SELF DISCOVERY REPORT

Sample Report

100 PARAMETERS · ENGLISH · 8 NOVEMBER 2026 · REPORT ID SD-31DC-62DF



Growing

You have a solid foundation with clear strengths, and a set of specific patterns quietly holding you back.

The Hall of Mirrors	71%
The River of Energy	63%
The Inner Fire	81%
The Forge of Gifts	75%
The Bridge of Bonds	92%
The Crossroads	63%
The Inner Temple	71%

YOUR PERSONA

The Finisher

By Being Alone · With Facts and Logic · Deep Work Alone

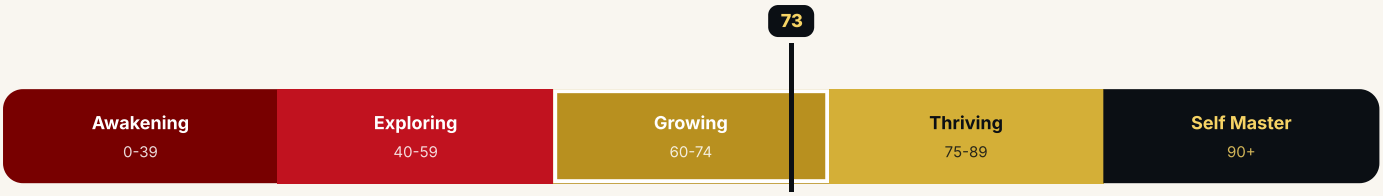
Sample Report, in a team you are "The Finisher". You recharge "By Being Alone", you decide "With Facts and Logic", and time flies for you in "Deep Work Alone". Your brightest strength is How You See Failure ("I can learn this"). The next door waiting for you is How Long You Can Focus (Under 10 Minutes).

YOUR 3 FIRST STEPS INSIDE THIS REPORT

1	How Long You Can Focus: Under 10 Minutes	Week 1
2	What Your Self Worth Rests On: My Results	Week 2
3	Do You Feel Like a Fraud?: "They'll find out I'm not good enough"	Week 3

INFOGRAPHIC SUMMARY

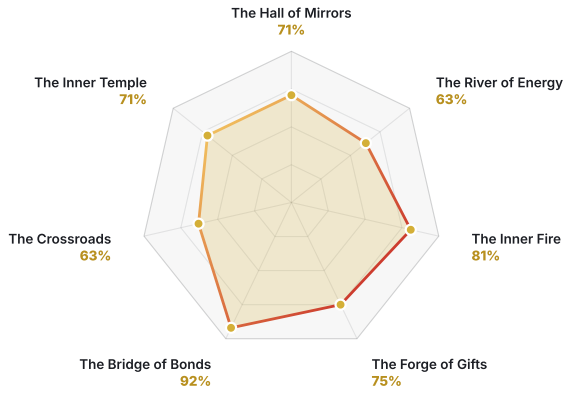
✦ Your self discovery at a glance



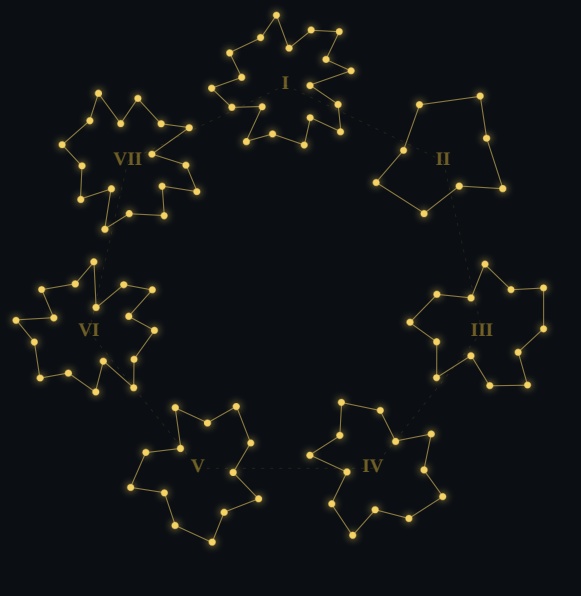
You are at 73: Growing. 2 points to Thriving.

100/100	32	16	7	45	22
Scenes answered	Strengths	Developing	Priorities	Wiring traits	Domains mapped

Your 7 inner worlds



Your constellation



5 STRONGEST DOMAINS

How You Think and Learn	100%
Your Talents and Skills	100%
Love and Relationships	100%
Energy, Health and Giving	100%
Teamwork and Boundaries	88%

5 DOMAINS TO GROW

Hidden Fears and Patterns	0%
Roots and Life Patterns	25%
Purpose and Meaning	25%
Turning Knowledge into Action	50%
Your Body and Stress	50%

WHO YOU ARE

✦ Your persona and wiring

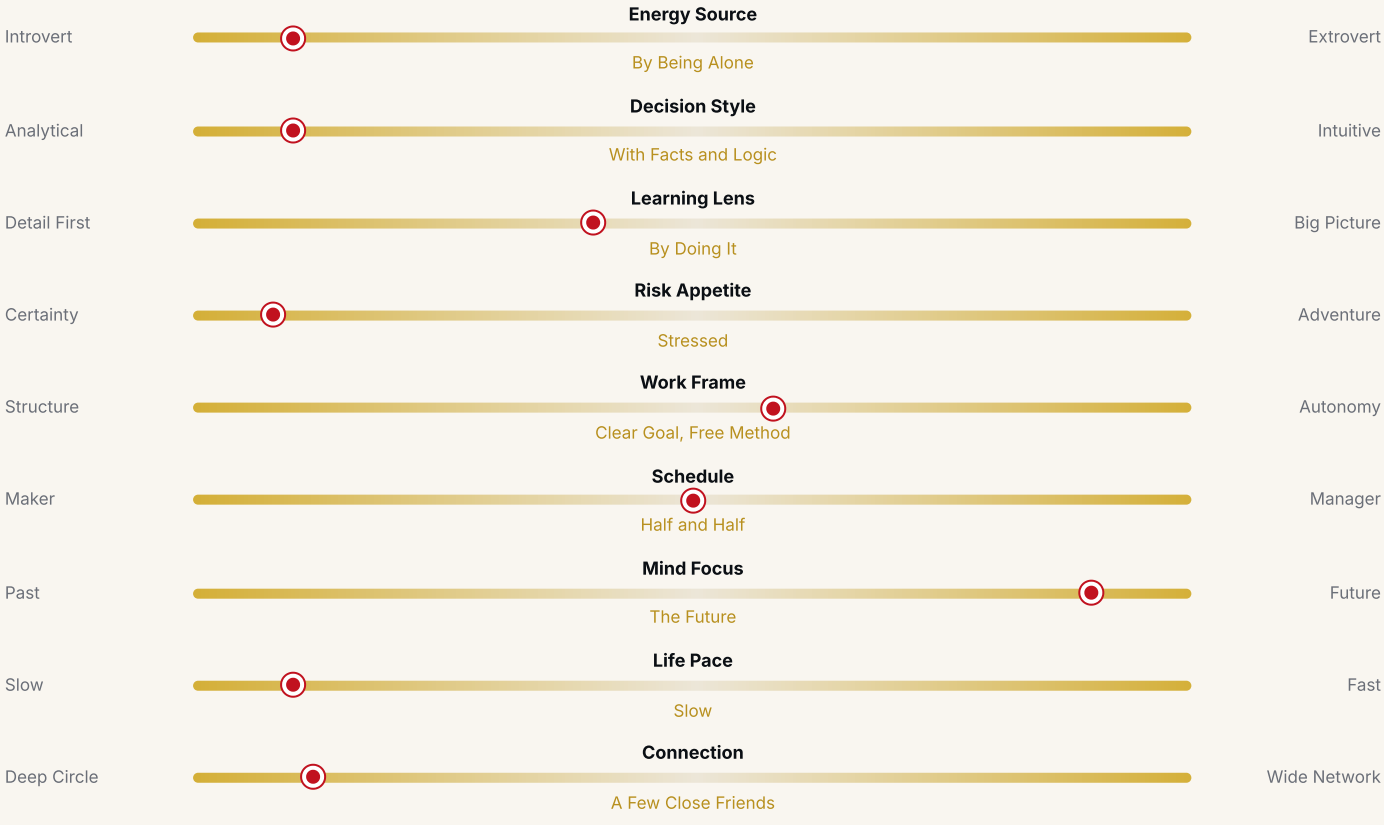
YOUR PERSONA

The Finisher

Sample Report, in a team you are "The Finisher". You recharge "By Being Alone", you decide "With Facts and Logic", and time flies for you in "Deep Work Alone". Your brightest strength is How You See Failure ("I can learn this"). The next door waiting for you is How Long You Can Focus (Under 10 Minutes).

WHAT MATTERS MOST TO YOU **Safety and Stability**	HOW YOU RECHARGE **By Being Alone**	HOW YOU MAKE BIG DECISIONS **With Facts and Logic**
HOW YOU LEARN BEST **By Doing It**	YOUR ROLE IN A TEAM **The Finisher**	HOW YOU LEAD **Lead by Example**
WHAT MAKES YOU FEEL VALUED **Kind Words**	YOUR BEST TIME OF DAY **Early Morning**	HOW YOU KEEP PROMISES TO YOURSELF **I Just Do It**
WHEN TIME FLIES FOR YOU **Deep Work Alone**	YOUR CURRENT LIFE SEASON **Building**	HOW YOU LIKE TO GIVE **Listening and Caring**

Trait Spectrums



BIGGEST GAINS FOR THE LEAST EFFORT

✦ Fix these 3 first

PRINCIPLE: The Pareto principle says about 20% of causes drive 80% of results. These 3 patterns carry most of your growth.

1 How Long You Can Focus

Week 1

WHAT IT MEANS FOR YOU

Under 10 Minutes: You lose focus within minutes and reach for your phone. For example, you check messages 3 times while reading one page.

WHY IT MATTERS

Constant phone checking trains your brain to want quick hits and makes deep focus harder every day.

YOUR NEXT STEP

Keep your phone in another room for 25 minutes of focused work. Start with one such block a day and slowly add more.

2 What Your Self Worth Rests On

Week 2

WHAT IT MEANS FOR YOU

My Results: You feel valuable only when you achieve. For example, a bad month at work makes you feel worthless.

WHY IT MATTERS

If your worth depends on results, approval or looks, you will always feel anxious, because these can be lost.

YOUR NEXT STEP

Every night, write one quality you like in yourself that has nothing to do with work, like kindness or honesty.

3 Do You Feel Like a Fraud?

Week 3

WHAT IT MEANS FOR YOU

"They'll find out I'm not good enough": You feel your success is luck and fear being "found out". For example, after a promotion you worry everyone will soon see you do not deserve it.

WHY IT MATTERS

Feeling like a fraud makes good people over-prepare, burn out or say no to opportunities they deserve.

YOUR NEXT STEP

Keep a "proof file": write 10 results you achieved and how you achieved them. Read it whenever the fraud feeling comes.

SCORED BY DOMAIN

✦ Your domain scorecard

I	Your Core Values and Nature	75%
I	Hidden Fears and Patterns	0%
I	How You Think and Learn	100%
I	Your Inner Voice and Story	83%
II	Your Body and Stress	50%
II	Your Presence and Body Language	75%
III	Your Emotions	83%
III	What Drives Your Actions	75%
III	Your Inner Strength and Confidence	83%
IV	Your Talents and Skills	100%
IV	Your Work and Calling	Wiring
IV	Focus and Digital Habits	67%
V	Love and Relationships	100%
V	Teamwork and Boundaries	88%
V	Your Time and Space	Wiring
VI	Purpose and Meaning	25%
VI	Your Life Stage	75%
VI	Handling Change	83%
VI	Turning Knowledge into Action	50%
VII	Roots and Life Patterns	25%
VII	Character and Courage	88%
VII	Self Worth and Inner Peace	63%
VII	Energy, Health and Giving	100%
VII	Clarity and Commitment	83%

STRENGTHS TO PROTECT

- ✓ **How You See Failure**: "I can learn this"
- ✓ **How You Make Big Decisions**: With Facts and Logic
- ✓ **How You Talk to Yourself**: Kind Coach
- ✓ **How You Picture Life**: A Game
- ✓ **Your Body Under Uncertainty**: Calm Mode
- ✓ **Gut Feeling or Fear?**: Yes, Clearly
- ✓ **What You Do With Strong Feelings**: Talk It Out

PRIORITIES TO UNLOCK

- → **Do You Feel Like a Fraud?**: "They'll find out I'm not good enough"
- → **Hearing Your Body's Warnings**: Not at All
- → **How Long You Can Focus**: Under 10 Minutes
- → **How You Bounce Back**: I Stay Stuck
- → **Knowing vs Doing**: I Just Read More
- → **Patterns That Keep Repeating**: It's Just Bad Luck
- → **What Your Self Worth Rests On**: My Results

ALL YOUR ANSWERS

✦ Every parameter

#	PARAMETER	YOUR ANSWER	STATUS
1	**What Matters Most to You** The Hall of Mirrors	**D) Safety and Stability** You happily say yes. A secure income and a stable future matter more than freedom.	Wiring
2	**How You Recharge** The Hall of Mirrors	**B) By Being Alone** You go home, switch off your phone and enjoy quiet time, reading or rest.	Wiring
3	**How You See Failure** The Hall of Mirrors	**A) "I can learn this"** "I have not learned it yet. With practice and a better method, I will get there."	Strength
4	**What Triggers You** The Hall of Mirrors	**A) I Felt Disrespected** It felt like they crossed a line or insulted me.	Developing
5	**Why You Stay Stuck** The Hall of Mirrors	**D) It's Part of Who I Am** Being the one who struggles gives me sympathy and a ready excuse.	Wiring
6	**When You Spoil Your Own Progress** The Hall of Mirrors	**C) When People Start Noticing Me** When I get attention or praise, I pull back or say no to opportunities.	Wiring
7	**What Irritates You in Others** The Hall of Mirrors	**B) Saying "No" Easily** People who refuse requests without feeling guilty.	Wiring
8	**What You Are Still Hungry For** The Hall of Mirrors	**A) To Be Noticed** I keep chasing achievements and praise to feel I matter.	Wiring
9	**Your Deepest Fear in a Crisis** The Hall of Mirrors	**C) Gather Information and Plan** I research and prepare for the worst, because being unprepared scares me.	Wiring
10	**The Story of Your Life** The Hall of Mirrors	**C) The Caretaker** "My job is to hold everyone together, even if my own needs wait."	Wiring
11	**Do You Feel Like a Fraud?** The Hall of Mirrors	**A) "They'll find out I'm not good enough"** I feel it was luck and fear people will soon see the truth.	Priority
12	**How You Make Big Decisions** The Hall of Mirrors	**A) With Facts and Logic** I list pros and cons, compare them and pick the one that scores best.	Strength
13	**How You Learn Best** The Hall of Mirrors	**D) By Doing It** I open the software and try things, reading only when I get stuck.	Wiring
14	**How You Solve Problems** The Hall of Mirrors	**B) Check Each Cause** I go through the data and rule out causes one by one.	Wiring
15	**Your Comfort With Risk** The Hall of Mirrors	**C) Stressed** I need clear rules, a plan and a stable structure to do well.	Wiring
16	**Your Thinking Trap** The Hall of Mirrors	**A) "I've spent too much to stop"** I keep investing because I have already invested so much.	Wiring
17	**How You Talk to Yourself** The Hall of Mirrors	**B) Kind Coach** "Breathe. It's just coffee. People care about your message."	Strength
18	**How You Picture Life** The Hall of Mirrors	**B) A Game** Life is a game with challenges, strategies and new rounds.	Strength
19	**Naming Your Feelings** The Hall of Mirrors	**B) In General Words** I use broad words like "stressed", "angry" or "sad".	Developing
20	**Your Body Under Uncertainty** The River of Energy	**C) Calm Mode** I stay calm, know I don't have all the facts yet, and sleep normally.	Strength

#	PARAMETER	YOUR ANSWER	STATUS
21	**Hearing Your Body's Warnings** The River of Energy	**C) Not at All** I only notice how tired I was after the deadline, when I fall sick.	Priority
22	**Your Best Time of Day** The River of Energy	**A) Early Morning** Between 6 and 9 AM, when everything is quiet and fresh.	Wiring
23	**Where Stress Hides in Your Body** The River of Energy	**B) Stomach** Acidity, knots in the stomach, changes in appetite.	Wiring
24	**How Sensitive You Are to Surroundings** The River of Energy	**C) I Don't Notice It** I can focus anywhere, even in a noisy place.	Wiring
25	**How You Show Up on Stage** The River of Energy	**C) Quiet and Reserved** I stay behind the podium, speak softly and keep it short.	Developing
26	**Your Body's Reaction to Attack** The River of Energy	**B) Goes Stiff** My body locks, teeth clench and I hold my breath.	Wiring
27	**Gut Feeling or Fear?** The River of Energy	**A) Yes, Clearly** Real intuition feels like a calm, quiet no. Fear feels loud and jumpy.	Strength
28	**Your Pause Before Reacting** The Inner Fire	**B) I Hold Back but Boil** I don't reply, but I stay angry inside for hours.	Developing
29	**What You Do With Strong Feelings** The Inner Fire	**C) Talk It Out** I talk to someone I trust until I feel calmer.	Strength
30	**Reading the Room** The Inner Fire	**B) I Notice, but Don't Overthink** I notice the pause but assume they were ending a private chat.	Strength
31	**Your Reaction Under Pressure** The Inner Fire	**B) Escape** I busy myself with small tasks to avoid the real problem.	Wiring
32	**What Truly Refills You** The Inner Fire	**A) Building Something Alone** Working on my own project, writing or creating.	Wiring
33	**What Really Motivates You** The Inner Fire	**D) Someone Holding Me Accountable** Whichever has a strong leader who checks on my progress.	Wiring
34	**Who You Blame When Things Fail** The Inner Fire	**A) Myself First** I check my pitch, offer and choices before anything else.	Strength
35	**Why You Put Things Off** The Inner Fire	**B) Not Sure Where to Start** The steps are unclear, so my mind runs to easy tasks.	Wiring
36	**How You Keep Promises to Yourself** The Inner Fire	**A) I Just Do It** I keep promises to myself and others with steady discipline.	Wiring
37	**Your Relationship With Money** The Inner Fire	**A) Save All of It** I put it all into savings; spending feels unsafe.	Developing
38	**How Much Others' Opinions Affect You** The Inner Fire	**B) It Stings, Then I Sort It** I feel hurt briefly, then keep the useful points and drop the rest.	Strength
39	**Whose Opinion You Trust Most** The Inner Fire	**B) A Mix of Both** I test the expert's view against my own results.	Strength
40	**How Rejection Feels to You** The Inner Fire	**B) A Little Hurt** It stings, but I assume it was a mistake and move on.	Developing

#	PARAMETER	YOUR ANSWER	STATUS
41	**Your Natural Talent** The Forge of Gifts	**D) Get It Done** I stop the debate, set deadlines and make things happen.	Wiring
42	**Your Most Valuable Skill** The Forge of Gifts	**C) Leading and Managing** Building teams, fixing processes and running operations.	Wiring
43	**When Time Flies for You** The Forge of Gifts	**A) Deep Work Alone** Writing, designing, coding or solving something on my own.	Wiring
44	**Where Your Time Really Goes** The Forge of Gifts	**D) Work I Love and Am Gifted At** Time flies and I feel more alive after doing it.	Strength
45	**What You Are Curious About** The Forge of Gifts	**D) Body and Nature** Fitness, outdoor life and the natural world.	Wiring
46	**What Work Means to You** The Forge of Gifts	**A) A Job** A way to earn money for my real life and family.	Wiring
47	**Your Ideal Work Day Shape** The Forge of Gifts	**B) Half and Half** Meetings grouped together, plus solid focus time.	Wiring
48	**How You Like Feedback** The Forge of Gifts	**C) Show Me the Numbers** Give me my data and let me judge myself.	Wiring
49	**How You Express Ideas Best** The Forge of Gifts	**D) Building a Model** A working spreadsheet, prototype or system.	Wiring
50	**Freedom or Structure?** The Forge of Gifts	**B) Clear Goal, Free Method** Tell me what success looks like; I'll choose how.	Wiring
51	**How Long You Can Focus** The Forge of Gifts	**A) Under 10 Minutes** I keep reaching for my phone and messages.	Priority
52	**What Feeds Your Mind** The Forge of Gifts	**C) Books and Good Courses** Deep content that I choose on purpose.	Strength
53	**Online You vs Real You** The Forge of Gifts	**A) Almost the Same** I show both my wins and my struggles honestly.	Strength
54	**How You Love and Trust** The Bridge of Bonds	**A) Calm and Trusting** They're probably busy. I give them space.	Strength
55	**How You Handle Disagreement** The Bridge of Bonds	**A) Speak Up Calmly** I tell them clearly and respectfully how it affected me.	Strength
56	**What Makes You Feel Valued** The Bridge of Bonds	**A) Kind Words** Sincere praise or a note that says what I did well.	Wiring
57	**Your Role in a Team** The Bridge of Bonds	**D) The Finisher** I take the tasks and get them done.	Wiring
58	**How Well You Say No** The Bridge of Bonds	**C) I Say No Kindly** I politely decline without guilt and stay warm.	Strength
59	**How You Settle Disagreements** The Bridge of Bonds	**B) Find a Win for Both** I look for a creative option, like price packages, that suits both.	Strength
60	**The Friends You Need** The Bridge of Bonds	**A) A Few Close Friends** 2 or 3 people who know me completely.	Strength

#	PARAMETER	YOUR ANSWER	STATUS
61	**Showing Your Struggles** The Bridge of Bonds	**B) A Little** I share only the safe parts and hide the deep pain.	Developing
62	**How You Lead** The Bridge of Bonds	**C) Lead by Example** I set a very high bar and expect the team to match my speed.	Wiring
63	**Where Your Mind Wanders** The Bridge of Bonds	**C) The Future** Planning goals and imagining what's next.	Wiring
64	**Your Ideal Space** The Bridge of Bonds	**A) Clean and Simple** Empty desk, light colours, no clutter.	Wiring
65	**How Mess Affects You** The Bridge of Bonds	**B) It Sparks Ideas** A little mess helps me think creatively.	Wiring
66	**Your Natural Speed of Life** The Bridge of Bonds	**C) Slow** Open, unhurried days with little scheduling.	Wiring
67	**Your Reason for Being (Ikigai)** The Crossroads	**A) Money Is Missing** I love my work and I'm good at it, but I struggle to earn.	Developing
68	**The Life Area That Needs You Most** The Crossroads	**A) Work and Career** Satisfaction and growth in my work.	Wiring
69	**How You Want to Be Remembered** The Crossroads	**D) "They lived fully"** They lived freely, travelled and enjoyed every moment.	Wiring
70	**Where You Find Deep Meaning** The Crossroads	**A) Faith or God** A higher power, prayer or spiritual practice.	Wiring
71	**How You Bounce Back** The Crossroads	**C) I Stay Stuck** I find it very hard to recover and feel hopeless.	Priority
72	**How Far Ahead You Plan** The Crossroads	**C) Decades** Building wealth or legacy for the next generation.	Wiring
73	**Life Is Short: How You Use That** The Crossroads	**C) I Rarely Think About It** It doesn't really affect my daily decisions.	Developing
74	**Can You Truly Rest?** The Crossroads	**A) Relaxed and Happy** I rest fully and enjoy it without guilt.	Strength
75	**Your Current Life Season** The Crossroads	**B) Building** Working hard to grow career, business or family.	Wiring
76	**How Tired Are You Really?** The Crossroads	**B) Tired but Managing** I push through on tea, coffee and willpower but feel empty.	Developing
77	**How You Handle Big Changes** The Crossroads	**A) Quickly** I adapt easily and see it as a fresh start.	Strength
78	**How Fixed Your Self Image Is** The Crossroads	**A) Very Flexible** I'm always learning and happy to try new roles.	Strength
79	**Staying With the Awkward Phase** The Crossroads	**B) Keep Going for a While** I stay a few weeks, but quit if progress is slow.	Developing
80	**Changing Your Mind** The Crossroads	**A) Change Quickly** I thank them, check the proof and update my view.	Strength

#	PARAMETER	YOUR ANSWER	STATUS
81	**Knowing vs Doing** The Crossroads	**C) I Just Read More** I collect lots of knowledge but my routine stays the same.	Priority
82	**Does Your Space Help or Hurt?** The Crossroads	**B) It's a Daily Fight** I use willpower every day and sometimes slip.	Developing
83	**Who Keeps You on Track** The Crossroads	**C) Someone Tracks Me** A coach, group or partner checks my progress every week.	Strength
84	**Your Childhood Family Role** The Inner Temple	**A) The Achiever** I made the family proud with marks and good behaviour.	Wiring
85	**The Child Inside You** The Inner Temple	**B) I Miss That Child** I feel fond, but that carefree part is buried now.	Developing
86	**Patterns That Keep Repeating** The Inner Temple	**C) It's Just Bad Luck** The people and places are the problem, not me.	Priority
87	**Keeping Your Word** The Inner Temple	**A) I Keep Both** I keep almost every promise, and ask early if I can't.	Strength
88	**Standing Up for What's Right** The Inner Temple	**B) Speak Up Later, Privately** I stay quiet in the room but talk to them one to one after.	Developing
89	**Getting Credit for Your Work** The Inner Temple	**A) Calmly Set It Right** It stings, but I calmly make sure my part is known.	Strength
90	**Letting Go of Old Hurt** The Inner Temple	**A) I'm at Peace** I remember the lesson, but the pain is gone.	Strength
91	**What Your Self Worth Rests On** The Inner Temple	**B) My Results** Without achievements, I'd feel worthless.	Priority
92	**Comparing Yourself to Others** The Inner Temple	**A) I Feel Inspired** I'm happy for them and curious what I can learn.	Strength
93	**How Long Happiness Lasts** The Inner Temple	**A) Months** I enjoy it for a long time and feel grateful.	Strength
94	**Sitting in Silence** The Inner Temple	**B) Busy Mind** Thoughts race, but I can bring myself back.	Developing
95	**Taking Care of Your Body** The Inner Temple	**A) Nothing Important** I still protect sleep, meals and exercise.	Strength
96	**What Drains Your Energy** The Inner Temple	**A) Certain People** Complaining, critical or demanding people.	Wiring
97	**How You Like to Give** The Inner Temple	**D) Listening and Caring** Being there for someone who is struggling.	Wiring
98	**How Others See You** The Inner Temple	**A) Very Closely** I'm the same inside and out, and I ask for feedback.	Strength
99	**Do You Know What You Want?** The Inner Temple	**A) Very Clearly** I know in detail and I'm already moving toward it.	Strength
100	**How Ready You Are to Change** The Inner Temple	**B) Thinking About It** I know I should change but keep weighing it.	Developing

KNOW IT, THEN LIVE IT

✦ Your next 21 days

Ten minutes a day. One pattern per week.

Week 1 **How Long You Can Focus: Under 10 Minutes**

Keep your phone in another room for 25 minutes of focused work. Start with one such block a day and slowly add more.

1	2	3	4	5	6	7
Notice Catch this pattern once in real life and write it down.	**Practice** Do the action once, even if small.	**Practice** Repeat the action; note how it felt.	**Share** Tell one trusted person what you are working on.	**Practice** Do the action in a harder situation.	**Review** Read your notes. What changed?	**Reflect** Reward yourself. Rate the week from 1 to 10.

Week 2 **What Your Self Worth Rests On: My Results**

Every night, write one quality you like in yourself that has nothing to do with work, like kindness or honesty.

8	9	10	11	12	13	14
Notice Catch this pattern once in real life and write it down.	**Practice** Do the action once, even if small.	**Practice** Repeat the action; note how it felt.	**Share** Tell one trusted person what you are working on.	**Practice** Do the action in a harder situation.	**Review** Read your notes. What changed?	**Reflect** Reward yourself. Rate the week from 1 to 10.

Week 3 **Do You Feel Like a Fraud?: "They'll find out I'm not good enough"**

Keep a "proof file": write 10 results you achieved and how you achieved them. Read it whenever the fraud feeling comes.

15	16	17	18	19	20	21
Notice Catch this pattern once in real life and write it down.	**Practice** Do the action once, even if small.	**Practice** Repeat the action; note how it felt.	**Share** Tell one trusted person what you are working on.	**Practice** Do the action in a harder situation.	**Review** Read your notes. What changed?	**Reflect** Reward yourself. Rate the week from 1 to 10.

What it costs if nothing changes

Career and Money
Unseen patterns quietly decide which opportunities you take, and which you never notice.

Relationships
The same conflicts and distances repeat with new faces until the pattern is changed.

Health and Mind
Stress you do not understand lives in your body, your sleep and your energy every day.

WANT TO GO DEEPER?

Work with Saurabh Jain

> You now hold the hardest thing to find: an honest picture of yourself. Awareness opens the door, but guided practice is what walks you through it. A personal Self Discovery session or team training with Saurabh Jain turns these 100 insights into lasting change.

Your focus area: **How Long You Can Focus**

SJ

Saurabh Jain

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Know yourself. Grow yourself.