# Task–Trait Alignment Method

*A practitioner method for helping clients realign their daily activities with their natural traits, using the Multiple Natures Framework.*

**Version:** 1.0

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**Date:** April 25, 2025

## SECTION A: INTRODUCTION

### What This Document Is

This manual is a complete guide for practitioners trained in the **Multiple Natures (MN) Framework**. It provides step-by-step instructions for delivering the **Task–Trait Alignment Method**—a practical coaching tool for identifying whether the client’s current daily tasks are aligned with their natural traits, and what can be done to realign them.

This method translates MN theory into a structured, hands-on session format that helps the client:

* Identify which tasks align with their **Multiple Intelligences** and **Multiple Natures**
* Understand whether their **Tigers** (their traits in action) are **satisfied**, **overfed**, or **underfed**
* Detect the sources of energy drain, frustration, boredom, or burnout
* Rebalance their activities to support greater motivation, flow, and well-being

### What This Is Not

* This is not a time management method
* It’s not a strengths-based productivity tool
* It’s not about optimizing performance It’s about **honoring the client’s energetic truth**—what their **traits want to do**, and whether their reality is feeding or starving those traits.

### Outcomes for the Client

By the end of the method, the client will:

* Have a **clear view of how their tasks relate to their MNTEST profile**
* Know which of their **Tigers are well-fed, underfed, or overfed**
* See *why* certain tasks feel draining or unfulfilling, even if they’re good at them
* Identify **1–3 meaningful shifts** to rebalance their week, role, or schedule
* Be able to explain their energetic needs using **official MN language**

### Who This Is For

This method is ideal for:

* MN practitioners working with professionals, students, or self-explorers
* Coaches supporting burnout recovery, role reinvention, or career direction
* Educators helping students evaluate subject/task alignment
* Clients who have completed the MNTEST and want to use their profile practically
* Clients feeling drained, confused, or disconnected from their work or studies

### When to Use This Method

Use this method when a client says things like:

* “I’m tired, but I don’t know why.”
* “I’m good at my job, but I don’t love what I do.”
* “There’s something missing, but I can’t name it.”
* “I don’t feel like myself in this role anymore.”
* “I have my MN profile—but now what?”

### Note on Tigers

In the Multiple Natures system, the word **“Tiger”** refers to **a trait that is activated and seeking expression**. A Tiger is not a separate energy from the trait—it **is the trait**, alive and in motion.

Tigers are not psychological entities. They don’t have minds. They are **metaphors** used to describe the **drive or urgency** a person feels when a trait wants to be expressed.

We use the metaphor of Tigers because it is:

* Memorable
* Relatable
* Playful
* Easier to talk about than jargon like "behavioral tendency with probabilistic activation"

⠀If the metaphor doesn’t resonate, you may simply refer to them as **traits**.

### MIs and MNs in This Method

This method uses both:

* **Multiple Intelligences (MIs)** – cognitive traits, abilities, processing preferences
* **Multiple Natures (MNs)** – behavioral traits, energetic tendencies, motivational inclinations

Together, these 19 traits make up the client’s **trait profile**.

We apply the method:

1 First, to the **MIs** — to explore where cognitive friction or cognitive underuse exists

2 Then, to the **MNs** — to assess where behavioral and motivational traits are being expressed or suppressed

3 Finally, to **cluster “Tiger-rich” tasks** that feed multiple traits simultaneously

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## SECTION B: METHOD FOUNDATIONS

### Traits, Tigers, and the Nature of Alignment

*A foundational briefing for practitioners using the Task–Trait Alignment Method*

### Purpose of This Section

This section grounds you—the practitioner—in the theoretical and philosophical basis of this method. It’s essential to understand how **traits**, **Tigers**, and **alignment** work in the Multiple Natures system before guiding clients through this process.

This method only works when delivered in the spirit of the MN framework—one that is:

* **Non-pathologizing**
* Rooted in **energetic fit**, not performance
* Focused on **expression**, not evaluation
* Driven by **inner desire**, not external approval

You’re not helping people do more. You’re helping them do what **feeds their Tigers**.

### What Are Traits?

In the MN Framework, “traits” refer to both:

* **Multiple Intelligences (MIs)** – a person’s natural cognitive abilities or mental capacities
* **Multiple Natures (MNs)** – a person’s behavioral tendencies and motivational inclinations

⠀These traits are **inborn tendencies**—they describe **how a person is wired** to:

* Process
* Learn
* Engage
* Express
* Contribute

⠀There are 19 total traits used in this method:

#### 10 Multiple Intelligences

1 Gross Bodily Intelligence

2 Fine Bodily Intelligence

3 Interpersonal Intelligence

4 Logical Intelligence

5 Linguistic Intelligence

6 Spatial Visual Intelligence

7 Graphic Visual Intelligence

8 Musical Intelligence

9 Intrapersonal Intelligence

1. Naturalistic Intelligence

#### 9 Multiple Natures

1 Protective Nature

2 Educative Nature

3 Administrative Nature

4 Creative Nature

5 Healing Nature

6 Entertaining Nature

7 Providing Nature

8 Entrepreneurial Nature

9 Adventurous Nature

Traits are not skills, strengths, or preferences. They are **probabilistic behavioral patterns**—tendencies that have both a **genetic basis** and an **experiential component** in how they evolve and express.

### What Are Tigers?

A **Tiger** is a trait in motion.In this method (and in the broader MN philosophy), the word “Tiger” is a **metaphorical way to describe a trait that wants to be used**.

When a trait becomes active—when it starts expressing, or calling for expression—it becomes a Tiger.

Tigers:

* Are **not separate from the trait**
* Do not have minds or personalities
* Represent the **drive**, **urge**, or **desire** for a certain kind of expression

⠀Think of Tigers as *hungry traits*. They want tasks. **Tigers eat activities**—not people.

### Why Use the Word “Tiger”?

Because it’s:

* 🧠 **Easier to remember than “trait in activation”**
* 💬 **More engaging than technical terms like “cognitive tendency” or “behavioral pattern”**
* 🔄 **Emotionally resonant**: people understand hunger, need, and energy depletion

⠀But Tigers are only a **metaphor**. You can always refer to traits directly if the client prefers it.

### What Does It Mean to Feed (or Starve) a Tiger?

##### Feeding a Tiger means engaging in tasks that are aligned with that trait’s nature.

|  |  |
| --- | --- |
| Tiger State | Description |
| ✅ Satisfied | The trait is regularly and meaningfully expressed |
| ❌ Underfed | The trait is present but not used—it feels restless or unfulfilled |
| ⚠️ Overfed | The trait is used too much—it feels tired, stretched, or even resentful |

This feeding cycle is not binary—it works on a **scale**, which you’ll use with clients to evaluate how each Tiger is doing.

A Tiger doesn’t care if a task looks good on a resume—it only cares if it’s a **match**.

### How Does Alignment Work?

#### Alignment = Trait expression + Tiger satisfaction

When a client is aligned:

* Their tasks match their dominant traits
* Their Tigers are **fed consistently**, not starved or overused
* Their low traits are **not being over-activated**
* There is **energetic harmony** between who they are and what they do

#### ⠀Alignment feels like:

* Engagement
* Flow
* Natural motivation
* Clarity
* Self-trust

#### ⠀Misalignment feels like:

* Numbness
* Irritation
* Chronic fatigue
* A sense of performing instead of being

⠀This method is about **naming those patterns clearly**—and helping the client find a way back to themselves.

## SECTION C: METHOD OVERVIEW

### How the Task–Trait Alignment Method Works

*A structural guide to the steps, flow, timing, and practitioner use of the method.*

## Purpose of This Section

This section outlines how the method is delivered—from preparation to follow-up—so you can confidently guide your clients through a coherent and grounded process.

You’ll learn:

* The six core steps of the method
* How to sequence the session
* What tools to use
* How much time to allocate
* How to adapt for different client types (e.g., professionals vs. students)⠀

### Core Structure

The method is structured into **six steps**, designed to move from awareness to action:

|  |  |  |
| --- | --- | --- |
| **Step** | **Title** | **Purpose** |
| 1️⃣ | Inventory Daily Tasks | Identify what the client is currently doing |
| 2️⃣ | Identify Trait Demands | Determine which traits (MIs + MNs) each task activates |
| 3️⃣ | Overlay the MN Profile | Compare the task traits to the client’s MNTEST results |
| 4️⃣ | Assess Tiger Alignment | Evaluate which Tigers are being fed, underfed, or overfed |
| 5️⃣ | Spot Energy Leaks + Suppression | Diagnose misalignment patterns in the system |
| 6️⃣ | Redesign or Rebalance | Create a plan to realign tasks with trait expression |

### Recommended Time Frame

|  |  |  |
| --- | --- | --- |
| **Format** | **Description** | **Time** |
| **Full Session** | For deep alignment or reinvention clients | 60–90 minutes |
| **Mini Session** | For trait-tuning or energy check-in | 30–45 minutes |
| **Modular Use** | Use 1–2 steps inside other sessions | 10–20 minutes (per step) |

You can deliver the method:

* In a single coaching session
* Across multiple sessions (for deeper redesign work)
* As part of a larger MN-based coaching arc (e.g., post-MNTEST, reintegration, or burnout recovery)

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### Tools You’ll Use

You will use or reference:

* The client’s **MNTEST profile**
* (Optional) Their **MITEST profile**
* A blank **task inventory sheet**
* A **trait-to-task mapping table** (provided in this manual)
* A **Tiger satisfaction scale** (1–5, also provided)
* (Optional) A reflection journal or worksheet for client use between sessions

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### What to Say When Introducing the Method

Here’s a practitioner-tested script you can adapt:

“We’re going to look at the kinds of tasks you’re doing regularly, and compare them to your natural traits—your Natures and Intelligences. Each trait is like a Tiger. When a Tiger gets the right kind of activity, it’s satisfied. When it doesn’t—it starts acting out. This process helps us figure out which Tigers are being fed, which are starving, and what to do about it.”

### Variations by Client Type

|  |  |
| --- | --- |
| **Client Type** | **Adjustments** |
| **Professionals** | Focus more on role clarity, delegation, burnout, rebalancing across high-responsibility tasks |
| **Students** | Emphasize academic subjects, study habits, extracurricular choices |
| **Burnout Clients** | Spend more time on Tiger suppression, task resentment, and step-by-step recovery |
| **Multi-passionate creatives** | Watch for clustering: help them find “facet-stacking” tasks that feed many Tigers at once |

### Completion Criteria

### By the end of the method, the client should:

* Have a task map linked to their MN/MIs
* Know which Tigers are satisfied, overfed, or underfed
* Have named at least 1–3 concrete shifts they want to make
* Feel energized, validated, and more self-connected

## SECTION D: PRACTITIONER GUIDE

### STEP 1: INVENTORY DAILY TASKS

*“You can’t realign what you haven’t surfaced.”*

#### Goal of This Step

To help the client **generate a clear, non-evaluative list** of the tasks and activities they engage in regularly—whether daily, weekly, or cyclically.

This is not just about work. It’s about **what they’re doing with their time**—and how much of it is consciously chosen vs unconsciously performed.

This step gives you the **raw material** you’ll use to map traits, assess Tiger alignment, and ultimately reframe or rebalance.

#### Practitioner Instructions

**1** **Start by framing the purpose gently.** Help the client understand: *“We’re going to take inventory—not to judge, but to observe what your life is currently feeding.”*

**2** **Ask them to walk you through a typical week.** Let them describe what they *do* without overthinking it. Listen for repeated actions, responsibilities, and routines.

**3** **Don’t worry about categorization yet.** You’ll organize later. For now, capture the flow—meetings, email, commute, classes, cooking, caregiving, even scrolling social media.

**4** **Encourage emotional honesty.** If they hesitate to include something (“it’s stupid,” “it’s lazy,” etc.), ask them to include it anyway. That hesitation is often a doorway to insight.

#### Sample Prompts

* “Walk me through your day—what do you do from the time you wake up to when you go to sleep?”
* “What are the 5 to 10 things you spend the most time doing each week?”
* “What’s on your calendar all the time?”
* “What do you keep putting off?”
* “What do you spend energy on—even if it’s not scheduled?”
* “What do you do that people expect from you?”

#### ⠀Sample Raw Task List (Professional)

* Responding to emails
* Planning and running meetings
* Creating marketing materials
* Reviewing data/reports
* Brainstorming new campaigns
* Managing a team
* Handling customer complaints
* Attending internal check-ins
* Updating spreadsheets
* Coaching junior staff

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#### Sample Raw Task List (Student)

* Attending online classes
* Doing assignments
* Studying for exams
* Working part-time at a café
* Helping siblings with homework
* Hanging out with friends
* Creating digital art
* Scrolling Instagram
* Watching documentaries
* Playing video games

#### Practitioner Tips

* If the list feels too vague, break tasks down further: *“Instead of ‘work,’ what exactly are you doing during work hours?”*
* If the client lists too few: Prompt with time blocks (morning, midday, evening) or ask what they do outside of work/school.
* If a client only lists “productive” tasks: Say: *“This isn’t about what looks good—it’s about what actually takes your energy.”*
* If client is stuck: Use categories:
  + Work/Study
  + Home/Family
  + Social/Emotional
  + Mental/Creative
  + Digital or passive use
  + Admin/Maintenance tasks

### Completion Criteria

You can move to the next step when:

* The client has listed at least **8–15 real, recurring tasks**
* The list includes tasks from **multiple domains of life** (not just work or school)
* The client feels seen—not judged—for what’s on the list
* You have enough content to analyze trait demands in Step 2

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## SECTION D: PRACTITIONER GUIDE

### STEP 2: IDENTIFY TRAIT DEMANDS

*“Every task has an appetite.”*

#### Goal of This Step

To help the client understand **what traits (MIs + MNs)** each task requires for it to be performed naturally, easily, or enjoyably.

This step decodes the **“energetic cost”** of a task—not by how hard it is, but by how well it fits the client’s **trait profile**. It also begins to surface where their **Tigers** are being engaged—or neglected.

#### Practitioner Instructions

**1** **Return to the task list created in Step 1.** For each task, ask: *“What kind of traits does this task demand?”*

**2** **Focus on trait requirements—not feelings (yet).** You’ll assess emotional alignment later. Right now, ask: *“If someone were to thrive at this task, what would they need?”*

**3** **Use both MIs and MNs.** Every task has both:

\* **Cognitive demands** (Intelligences)

\* **Behavioral demands** (Natures)

**4** **Guide, but don’t dictate.** Offer suggestions, but let the client intuitively connect traits to tasks. Invite conversation. This step is often eye-opening.⠀

#### Trait Mapping Prompt Questions

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| --- | --- |
| **Question Type** | **Sample Prompt** |
| **MI Focus** | “What kind of intelligence does this task require—analytical, social, visual, bodily?” |
| **MN Focus** | “Which Natures would thrive doing this?” |
| **Energetic Inquiry** | “What kind of energy does this task pull from you?” |
| **Tiger Cue** | “What kind of Tiger would want to do this?” |

#### Trait Reference (for Practitioner Use)

|  |  |
| --- | --- |
| **MI Traits** | **MN Traits** |
| Gross Bodily | Protective |
| Fine Bodily | Educative |
| Interpersonal | Administrative |
| Logical | Creative |
| Linguistic | Healing |
| Spatial Visual | Entertaining |
| Graphic Visual | Providing |
| Musical | Entrepreneurial |
| Intrapersonal | Adventurous |
| Naturalistic | — |

Use the client’s **MNTEST and MITEST reports** as a reference throughout.

#### Sample Task–Trait Mapping Table

|  |  |  |
| --- | --- | --- |
| **Task** | **MI Traits** | **MN Traits** |
| Write a report | Linguistic, Logical | Administrative |
| Teach a workshop | Interpersonal, Linguistic | Educative, Entertaining |
| Build a marketing campaign | Spatial Visual, Linguistic | Creative, Entrepreneurial |
| Handle customer complaint | Intrapersonal, Interpersonal | Providing, Protective |
| Lead a team meeting | Interpersonal, Logical | Administrative, Educative |
| Organize digital files | Logical, Graphic Visual | Administrative |

#### Practitioner Tips

* For complex tasks, break them into **sub-tasks** (e.g., “Prepare the report” vs. “Present the report”)
* Use multiple traits per task—most tasks activate a mix
* If the client is unsure, reverse it: *“Which trait would struggle with this task?”*
* Mirror their language: *“So you’re saying this task feels like it requires a lot of Interpersonal energy, yeah?”*

### Completion Criteria

* Each task on the list has at least **1–2 MIs** and **1–2 MNs** linked to it
* The client understands the idea that **tasks require traits**, and different traits lead to different task experiences
* You’ve created a trait-mapping table that you’ll use in Step 3 to overlay the client’s actual MN profile

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## SECTION D: PRACTITIONER GUIDE

### STEP 3: OVERLAY THE MN PROFILE

*“Now let’s see what actually fits—and what doesn’t.”*

#### Goal of This Step

To help the client compare the **trait demands of each task** (identified in Step 2) with their **actual trait profile**, as revealed by the **MNTEST** and **MITEST**.

This is where alignment or misalignment begins to surface clearly.

“This task asks for a lot of Administrative energy—but your Administrative Nature is very low. No wonder it drains you.”

By overlaying task demands with trait expression, we give the client language to validate **why certain tasks energize or exhaust them**.

#### Practitioner Instructions

**1** **Use the task table from Step 2** Bring forward the MI and MN tags for each task.

**2** **Open the client’s MNTEST report** Have them refer to their top, middle, and low Natures (as well as MI scores, if available). Use either percentile rank or high/med/low zones.

**3** **Compare task demands to trait profile** Ask: *“Does this task require a trait that is strong for you?”* Or: *“Is this task asking for something that doesn’t come naturally to you?”*

**4** **Label each task–trait match** Use the following codes for visual clarity:

⠀**Symbol** **Meaning** |

|:-:|---|

| ✅ | Trait required by the task is **high** in their profile → energizing potential |

| ⚠️ | Trait required is **medium** → may be fine, but could be neutral or situational |

| ❌ | Trait required is **low** → potential for fatigue, resistance, or suppression |

#### 📝 Sample Overlay Table

|  |  |  |  |
| --- | --- | --- | --- |
| **Task** | **Trait Demands** | **Client Trait Profile** | **Alignment** |
| Teaching workshop | Linguistic, Interpersonal, Educative | High Ling, High Edu | ✅ ✅ ✅ |
| Writing long reports | Linguistic, Logical, Administrative | High Ling, Low Admin | ✅ ✅ ❌ |
| Managing emails | Administrative, Logical | Low Admin, Med Log | ❌ ⚠️ |
| One-on-one coaching | Providing, Interpersonal | High Providing | ✅ ✅ |
| Leading planning meetings | Administrative, Entrepreneurial | Low Admin, High Ent | ❌ ✅ |

#### Sample Practitioner Prompts

* “Looking at this—does anything jump out at you?”
* “This is where we start to understand the drain—not from time spent, but from *trait misfit*.”
* “Which of these feel surprisingly aligned—or misaligned?”
* “Have you been blaming yourself for struggling with a task that doesn’t match your traits?”
* “Let’s talk about that ❌—what does it feel like to push through that every day?”

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#### Practitioner Tips

* Be cautious when the client says “I’m good at it.” Ask: *“Yes—but do you enjoy it? Does it energize you or flatten you?”*
* If a client seems unsure: revisit the Tiger idea. Ask: *“Does this task feed anything in you?”*
* Look for patterns:
  + Are high traits being used often enough?
  + Are low traits showing up too often?
  + Are there any Tigers that haven’t been fed at all?

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### Completion Criteria

You’re ready to move to the next step when:

* Every task has been analyzed for **trait fit** using the client’s MNTEST (and optionally MITEST)
* The client begins to see **why certain tasks feel natural and others don’t**
* You’ve built a shared language of alignment and misalignment (e.g., “That task is ❌ for my Entrepreneurial Nature”)
* The client is emotionally engaged and curious to explore **how this connects to energy and motivation** (Step 4)

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## SECTION D: PRACTITIONER GUIDE

### STEP 4: ASSESS TIGER ALIGNMENT

*“Just because I do it doesn’t mean it feeds me.”*

#### Goal of This Step

To help the client **sense and evaluate how their Tigers are feeling**—based on the traits they’ve been using (or not using) in their current daily activities.

In other words:

Are the traits being expressed? And if so—are they being **fed**, **overfed**, or **starved**?

This step shifts the focus from cognitive trait-matching (Step 3) to **embodied energetic truth**.

#### What You’re Actually Doing

You are helping the client:

* Identify **which traits want more airtime**
* Name where they are **overusing traits that are tiring them out**
* Begin **prioritizing what kind of realignment matters most**

⠀This creates a bridge from “I understand my profile” → “Now I feel what’s happening inside me.”

#### Practitioner Instructions – Step 4: Assess Tiger Alignment

*“Now that we know what traits the client is using—let’s find out how those traits are feeling.”*

##### 1. Explain the Tiger Concept Clearly

“We all have traits—some of them roar louder than others. When a trait is used regularly in satisfying ways, it feels *fed*. When it gets used too much, it starts to feel *tired*. And when it doesn’t get expressed at all, it starts to feel *starved*.”

Clarify that a **Tiger** is simply a **trait in motion**—one that’s expressing, craving, or reacting to its environment.

##### 2. Use the Trait Overlay Table from Step 3

Guide the client task by task (or trait by trait) and ask:

* “How does this trait feel in your life right now?”
* “Is this part of you being used too much, too little, or just right?”
* “If this trait were a Tiger, would it feel full, hungry, or overstuffed?”

⠀Encourage honest, intuitive answers—not performance-based logic.

##### 3. Introduce the Three Tiger States

|  |  |
| --- | --- |
| **Tiger State** | **Meaning** |
| ✅ **Satisfied** | The trait is being used regularly and in a way that feels nourishing and natural. |
| ❌ **Underfed** | The trait is present but isn’t being expressed—or not in a way that feels fulfilling. |
| ⚠️ **Overfed** | The trait is being used too much or in the wrong way—leading to fatigue, irritation, or emotional numbness. |

Explain that it’s common to have **multiple underfed and overfed Tigers at the same time**—this is part of why the client may feel stretched, blocked, or drained.

##### 4. Apply the Diagnostic Intensity Scale (1–5)

Once a trait has been identified as **Underfed** or **Overfed**, help the client **rate the intensity** using this 1–5 scale:

|  |  |  |
| --- | --- | --- |
| **Level** | **Description** | **Sample Client Expression** |
| 5 | **Extremely** | “It’s exhausting” / “It’s starving” / “I can’t keep doing this” |
| 4 | **Very much** | “It’s definitely bothering me” / “I notice it constantly” |
| 3 | **Somewhat** | “It comes up often” / “It’s manageable, but I feel it” |
| 2 | **A little** | “It shows up occasionally” / “It’s not urgent, but it’s there” |
| 1 | **A tiny bit** | “Just barely” / “I’m aware of it, but it’s low on the list” |

You can frame it like this:

“On a scale of 1 to 5, how hungry is this Tiger?” “How much is this trait being overworked?”

#### Coaching Tips

* If a client seems unsure, ask them to recall moments of **flow**, **irritation**, or **emptiness** related to the trait.
* Watch for **emotional signals**—clients often describe intensity through tone, not numbers.
* Encourage honesty, not optimization. This is about **how it feels**, not how it looks.
* Reassure them: “This isn’t about judgment—it’s about **helping your Tigers get the nourishment they need.**”

#### Sample Trait–Tiger Table

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Trait (MI or MN)** | **Expression in Tasks** | **Tiger State** | **Intensity (1–5)** | **Notes** |
| Creative Nature | Used rarely | Underfed | 4 | “Feels dull, no outlet for imagination” |
| Administrative Nature | Used constantly | Overfed | 3 | “Necessary, but feels mechanical” |
| Interpersonal Intelligence | Used all day long | Overfed | 5 | “Too many people. Burnt out.” |
| Providing Nature | Barely shows up | Underfed | 5 | “Miss helping people directly” |
| Linguistic Intelligence | Used moderately | Satisfied | — | “Feels just right—creative and clear” |

#### Sample Practitioner Prompts

* “Let’s look at your Creative Nature. Is it getting anything to eat these days?”
* “You’re using your Interpersonal energy a lot. How’s that Tiger feeling—energized or exhausted?”
* “Which trait is dying to be used?”
* “Which trait are you feeding too much—and it’s getting cranky?”
* “If you had to pick one Tiger to feed this week—who would it be?”

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#### Practitioner Tips

* 🔍 Watch for contradictions:
  + *“I’m good at this, but it leaves me flat.”*
  + *“I love this, but I never have time for it.”*
  + *“This is the only part of my day where I feel alive.”*
* Ask about **emotional response** to trait use:
  + Fulfillment
  + Joy
  + Annoyance
  + Emotional numbness
* Connect this to **past suppression**: “Was this trait always starved, or did it get fed in a different season of life?”

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### Completion Criteria

You’re ready to move to Step 5 when:

* The client has reflected on **at least 4–6 key traits**
* They’ve labeled which Tigers are **Satisfied, Underfed, or Overfed**
* They’ve rated intensity for the underfed/overfed Tigers
* They’re beginning to feel emotionally clear about **what matters most to realign**

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## SECTION D: PRACTITIONER GUIDE

### STEP 5: SPOT ENERGY LEAKS + TRAIT SUPPRESSION

*“You’re not tired because you’re weak. You’re tired because your Tigers aren’t being fed—or are being worked to exhaustion.”*

#### Goal of This Step

To help the client recognize **where their energy is being drained or distorted**—not because of effort or workload, but because of **trait misalignment** and **Tiger suppression**.

This is the **diagnostic climax** of the method:

* We bring together everything uncovered in Steps 1–4
* We identify the **specific sources of energy loss**
* We point out **suppressed traits** that are causing inner friction, frustration, or loss of identity

⠀This is where the client often says: “That’s it. That’s exactly what I’ve been feeling.”

#### Practitioner Instructions

**1** **Review the Tiger status table from Step 4** Look for any traits marked as **underfed (❌)** or **overfed (⚠️)** with intensity levels of 3–5.

**2** **Look for patterns in the task list** Are low traits being used repeatedly? Are high traits being starved for long periods?

**3** **Reflect back the energetic consequences** Ask the client to talk about what it *feels like* to live that way—day after day.

**4** **Ask about suppression** Sometimes high traits aren’t just ignored—they’re actively suppressed because of fear, shame, or role constraints.

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#### Definitions to Use

|  |  |
| --- | --- |
| **Term** | **Definition** |
| **Energy Leak** | A task or pattern that depletes energy because it uses low traits or blocks high ones |
| **Trait Suppression** | When a high trait (or Tiger) is held back—either consciously or unconsciously—causing emotional friction or numbness |
| **Misuse** | When a trait is technically used—but in a way that distorts its nature or purpose (e.g. Performing for approval instead of expression) |

#### Sample Diagnostic Table

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Trait** | **Tiger State** | **Suppressed?** | **Energy Impact** | **Notes** |
| Administrative | Overfed | No | ❌ Draining | Task-heavy role, constant detail work |
| Creative | Underfed | Yes | ❌ Dullness | “No time for imagination anymore” |
| Interpersonal | Overfed | No | ⚠️ Fatigue | “Too much people-time every day” |
| Educative | Underfed | Yes | ❌ Loss of meaning | “I used to love teaching—now I just manage” |
| Entrepreneurial | Suppressed | Yes | ❌ Restless | “Can’t initiate anything—I feel boxed in” |

#### Sample Prompts

* “Let’s look at where your energy is going—but more importantly, where it’s leaking.”
* “Which tasks use your low traits over and over again?”
* “Which traits feel like they’re stuck in a box—or have been shoved into the background?”
* “What’s one part of you that hasn’t had a voice lately?”
* “Have you been performing someone else’s version of success—at the expense of your own traits?”

⠀

#### Practitioner Tips

* Normalize what’s happening: “This isn’t about failure—it’s about misfit.”
* Help them name it emotionally: “This is why you feel invisible.” “This is why you’re bored—even though you’re busy.” “This is the missing ingredient.”
* Don’t rush. This step may be confronting. It may involve grief, anger, or relief. Hold space with empathy. **The truth is often liberating.**

⠀

### Completion Criteria

You’re ready to move to Step 6 when:

* The client has clearly identified at least **2–3 energy-draining patterns**
* They can name **one or more suppressed Tigers**
* They’ve reflected on the emotional impact of these misalignments
* They are starting to feel motivated—not to fix everything, but to reclaim something real

⠀

## SECTION D: PRACTITIONER GUIDE

### STEP 6: REDESIGN OR REBALANCE

*“You don’t have to overhaul everything. You just need to feed the right Tigers.”*

### Goal of This Step

To help the client create a **realistic, personalized plan** to rebalance their day-to-day tasks—by:

* Reducing or reframing misaligned tasks
* Protecting and prioritizing aligned ones
* Reintroducing activities that feed underfed or suppressed Tigers
* Making **small, sustainable changes** that lead to long-term energetic alignment

#### Practitioner Instructions

**1** **Revisit the work done so far** Review:

\* Which traits/tasks were ❌ misaligned

\* Which Tigers were starved or overfed

\* Where the client felt most emotionally off-track

**2** **Ask what they want to change first** Let the client choose. Prioritize emotional importance over practical ease.

**3** **Co-create 1–3 realistic shifts** These could be:

\* Delegating a draining task

\* Time-boxing low-trait activities

\* Reintroducing a long-lost creative ritual

\* Reframing an obligation with a new Tiger-fed angle

\* Protecting a high-trait task they already enjoy

**4** **Use trait language when planning** Reinforce self-awareness by naming traits as part of the plan: “This will feed your Creative Nature.” “This will protect your Providing Tiger from burnout.”

⠀

#### Redesign Planning Table

|  |  |  |  |
| --- | --- | --- | --- |
| **Task / Area** | **Trait Conflict / Tiger Issue** | **Change Strategy** | **Action Plan** |
| Admin reporting | Overfed Administrative Nature | Time-box + delegate portions | 30 mins only on Fridays; assign summary to intern |
| Team conflict resolution | Suppressed Providing Nature | Create intentional time to help | Open 1:1 office hours weekly |
| Creative expression | Starved Creative + Musical | Reintroduce weekly project | 2-hour creative block every Saturday |
| Social overload | Overfed Interpersonal | Reduce meetings / recovery time | No calls after 5pm; solo lunch breaks |
| Teaching others | Hungry Educative | Offer to mentor junior staff | Host monthly team learning session |

#### Sample Practitioner Prompts

* “What’s one Tiger you want to feed again—soon?”
* “What would it look like to protect your high traits better?”
* “Which part of you needs to return to the schedule?”
* “What’s a 10% shift that would change how this week feels?”
* “If this were a meal plan for your Tigers, what needs to be added, removed, or seasoned differently?”

#### Practitioner Tips

* 🎯 Focus on **realistic**, not ideal
* 🔁 Ask about **how they’ll protect the new pattern**
* ✍️ Encourage them to write it down, schedule it, or name someone they’ll share the shift with
* 🧠 Tie it back to MN language so they internalize the insight: “This isn’t about productivity. It’s about feeling like yourself again.”

⠀

#### Optional Expansion: Tiger Clustering

Encourage the client to look for **“facet-stacked” tasks**—activities that feed **multiple Tigers at once.**

“Teaching others a creative skill might feed your Educative, Creative, and Interpersonal Natures *all at once.*”

Help them:

* Spot these opportunities
* Protect them in their calendar
* Prioritize them during high-energy hours

⠀These become **anchor tasks** for alignment.

### Completion Criteria

You’ve completed the method when:

* The client has named **at least one Tiger they’re committed to feeding**
* They’ve defined **1–3 changes or micro-shifts**
* They feel **energized, relieved, or motivated**
* They understand **how to use their MN profile as a guide for task decisions**
* You’ve affirmed the process and closed with encouragement and clarity

⠀

## SECTION E: CONSOLIDATION & APPLICATION

### Using the Method in Practice

*Turning insight into habit, process into rhythm.*

#### Purpose of This Section

To help you, the practitioner, understand how to:

* Integrate this method into your broader coaching or guidance process
* Adjust it for different client types
* Use it flexibly (full or modular delivery)
* Reinforce long-term alignment using MN language and tools

⠀This section helps you **connect the method to your ongoing work**—so clients don’t just have a one-time breakthrough, but begin building a life that feeds their Tigers consistently.

#### Delivery Modes

|  |  |  |
| --- | --- | --- |
| **Mode** | **When to Use** | **Format** |
| **Full session (deep dive)** | For clients in burnout, role drift, career re-evaluation | 60–90 minutes |
| **Split across sessions** | For deeper, spaced integration work | 2–3 sessions (30–45 min each) |
| **Mini-diagnostic** | As a warmup for career/role transition or study guidance | 20–30 minutes (Steps 1–4 only) |
| **Quick scan** | Inside a broader MN coaching session | Just Steps 1–3 |

#### Adapting for Client Types

|  |  |
| --- | --- |
| **Client Type** | **Focus Points** |
| **Working professionals** | Watch for overuse of low traits in repetitive tasks; look for delegation/redesign opportunities |
| **Students** | Focus on academic subjects, study rhythm, extra-curriculars; help clarify subject-task-trait fit |
| **Burnout / reintegration clients** | Emphasize Tiger suppression; go slowly, work with recovery-oriented alignment |
| **Multi-passionate clients** | Identify "facet-stacked" activities—tasks that feed 3+ Tigers at once |

#### Clustering & Faceting

At the end of the method—or in future sessions—you can guide clients to look for **Tiger clusters**:

* Tasks that feed **multiple traits at once**
* Energetically nourishing combinations
* Anchor activities to build a schedule or role around

⠀Example: “Designing and teaching a workshop” could feed:

* Linguistic Intelligence
* Spatial Visual Intelligence
* Creative Nature
* Educative Nature
* Entertaining Nature

⠀Use this insight to help the client **build around their best-aligned activities**.

#### Integration with Other MN Methods

You can follow up the Task–Trait Alignment Method with:

* **Unblocking Method** – if the client is emotionally stuck or in a loop
* **Reintegration Planning** – if the client is returning to work or study after a break
* **GROW Method** – to turn one insight into a focused plan
* **Trait–Task Mapping Journals** – to help them track their week and refine

#### Practitioner Reminders

* Keep language aligned with MN theory (no “strengths/weaknesses”)
* Focus on **expression, hunger, and energetic fit**
* Avoid over-fixing—some Tigers want space, not strategy
* Your role is not to optimize their life—it’s to help them recognize what they already know, and build from there

#### Final Thought

The Task–Trait Alignment Method is not about time management. It’s about **energy management**—rooted in self-awareness, trait honesty, and gentle realignment.

When people understand **what their Tigers want**, and when they begin to feed them regularly, they become:

* More alive
* More clear
* More resilient
* More themselves

⠀That’s the real work.

## CLIENT WORKSHEET: Task Inventory Worksheet

*For use in Step 1: Inventory Daily Tasks*

### Purpose

To help the client reflect on and list the tasks they regularly engage in during a typical day or week—without judgment or filtering.

This worksheet sets the foundation for all following steps in the Task–Trait Alignment Method.

### Structure of the Worksheet

#### Section 1: Instructions (Client-Facing)

**Instructions:** Please list the things you spend your time doing regularly—whether they are work tasks, school activities, chores, responsibilities, or things you do for yourself.

Include anything you do frequently, even if it feels unimportant or routine. This is not about what you *should* be doing—it’s about what you *are* doing.

Try to include at least 8–15 tasks that represent your week.

##### Optional Prompts (printed on the page)

* What do you spend time on each day at work or school?
* What personal, family, or home responsibilities do you take care of?
* What kinds of social or emotional interactions do you have regularly?
* What tasks do you keep putting off—but still have to do?
* What takes up your attention—even if it’s not on your calendar?

⠀

#### Section 2: Task Table

|  |  |  |
| --- | --- | --- |
| **Task/Activity** | **How Often (Daily/Weekly/Etc.)** | **Notes / Optional Description** |
| Example: Respond to emails | Daily | Takes 1–2 hours/day, often feels draining |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

You may optionally split the page into sections:

* Work / Study
* Home / Personal Life
* Social / Emotional
* Creative / Free Time
* Routine / Admin

⠀

### Completion Criteria (for Practitioner Reference)

* Client has listed at least **8–15 recurring tasks**
* Tasks reflect **different life domains**, not just job or school
* Notes include **how they feel**, not just what they do
* Worksheet becomes input for Step 2: Trait Demand Mapping

## TASK INVENTORY WORKSHEET

### Step 1 of the Task–Trait Alignment Method

#### Instructions (for the client):

List the activities and tasks you do regularly—whether for work, school, home, or yourself. Include **anything that takes your time or energy**, even if it feels small, routine, or “unimportant.” This is not about what you *should* be doing—it’s about what actually fills your days.

Try to list at least 8–15 tasks from across your life.

#### Prompt Questions (optional to include on form):

* What do you typically do from morning to night on a weekday?
* What tasks show up on your calendar all the time?
* What responsibilities do others expect of you?
* What drains you—even if it’s necessary?
* What do you do for yourself, even if only occasionally?

⠀

#### Task Table

|  |  |  |
| --- | --- | --- |
| **Task or Activity** | **Frequency (Daily, Weekly, etc.)** | **Notes / Description (Optional)** |
| Example: Responding to emails | Daily | Takes ~1.5 hrs/day. Feels draining. |
|  |  |  |
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## CLIENT TOOL: Trait-to-Task Mapping Table

*For use in Step 2: Identify Trait Demands*

### Purpose

To help the client identify **which traits (MIs and MNs)** are required to perform each of their regular tasks. This helps begin the diagnosis of energetic fit—and lays the foundation for understanding Tiger alignment in the next step.

### Inline Template: Trait-to-Task Mapping Table

Use this table directly in your manual, worksheets, or digital platforms.

### Instructions (for the client or guided by practitioner):

Now that you've listed your regular tasks, let’s explore **what each task demands** from you. What **traits** (Intelligences or Natures) are needed to perform each task well?

You can choose from the following lists:

#### Multiple Intelligences (MIs):

1 Gross Bodily Intelligence

2 Fine Bodily Intelligence

3 Interpersonal Intelligence

4 Logical Intelligence

5 Linguistic Intelligence

6 Spatial Visual Intelligence

7 Graphic Visual Intelligence

8 Musical Intelligence

9 Intrapersonal Intelligence

10 Naturalistic Intelligence

#### Multiple Natures (MNs):

1 Protective Nature

2 Educative Nature

3 Administrative Nature

4 Creative Nature

5 Healing Nature

6 Entertaining Nature

7 Providing Nature

8 Entrepreneurial Nature

9 Adventurous Nature

#### Mapping Table

|  |  |  |  |
| --- | --- | --- | --- |
| **Task / Activity** | **MI Traits Required** | **MN Traits Required** | **Notes (How do you know?)** |
| Example: Running a team meeting | Interpersonal, Logical | Administrative, Educative | Need to organize, guide, and respond in real-time |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

#### Optional Tips (can be included on worksheet or coach notes):

* Use **1–3 traits per column per task**
* If client is unsure, ask: “What kind of person would love doing this?” “Which of your traits would have the most fun—or feel the most pressure—doing this task?”
* Remind them this is **not about what they’re good at**—it's about **what the task** ***wants***.

⠀

## CLIENT TOOL: Tiger Status Diagnostic Grid

*For use in Step 4: Assess Tiger Alignment*

### Purpose

This grid helps the client evaluate **how well each trait is being expressed**—based on whether it feels **satisfied**, **underfed**, or **overfed** in daily life.

This tool supports a deep energetic check-in. It moves the conversation from “what am I doing?” to “how do my traits feel?”

### Inline Template: Tiger Status Diagnostic Grid

You can embed this table directly into a worksheet or digital template.

### Instructions (for client or guided by practitioner):

Now that you’ve mapped your tasks and the traits they demand, let’s reflect on how your **Tigers are feeling.**

Go through your list of traits (MIs and MNs) and ask:

* Is this trait being used often?
* Is it being used in a way that feels **fulfilling** or **depleting**?
* Does it get too much airtime—or not enough?

⠀Use the chart below to record:

* **State**: ✅ = Satisfied ❌ = Underfed ⚠️ = Overfed
* **Intensity** (if underfed or overfed): 5 = Extremely 4 = Very 3 = Somewhat 2 = A little 1 = A tiny bit

⠀

### Tiger Status Grid

|  |  |  |  |
| --- | --- | --- | --- |
| **Trait** | **State (✅/❌/⚠️)** | **Intensity (1–5)** | **Notes / Feelings** |
| Creative Nature | ❌ Underfed | 4 | Miss making things. Feels dull. |
| Interpersonal Intelligence | ⚠️ Overfed | 5 | Too many meetings—draining. |
| Logical Intelligence | ✅ Satisfied | — | Good balance—used just enough. |
| Protective Nature | ❌ Underfed | 3 | Don’t feel like I’m protecting anything. |
| Administrative Nature | ⚠️ Overfed | 3 | Constant organizing. Mechanical. |
| Musical Intelligence | ❌ Underfed | 5 | Haven’t touched music in months. |

### Optional Prompts (coach or client-facing):

* “Which Tigers are roaring for more expression?”
* “Which ones are being pushed too hard?”
* “Which ones haven’t had a meal in weeks?”
* “Where are you showing up mechanically, not meaningfully?”
* “If you could feed just one Tiger this week, which would it be?”

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## CLIENT TOOL: Redesign & Rebalance Planning Sheet

*For use in Step 6: Redesign or Rebalance*

### Purpose

To help the client move from awareness to **action**—by creating a simple, personalized plan for rebalancing their schedule, activities, or responsibilities based on trait alignment and Tiger health.

This is where the client gets to **reclaim agency** and make small, meaningful shifts that support their true nature.

### Inline Template: Redesign & Rebalance Planning Sheet

This can be delivered as a one-page worksheet or in a digital reflection form.

### Instructions (for the client):

Now that you’ve explored which tasks are feeding or starving your traits, let’s identify a few changes you’d like to make.

These can be big or small:

* Something you want to reduce, delegate, or redesign
* Something you want to reintroduce or protect
* A habit or activity that would feed a Tiger that’s been ignored

⠀Use the table below to choose **realistic, energy-aligning actions** you feel ready to try.

### Redesign Planning Table

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Task / Area to Shift** | **Tiger Issue (Overfed / Underfed / Suppressed)** | **Trait(s) Involved** | **Proposed Change** | **Action Plan / Commitment** |
| Weekly team meetings | Overfed | Interpersonal, Administrative | Reduce frequency / add recovery time | No more than 3/week; schedule solo time after |
| Creative projects | Underfed | Creative, Linguistic | Block time for creative flow | 2 hrs on Fridays—non-negotiable |
| Crisis-handling for others | Overfed | Providing, Protective | Define emotional boundaries | "Available till 6pm, not weekends" |
| Personal music expression | Suppressed | Musical, Intrapersonal | Reintroduce joy-based creative play | Play guitar 3x/week, no pressure |
| Organizing digital files | Low Trait Drain | Administrative | Time-box & automate what can be automated | Max 30 mins, Fridays only |

### Optional Prompts (client-facing):

* “What do you want to stop feeding?”
* “Which part of you wants more space in your week?”
* “If you had permission to feed one trait again, what would you do?”
* “What’s one small shift that would change how your day *feels*?”
* “What are you ready to say yes to—and what are you ready to protect?”

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## CLIENT TOOL: Tiger Clustering Map

*Optional integration activity for identifying “facet-stacked” tasks—those that feed multiple traits at once*

### Purpose

To help the client identify or design activities that feed **multiple traits (Tigers)** at the same time.

These “Tiger-rich” tasks:

* Are deeply energizing
* Often feel effortless or joyful
* Provide a high return on engagement
* Can become **anchor activities** in a schedule or career path

⠀This step is especially useful for:

* Multi-passionate clients
* Creatives
* Role redesigns
* Life design sessions
* Post-burnout reintegration

⠀

### Inline Template: Tiger Clustering Map

### Instructions (for the client or guided by the practitioner):

Look at the traits (MIs and MNs) you’ve marked as:

* ✅ Satisfied
* ❌ Underfed
* ⚠️ Overfed

⠀Now think of tasks—past or potential—that **feed multiple of these Tigers at once**.

These are your “facet-stacked” or “Tiger-dense” activities. They are often:

* Complex but natural
* Unique to your pattern
* Worth protecting or designing around

⠀Use the table below to explore and prioritize these tasks.

### Clustering Table

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Task / Activity Idea** | **MIs Involved** | **MNs Involved** | **Tigers Fed** | **Notes (Energy, Joy, Meaning)** |
| Designing & teaching a workshop | Linguistic, Spatial Visual, Intrapersonal | Educative, Creative, Entertaining | 5+ Tigers | Feels fully alive; combines ideas, people, art |
| Mentoring a younger team member | Interpersonal, Intrapersonal | Educative, Providing, Healing | 4+ Tigers | Feeds support drive + reflective growth |
| Creating a podcast | Linguistic, Musical, Graphic Visual | Entertaining, Entrepreneurial, Creative | 6 Tigers | High energy return—feeds voice, visibility, vision |
| Planning a wilderness retreat | Naturalistic, Logical, Spatial Visual | Protective, Adventurous, Creative | 5 Tigers | Adventure + meaning + nature + strategy |

### Optional Prompts

* “What’s an activity that makes you feel like **all of you** gets to show up?”
* “Have you ever done something that fed 4 or 5 Tigers at once?”
* “Which Tigers feel left out of your current week—and what would they love to do together?”
* “Can we build a task—or reclaim one—that’s a **multi-trait meal**?”

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### Practitioner Tip

Once a few Tiger-rich tasks are identified:

* Encourage the client to **design around them**
* Make space for them first (not last)
* Let these become **pillars** for planning, role-shaping, or career/life pivots

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## PRACTITIONER TOOL: Practitioner Cheat Sheet

*A quick-reference guide with all 6 steps, prompts, and trait cues for live sessions*

### Purpose

To give you, the practitioner, a **condensed, session-ready overview** of the full method—so you can stay present with your client without flipping through the full manual.

This cheat sheet includes:

* All 6 steps
* Key objectives
* Core questions
* Common client reactions
* Quick Tiger check-ins
* Completion criteria

⠀Use this during live coaching, facilitation, or review prep.

### Cheat Sheet Format (Inline)

#### STEP 1: INVENTORY DAILY TASKS

**Goal:** Surface what the client is actually doing—daily, weekly, cyclically.

* “Walk me through a typical day or week.”
* “What do you keep doing, even if you don’t enjoy it?”
* Look for: 8–15 tasks across life domains
* Watch for: guilt, avoidance, idealization

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#### STEP 2: IDENTIFY TRAIT DEMANDS

**Goal:** Decode what MIs + MNs each task requires

* “What traits would thrive at this task?”
* Use 1–3 MIs and 1–3 MNs per task
* Be careful not to assign based on performance—look for trait match
* Use glossary terms only (no renaming)

⠀

#### STEP 3: OVERLAY MN/MITEST PROFILE

**Goal:** Compare task trait demands to client’s MNTEST/MITEST

* ✅ = High trait match
* ⚠️ = Medium
* ❌ = Low
* “What traits are being used too much—or not at all?”

⠀

#### STEP 4: ASSESS TIGER ALIGNMENT

**Goal:** Check if traits are being fed

* Tiger states: ✅ Satisfied / ❌ Underfed / ⚠️ Overfed
* Intensity scale: 1 (tiny bit) → 5 (extremely)
* “How hungry or tired does this trait feel?”
* Ask emotionally: “Where are you feeling invisible, drained, or ignited?”

⠀

#### STEP 5: SPOT ENERGY LEAKS + TRAIT SUPPRESSION

**Goal:** Diagnose misalignment patterns

* Look for:
  + High traits that are ignored (suppressed)
  + Low traits that are overused (energy leaks)
* “What part of you isn’t showing up at all?”
* “What trait is being stretched too far?”

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#### STEP 6: REDESIGN OR REBALANCE

**Goal:** Create 1–3 small, meaningful shifts

* Add: Tasks that feed starved Tigers
* Reduce: Tasks that drain low traits
* Protect: Tasks that nourish high traits
* Cluster: Build around multi-Tiger tasks
* “What would a more energized week look like?”

⠀

#### Overall Completion Criteria

* Tasks linked to traits
* Trait satisfaction mapped (Tiger states)
* 1–3 realistic realignment shifts
* Client feels validated, clearer, and reconnected to self

⠀

## PRACTITIONER TOOL: Trait Demands Lookup Table

*A reference for linking common tasks to typical MI and MN trait demands*

### Purpose

To help practitioners **quickly identify which traits are typically activated by common tasks**, especially when clients struggle to map them on their own in Step 2.

This table is not prescriptive—it’s a **starting point for inquiry**, not a rule. You’ll still need to personalize based on the client’s experience.

### Trait Demands Lookup Table (Inline Format)

|  |  |  |
| --- | --- | --- |
| **Task / Activity** | **Typical MIs Involved** | **Typical MNs Involved** |
| Writing reports / emails | Linguistic, Logical | Administrative, Creative |
| Teaching / explaining | Linguistic, Interpersonal | Educative, Entertaining |
| One-on-one support / counseling | Intrapersonal, Interpersonal | Providing, Healing |
| Brainstorming ideas | Spatial Visual, Intrapersonal | Creative, Entrepreneurial |
| Leading team meetings | Interpersonal, Logical | Administrative, Educative |
| Creating visual content (graphics, design) | Graphic Visual, Spatial Visual | Creative, Entertaining |
| Handling customer service | Interpersonal, Linguistic | Providing, Protective |
| Organizing files or systems | Logical, Graphic Visual | Administrative |
| Writing a research paper | Linguistic, Logical, Intrapersonal | Educative, Creative |
| Managing schedules / calendars | Logical, Fine Bodily | Administrative |
| Designing a lesson / training | Spatial Visual, Linguistic | Educative, Creative |
| Conflict resolution / mediation | Intrapersonal, Interpersonal | Protective, Healing |
| Pitching a business idea | Linguistic, Logical | Entrepreneurial, Creative, Entertaining |
| Facilitating a group discussion | Interpersonal, Linguistic | Educative, Entertaining |
| Crafting music / sound design | Musical, Intrapersonal | Creative, Entertaining |
| Physical care or safety | Gross Bodily, Interpersonal | Protective, Healing |
| Researching and organizing data | Logical, Linguistic | Administrative, Creative |
| Volunteering or caregiving | Intrapersonal, Interpersonal | Providing, Healing, Protective |
| Managing a project | Logical, Spatial Visual | Administrative, Entrepreneurial |
| Outdoor exploration / hiking | Naturalistic, Gross Bodily | Adventurous, Protective |

### Practitioner Use Tips

* These are not “the right answers”—they are **starting points for trait conversation**.
* Ask: “Which of these feel right for you?” or “Does this trait resonate with how you do this task?”
* You can create **custom versions for niche roles** (e.g. developers, educators, artists)

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## PRACTITIONER TOOL: Tiger Status Rating Scale

*A quick-access visual and language guide to help assess Tiger satisfaction levels during Step 4*

### Purpose

To help practitioners and clients **assign a meaningful intensity level** to any trait that is currently underfed or overfed—so the coaching becomes more precise, emotionally connected, and prioritizable.

This tool is used in **Step 4: Assess Tiger Alignment** to deepen reflection on how the client’s traits are actually feeling based on their current tasks.

### Inline Template: Tiger Status Rating Scale

### Tiger State Options

|  |  |
| --- | --- |
| **Status** | **Definition** |
| ✅ **Satisfied** | The trait is being used regularly and in a way that feels energizing or meaningful |
| ❌ **Underfed** | The trait is present, but it’s not being expressed—it’s ignored, sidelined, or forgotten |
| ⚠️ **Overfed** | The trait is being used too often or too intensely—leading to fatigue or irritation |

### Intensity Rating Scale (1–5)

When a trait is **underfed** or **overfed**, ask the client to rate **how strong the feeling is** using this 1–5 scale.

|  |  |  |
| --- | --- | --- |
| **Rating** | **Description** | **Sample Language** |
| **5** | Extremely | “It’s consuming me” / “I can’t take much more” / “I’m starving for it” |
| **4** | Very much | “It’s been on my mind a lot” / “It’s intense, even if I hide it” |
| **3** | Somewhat | “It’s noticeable” / “I think about it often, but it doesn’t control me” |
| **2** | A little | “It’s a background itch” / “I notice it, but it’s manageable” |
| **1** | A tiny bit | “It flickers sometimes” / “It’s small, but real” |

### Practitioner Prompts

* “How underfed is this Tiger—on a scale of 1 to 5?”
* “How tired does this one feel right now?”
* “Is this a quiet ache—or a loud roar?”
* “If we had to feed one Tiger first based on this scale, which would it be?”

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### Coaching Tip

* Use **ratings + language** together: “That’s a 4—that’s significant. Let’s prioritize it in your redesign.”
* Let clients **rate across time** if helpful: “Has your Providing Nature always been overfed—or is it recent?”
* Always come back to emotional cues: “What’s the *feeling* that tells you this Tiger is hungry?”

⠀

## PRACTITIONER TOOL: Client Session Tracker

*A session-facing tool for recording all key insights during the Task–Trait Alignment Method*

### Purpose

To give practitioners a **structured place to log discoveries, decisions, and diagnostic patterns** across all six steps of the method—without having to flip between multiple sheets.

Use this during live sessions, in debriefs, or as a coaching summary reference. It’s designed to be flexible: paper-based, Notion, Coda, or Airtable-friendly.

### Inline Template: Client Session Tracker

#### Step 0: Client Info

|  |  |
| --- | --- |
| **Field** | **Value** |
| Client Name |  |
| Session Date |  |
| Practitioner |  |
| MNTEST Available | Yes / No |
| MITEST Available | Yes / No |
| Session Type | Full / Mini / Follow-up |

#### Step 1: Task Inventory

|  |  |  |
| --- | --- | --- |
| **Task / Activity** | **Frequency** | **Notes on Emotion / Energy** |
| Example: Answering emails | Daily | Feels repetitive, draining |
|  |  |  |

#### Step 2: Trait Demands

|  |  |  |
| --- | --- | --- |
| **Task** | **MIs Required** | **MNs Required** |
| Example: Teaching a class | Linguistic, Interpersonal | Educative, Entertaining |
|  |  |  |

#### Step 3: Trait Alignment (Overlay with MN/MITEST)

|  |  |  |  |
| --- | --- | --- | --- |
| **Trait** | **Used in Task?** | **MN/MITest Level** | **Alignment (✅/⚠️/❌)** |
| Administrative Nature | Yes | Low | ❌ |
| Creative Nature | No | High | ❌ (suppressed) |

#### Step 4: Tiger Status

|  |  |  |  |
| --- | --- | --- | --- |
| **Trait** | **State (✅/❌/⚠️)** | **Intensity (1–5)** | **Emotional Notes / Quotes** |
| Creative Nature | ❌ Underfed | 4 | “I miss making things” |
| Interpersonal Intelligence | ⚠️ Overfed | 5 | “People overloads me” |

#### Step 5: Energy Leak & Suppression Summary

|  |  |  |  |
| --- | --- | --- | --- |
| **Energy Leak (Task or Trait)** | **Source of Drain or Suppression** | **Trait Impacted** | **Notes** |
| Weekly reports | Overused Admin | Administrative Nature | Constant repetition |
| No creative outlet | Underuse | Creative Nature | Feels stifled |

#### Step 6: Rebalance Plan

|  |  |  |  |
| --- | --- | --- | --- |
| **Proposed Shift** | **Trait(s) Involved** | **Type (Add/Remove/Protect)** | **Notes or Commitment** |
| Add creative block on Fridays | Creative, Intrapersonal | Add | Non-negotiable 2hr time |
| Delegate inbox review | Admin | Remove | Ask assistant to filter |
| Host monthly teaching circle | Educative, Interpersonal | Add | Client sets up next week |

#### Session Summary Box

|  |  |
| --- | --- |
| **Field** | **Notes** |
| Most aligned trait(s) |  |
| Most starved Tiger |  |
| Key client insight |  |
| One Tiger to prioritize |  |
| Next step / follow-up |  |

## PRACTITIONER TOOL: Completion Checklist

*A step-by-step validation tool to confirm the full method has been delivered before session closure*

### Purpose

To give you a **fast, structured way to verify** that each core element of the Task–Trait Alignment Method has been completed, so you don’t leave anything essential out.

Use this in live sessions, session notes, or debrief forms.

It also helps track **partial completion** in multi-session delivery.

### Inline Template: Completion Checklist

#### Client Session Completion Checklist

|  |  |  |  |
| --- | --- | --- | --- |
| **Step** | **Action / Outcome** | **Completed? (✔/✘)** | **Notes** |
| 1️⃣ | Client listed 8–15 real tasks across life domains |  |  |
| 2️⃣ | MI + MN traits identified for each task |  |  |
| 3️⃣ | Traits mapped to MNTEST/MITEST profile |  |  |
| 3️⃣ | Misalignments labeled (✅ ⚠️ ❌) |  |  |
| 4️⃣ | Each trait assessed for Tiger status (Satisfied / Underfed / Overfed) |  |  |
| 4️⃣ | Intensity scale used for high-impact traits |  |  |
| 5️⃣ | 2–3 energy leaks or suppressed traits identified |  |  |
| 6️⃣ | At least one Tiger selected to prioritize feeding |  |  |
| 6️⃣ | 1–3 actionable shifts or redesign steps defined |  |  |
| 🔁 | Optional: Tiger cluster/facet task identified |  |  |
| 🧭 | Client expresses clarity, self-connection, and direction |  |  |
| 💬 | Practitioner debriefed, session notes saved |  |  |

### End-of-Session Reflection (Practitioner)

|  |  |
| --- | --- |
| **Prompt** | **Notes** |
| What was the client’s emotional state at the end of the session? |  |
| What was the biggest insight for them? |  |
| What Tiger seemed most critical to feed next? |  |
| What is the ideal next step for follow-up? |  |