillment are relatively high. You enjoy using your mind, and you use it effectively. You tend to think rationally and make clear decisions, and as a result, you are able to pursue your goals with confidence. You should be proud of what you have accomplished in your Intellectual Life. It represents a true accomplishment and sends positive ripples through many other areas of your life.

## EMOTIONAL

# 104

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### ABOVE AVERAGE

Your Emotional score is above average, which indicates that you are doing fairly well in this important category of your life. When your emotional outlook is healthy, you can think clearly, live joyfully and pursue your goals with confidence. On the other hand, chronic emotional distress has a devastating impact on everything from your health and fitness, to your relationships, to your Career, and finances. Simply put, your Emotional Category determines whether or not you will have a happy, fulfilled life. Your Emotional score suggests that "feeling good" is important to you, which is less common than you might think. You strive, consciously or subconsciously, to create positive emotions in your life on a regular basis. Though you sometimes experience emotional inconsistency, you feel in control of your emotions most of the time. A consistent experience of joy is present and your overall levels of fulfillment are relatively high. You are seldom depressed or low, and when you are, it usually is not for long. You have achieved happiness and emotional balance in a world where it does not come easily. You should be proud of what you have accomplished in your Emotional Life. If you are like most people in this scoring range, you have a strong desire to improve even further.

## CHARACTER

# 104

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**ABOVE AVERAGE**

Your Character score is above average. If you focus on improving this category even further, it will automatically have a positive impact on every other area of your life. Your Character is the very foundation of who you are as a person and determines, for better or for worse, the path your life will take. Your Character controls how you deal with pressures and temptations. It defines your limits, or gives you the strength to move beyond them. It determines how you handle your relationships, your Career, your health and fitness and virtually every other aspect of your life. A strong Character is one of the greatest assets you could ever possess, while a weak Character can make life very difficult in every way. Obviously, you have focused a good deal of energy on your Character and it has paid off in real and meaningful ways. You have a healthy sense of who you are, and what you are all about. A consistent experience of self-esteem is present and your overall levels of fulfillment are relatively high. You are generally confident in your abilities to cope with the challenges of life and feel that you are deserving of happiness. You are satisfied with the person you have become and you generally feel in control of your own life. A strong Character score represents a spiritual, emotional and intellectual victory, which has a positive impact on every area of your life. You should be proud of what you have accomplished in this category.

## SPIRITUAL

# 92

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**ABOVE AVERAGE**

Your Spiritual score is above average. If you focus on improving this category even further, it will have a positive impact on every other area of your life. Having a strong sense of your own spirituality can give you power, clarity, and an inner strength you cannot achieve in any other way. It provides a decision-making framework that allows you to choose the right actions and stay focused on your life path. Ultimately, your spiritual life determines the kind of a person you become and the kind of life you create. You have obviously given this category a good deal of time and energy and it has become a valuable part of your life experience. You have a fairly clear sense of your own spirituality and you can usually articulate your spiritual beliefs well, which is not common. Feelings of inner peace and contentment are consistently present, and overall levels of fulfillment are relatively high. Self-actualization is important to you and you continuously strive to be the best person you can be. You generally demonstrate a good sense of inner strength, emotional stability and purpose in your life. This is rare, in a world where most people are wandering aimlessly through their days, with no sense of purpose or personal meaning. You should be proud of what you have accomplished in the Spiritual Category.

## SOCIAL

# 94

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**ABOVE AVERAGE**

Your Social score is above average, which indicates that you are relatively socially stimulated and fulfilled. If you focus on improving this category even further, it will automatically have a positive impact on every other area of your life. A fulfilling Social Life can be one of the greatest joys in life, producing tremendous happiness, wonderful memories, and a lifetime of emotional pleasure. And you are doing well in this important area of your life. You've focused a good deal of time and attention on your Social Life, and it has become a valuable part of your life experience. You relate well to people and have the ability to manage your relationships effectively. As a result, you have formed friendships that nourish you, inspire you and add value to your life. It is also probable that you are developing the wisdom to avoid negative relationships anywhere and everywhere you possibly can, which is one of the most effective life strategies you could ever employ. If you are like most people in this scoring range, you are a good friend to others, demonstrating traits like reliability, generosity and kindness. A well-earned experience of joy is present in your social life and your overall levels of fulfillment are relatively high. A good social score speaks volumes about who you are as a person, usually indicating that you are admired, respected and well-liked. You should be proud of what you have accomplished in this category.



## FINANCIAL

# 89

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### ***MODERATE***

Your Financial score is about average, neither poor nor excellent. If you take positive action to improve this foundational category of your life, your score will increase. If you do nothing, it will likely decrease from here. Your Financial Life is one of the most important factors influencing your overall quality of life. Unfortunately, the subject of money tends to be surrounded by mixed signals, confusion and overwhelm for most people. As a matter of fact, our data shows that more people struggle in the Financial category than in any other. So if the subject of money is shrouded in mystery for you, as it is for so many others, know that you are not alone. If you are like most people in this scoring range, your financial life is somewhat inconsistent right now. As a result, you alternate between feelings of satisfaction and frustration in this area of your life. Worry and financial stress are sometimes present in one form or another, creating a strain on your emotions, your relationships and even your physical health. Yet, at other times, you feel quite hopeful and optimistic about your financial future. You are clearly not living in a state of total financial lack, but the truth is, you don't have as much financial freedom as you would like, which inhibits your ability to do the things you want to do, go the places you want to go and have the things you want to have. If you are like most people in this scoring range, you are aware that you have the potential to perform much better in this area of your life. If you take bold, focused action to improve this area of your life, it is absolutely possible to attain the financial abundance you have always wanted. However, if you do not take action to improve your financial life, your score will likely deteriorate from here.

## CAREER

# 88

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### ***MODERATE***

Your Career score is about average. You are at a crossroads right now, between a successful, fulfilling Career and a mediocre one. It is fully within your power to increase or decrease your Career score. Your Career has a significant impact on every area of your life. An enjoyable, fulfilling Career is a true blessing, allowing you to express your talents, pursue your goals with confidence and create financial abundance for yourself and those you love. On the other hand, Career dissatisfaction is a leading cause of chronic stress, unhappiness, and unhealthiness. An unfulfilling Career can have a devastating impact on everything from your Emotional Life, to your Relationships, to your Health and Fitness. Typically, people in your scoring range have mixed feelings about their Career, alternating between overall job satisfaction and lack of fulfillment. Negativity and stress are sometimes present, often accompanied by a sense of frustration. Yet, at other times, you feel hopeful, optimistic and even somewhat fulfilled in your Career. If you are like most people at this level, you enjoy certain aspects of your Career, but you also feel that something important is missing, that your Career is somehow "incomplete." These feelings usually revolve around lack of passion, purpose and fulfillment. A lingering sense that "there's something better out there for me" is very common at this level. You are likely aware that you have the potential to be much more successful in this area of your life. If you find the courage to make the positive changes that are required, your career satisfaction will increase along with your success and happiness. However, if you don't take action to improve, your job dissatisfaction will likely deteriorate from here.

## QUALITY OF LIFE

# 88

### **MODERATE**

Your Quality of Life score is mediocre. If you take positive action to improve this important category of your life, your score will increase. If you do nothing, it will likely decline from here. This category addresses your satisfaction with the things you own, the environments you are surrounded by, and the experiences you create for yourself. Abundance in these areas can enhance your life in important and sometimes unexpected ways, leading to intellectual and emotional fulfillment and overall life satisfaction. A high Quality of Life has a positive impact on everything you care about; your family, your friendships, your Career, even your health and fitness. However, dissatisfaction with your Quality of Life indicates a sense of scarcity and lack of fulfillment, which impedes your ability to live life to its fullest. If you are like most people in this scoring range, you have mixed feelings about your Quality of Life right now. Though not completely dissatisfied, the truth is you would like more freedom to do the things you want to do, go the places you want to go and create the experiences you want to create for yourself. Feelings of longing or “incompleteness” are sometimes present. Yet, at other times, you may feel optimistic, content and even somewhat fulfilled with your Quality of Life. Like most people in this scoring range, you are probably very aware that you could and should be performing better in this area of your life. A lingering sense that “more is possible for you” is common. Many people desire to improve their quality of life, but some are held back by other categories; Health and Fitness and Financial being the foremost among them.

## LIFE VISION

# 118

### **EXCELLENT**

Your Life Vision score is excellent. If you focus on improving this category even further, it will have an immense positive impact on every other area of your life. Your Life Vision addresses your sense of future and the strength of the forward motion in your life. A strong Life Vision entails having a clear picture of where you are going and what kind of a life you want to create. It gives you a decision-making framework that allows you to choose the right actions and stay focused and balanced on your life path. On the other hand, if you don't have a clear sense of what you want out of life, you leave your destiny to chance. You tend to react to life, instead of charting your own life course, allowing other people's opinions and outside circumstances to determine your future. Obviously, you have thought a good deal about your future and your Life Vision is relatively clear in most areas. You have a strong sense of who you are and what your life is about. You don't leave your destiny in the hands of others, nor do you simply “react to life.” Instead, you tend to chart your own life course and endeavor to live your life with purpose. This is a real achievement, in a world where most people are simply wandering aimlessly through their days, floating like a piece of driftwood wherever the tide of life happens to take them. You should be proud of what you have accomplished so far. And if you are like most people at this level, you have a strong desire to improve even further. The key to taking your Life Vision even higher is to deeply examine all 12 categories of your life and document your vision and strategy in each of them. By doing this, you will develop absolute clarity about the person you want to become and the life you want to create, which is one of the most valuable things you could ever do.

