



# LAB OF STILLNESS

Participant

P5 – Rahul

Cognitive Control

12/15

Sustainability

4/5

Productivity & Time Management

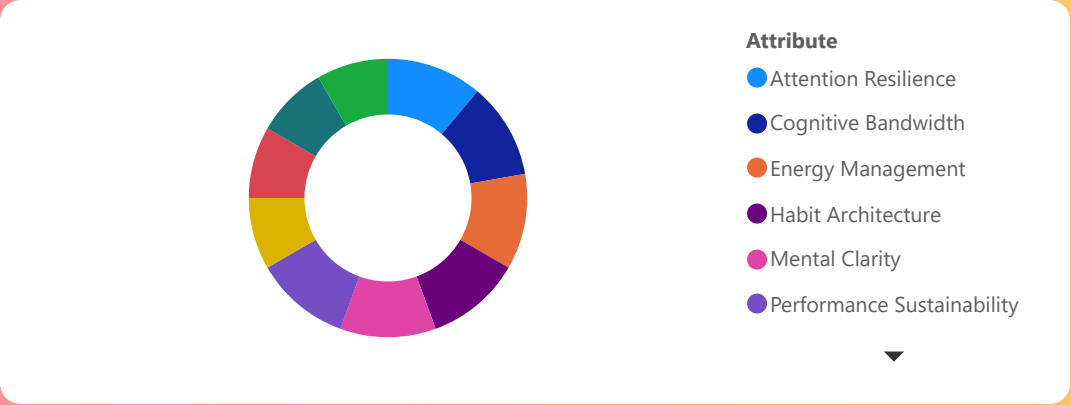
7/15

Self & Emotional Regulation

6/15

## The Builder

Persona





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.

