



LAB OF STILLNESS

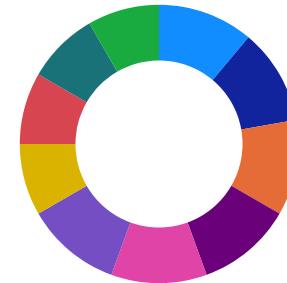
Participant

P5 – Rahul



The Builder

Persona



Attribute

- Attention Resilience
 - Cognitive Bandwidth
 - Energy Management
 - Habit Architecture
 - Mental Clarity
 - Performance Sustainability





Participant

P5 – Rahul

Feedback :

ABOUT YOUR PERSONA

Builder – Clear mental focus, moderate resilience, and some strong habits in place. Still vulnerable to distraction and noise.



WHAT'S NEXT

Reinforce good practices: strengthen habits, refine mindful presence, and use Deep Work Kits to protect focus.

