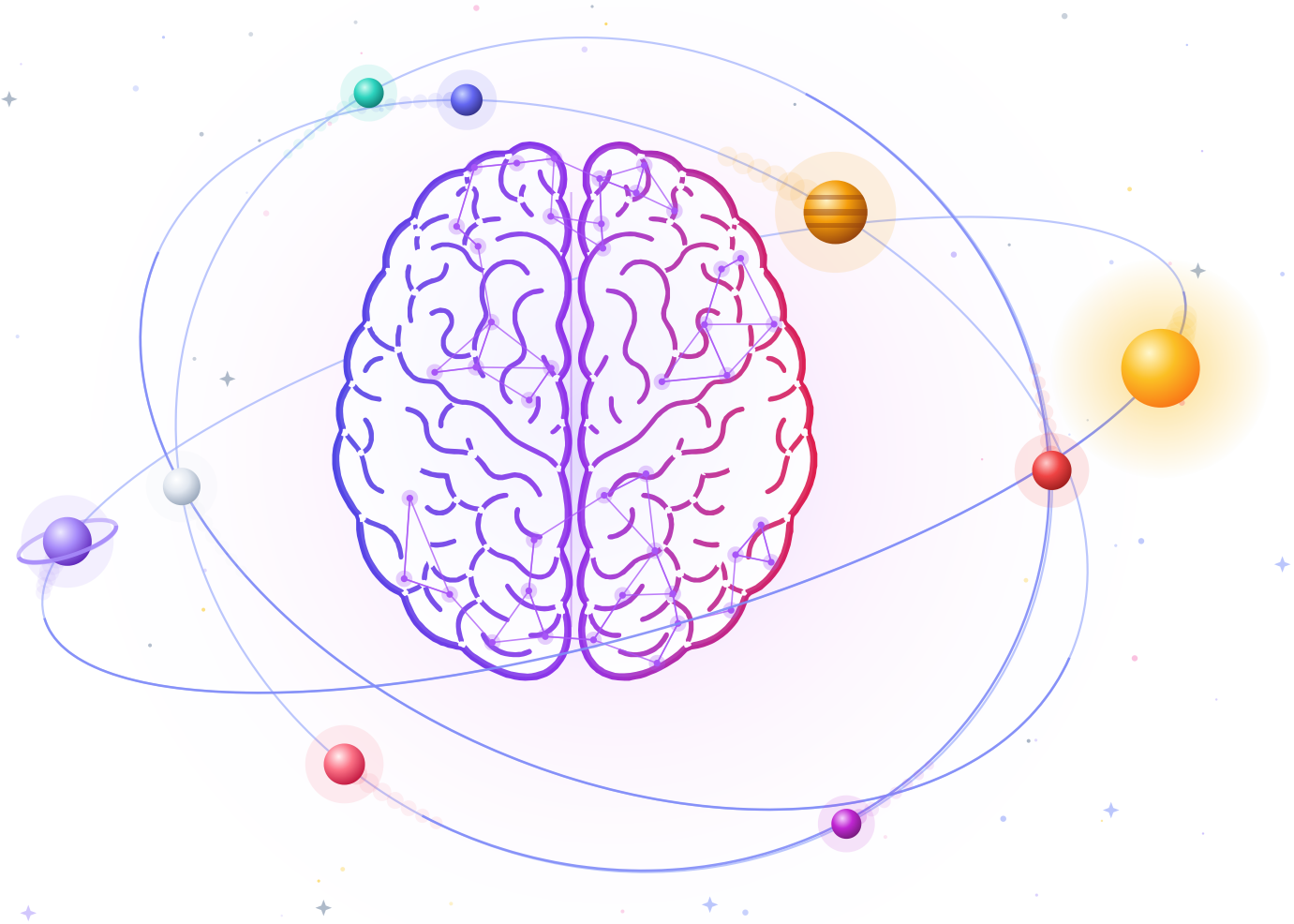
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ADVANCED REPORT

Cosmos Neural Programming

BRAIN ARCHITECTURE & NEURAL OPERATING MANUAL



The cosmos moves. Your brain is programmed.

PREPARED FOR

FBR Institute

Language: English

CLIENT DETAILS

BIRTH DATE	14 Sep 1989
BIRTH TIME	07:25 AM
BIRTH PLACE	Delhi, India
GENDER	Male

REPORT DETAILS

REPORT DATE	15 Nov 2026
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IMPORTANT DISCLAIMER

This report is made from the birth details you gave us. It is meant to help you understand yourself and to give you direction in daily life. It is not medical, psychological, legal, money or career advice, and it does not replace a doctor, a counsellor or any other trained professional. Please speak to a qualified expert before you make an important decision. The report is only as accurate as the birth details you gave. No result or outcome is guaranteed, and you use this report at your own discretion.

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HOW TO READ THIS REPORT

Each section opens with its main findings, then explains them step by step.

Percentages show how your energy is shared out. They describe tendencies, not limits.

The web report also lets you explore other focus areas and past or next cycles. This printed copy shows your natural focus and your cycles as they stand today.

SECTION 01 OF 12

Rhythm of Your Soul

A simple picture of your life, before the detail

IN THIS SECTION

Your natural rhythm
This is your story

IN SHORT

When something needs doing, you do not wait; you are already on it.

99

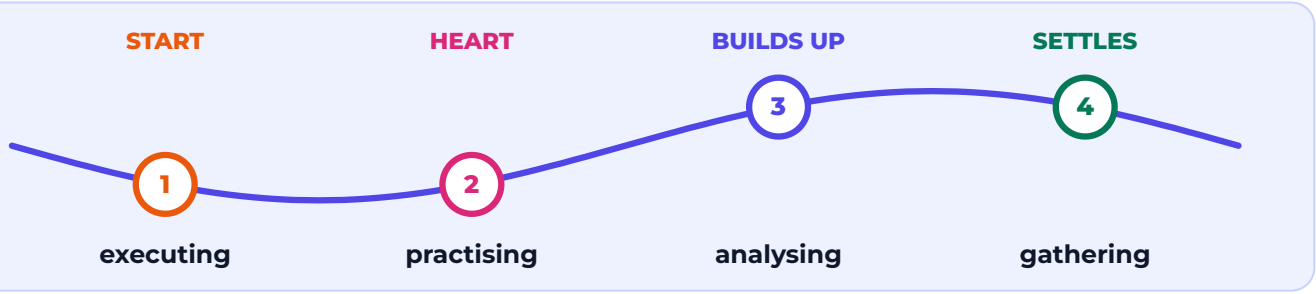
YOUR PATTERN

The Swift, Disciplined Decoder of Memory

You move fast, you find calm in practice, and you keep working things out until it becomes real wisdom.

01 Your natural rhythm

This line shows the four stages of your natural rhythm: where you start, what your heart wants, where your energy builds up, and where you finally settle. The words under each stage come from your own chart.



You start by moving. Underneath, you are calmest when you are working on something, and getting a little better each day is what settles you. Your energy builds up when you are working things out. You find the reason behind things and turn it into a way that works every time, and you trust effort far more than luck. In the end, all of this leads you to a deep store of everything you have lived and learned, so what you keep today becomes the wisdom you lean on tomorrow.

These four boxes sum it up: your strength, your weak spot, a chance you can use, and a risk to watch.

STRENGTH

You see the reason behind things, and once you understand, it lasts.

WEAK SPOT

You wait for the answer to be complete, so the beginning keeps getting pushed back.

CHANCE

When you feel tense, go back to a little practice, because that is where you settle.

RISK

If what you learn is never used, it stays in a pile and never becomes yours.

02 This is your story

A simple look at the life that the rest of this report will walk through with you.

1. Your mind

In your life, the body is the busier one. You would rather be doing something than sitting with a thought, and a day feels right when there is real work in your hands. Because of this, your thinking can fall behind your doing. From outside it may look as if you have energy to spare, but what you really need is a quiet hour, so that your thinking can catch up.

2. Your day

Your natural rhythm starts with action, as you saw above. Even so, a good day for you begins with a little taking in: you listen, you collect, and you try a small piece by hand before you are ready to show it. What matters most comes after that, when something leaves you and reaches another person, such as a result, a clearer way of doing things, or an explanation someone else can use. So you are at your best when one thing is finished and handed on, not when you keep taking things in.

3. How you learn

You learn best when the day is quiet and you can learn in your own way. Give yourself time and the freedom to test a thing, see where it slips, and test it again. What you learn stays with you when you hear it, or when you explain it back in your own words. A class that only repeats the usual way can feel as if it is happening in another room. What really reaches you is one person who thinks a little differently and then steps back. If no one at home can be that person, a different place, such as a good coaching centre or a teacher in another city, will teach you more than staying where the teaching never changes.

4. The work

The work that suits you is work you own yourself, because you would rather answer to the work than to someone else's clock. What you work for most is knowledge, so work in teaching and training suits you best, with research and analysis close behind. A desk and a settled place suit you, mostly out of sight, letting the result speak for you. Your voice is part of the work: explaining, teaching, and talking a hard thing through until it becomes simple. You are well suited to working as an independent consultant or expert. New ideas come easily, so you can start many things; the peace comes when one of them is carried all the way through before the next one is let in.

5. Money

Money comes to you slowly, from steady practice rather than a lucky break. Once you understand why it came, you can make it come again. Much of what you earn goes straight back into learning, into tools, and into the next idea. The habit that protects you is small and simple: on the day the money comes in, put a little aside before the day can spend it.

6. People

You come close to people by talking. A real conversation is your way of caring, and a silent routine with nothing to think about together leaves you feeling far away. You would rather say the true thing than the easy thing, and sometimes it lands harder than you meant, so the other person feels corrected when you only meant to be clear. You are more at ease when you are the one giving the direction, and you need someone beside you who is glad to support it. Two people who both try to lead the same home or the same team will clash.

7. Your body

Your body keeps going long after your mind has had enough, so tiredness shows up late: as a short temper, a scattered mind, or sleep that does not refresh you. You can look strong and still be running on too little rest. What brings you back is a real stop. Eat at proper times, keep one part of the evening free of work, and sleep long enough that the next morning does not start tired. A body that never stops is not healthy; that is exactly what your health needs protecting from.

HOW TO MOVE FURTHER

You see the reason behind things, and once you understand, it lasts. Over time, that becomes real wisdom.

This was the shape of your life in simple words, so that you can recognise yourself before the details begin. The sections ahead go through each part slowly.

END OF SECTION 01 · NEXT: YOUR ENERGY MAP

SECTION 02 OF 12

Your Energy Map

How your brain expresses itself and where your energy sits

80%	58%	5/7	Rajas Peacock	29%
IDEAS	GIVING OUT	LIGHT AND SCATTERED	MAIN TYPE	IQ · THINKING

IN THIS SECTION

How you express yourself · How much you stand on your own · Your energy balance · Your energy distribution · Your energy in one read · Your strengths and your tools

IN SHORT

Your ideas side is bigger, at 80%, so what drives you is ideas, not things you own: new ideas, information and better ways of doing things.

01 How you express yourself

This chart has two halves. The left half is your ideas side: new ideas, information and better ways of doing things. The right half is your hands-on side: people, things, comfort and real results. The bigger half leads you, and the rest of this report grows from it.



LEFT BRAIN 80% RIGHT BRAIN 20%

80% LEFT BRAIN · IDEAS

New ideas, information and solutions. **Process Driven:** You want to know how things are made and grow, so you can create them yourself.

20% RIGHT BRAIN · PHYSICAL

Looks, comfort, closeness and what is yours. **Object Driven:** You want the finished result, ready and real, to enjoy and keep.

You are led by ideas

You go to people to get ideas and information, you collect ways of doing things, and the first thing you give back is your ideas, spoken out in your own voice.

You are process driven. You would rather learn how to do a thing than have it done for you, so when you want something, your first thought is to work out how to make it yourself: a solution, a better way of doing it. You feel most alive while the thing is growing in your hands.

How you put it to work: the strength you use and your way of working

The next chart joins two questions. What do you work with, ideas or people and real things? And which strength do you use, your thinking or your body and hands? The answers make four ways of working: Thinking, Building, Serving and Producing. The thicker the line, the more of your energy goes that way.

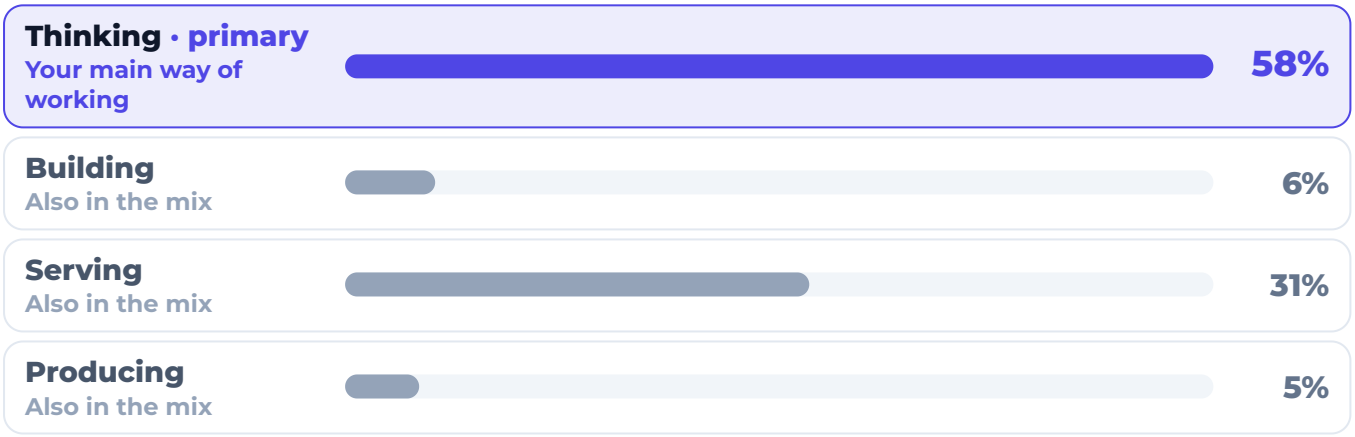
THE STRENGTH YOU USE



Analytical strength
Gathering and analysing

Physical strength
Practice and execution

YOUR WAY OF WORKING



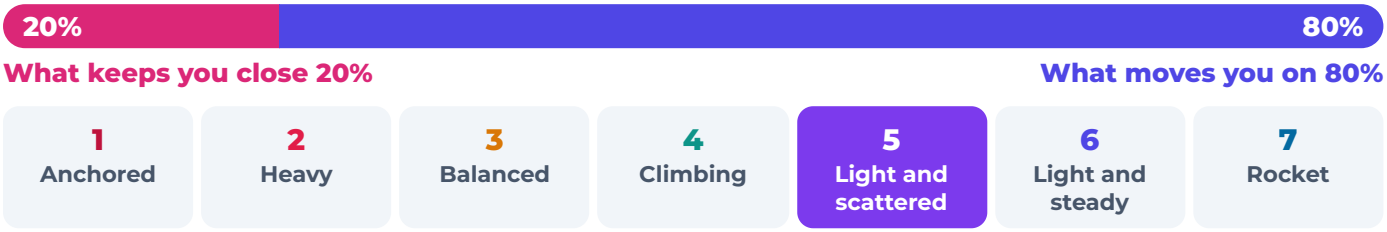
Your thickest line is Thinking, at 58%. You work with ideas and information, and you use your thinking to do it: you collect facts, study them, and create solutions that keep working on their own. Once a solution is built, it works for you, so you do not need to work hard with your body. Serving is your second line (31%), so you also like to give each person your own hands-on help.

THE WORK THIS POINTS TO

Seen as a job, Thinking work suits you best in a back-room role, where someone else presents the work, and where there is room for bringing your own ideas and learning and recording. A teacher who designs the course, a research analyst, or the person who builds the software behind a business are good examples. The Career Guidance section names the careers that match you.

02 How much you stand on your own

This bar shows two forces in your life. On the left is what keeps you close: family duties, comfort, and more information than you can sort. On the right is what moves you on: your plan, your daily practice and your own action. The steps below run from 1, where a person leans most on the people around them, to 7, where a person stands fully on their own.



Level 5 of 7 · Light and scattered

You are on step 5 of 7: only 20% of your bar keeps you close, and 80% moves you on.

1. What this means in everyday life

You are an inventive mind with more ideas than plans. You see new chances everywhere, and although your thinking side is there, your ideas keep running ahead of it. Your own ideas matter more to you than comfort or other people's opinions, so you walk your own path from early on. But your ideas keep reopening the plan, so you start many things and need a simple rule to finish them, like the student who joins three coaching classes at once and completes none.

2. Why you act this way

Very little keeps you close, so rest and family time will not come by themselves. What moves you on is your own ideas, a way of working you can repeat, daily practice, and your power to act fast. You move step by step, because you can see why each step works, and since you understand why it worked, your progress stays.

3. How people affect your mood

Your mood comes from your own ideas, not from the people around you. It drops when an idea stalls, and a way of working under the idea keeps it steady.

4. How to stand stronger

Finish what you are doing before you act on the next sudden idea.

⚠ WATCH OUT
Watch out for leaving half-built plans for a new idea.

03 Your energy balance

Energy moves in two directions. Some of it comes in, when you learn, collect, or stay close to people. Some of it goes out, when you think things through, do the work, or show it to people. This chart shows how your energy is shared between the two.



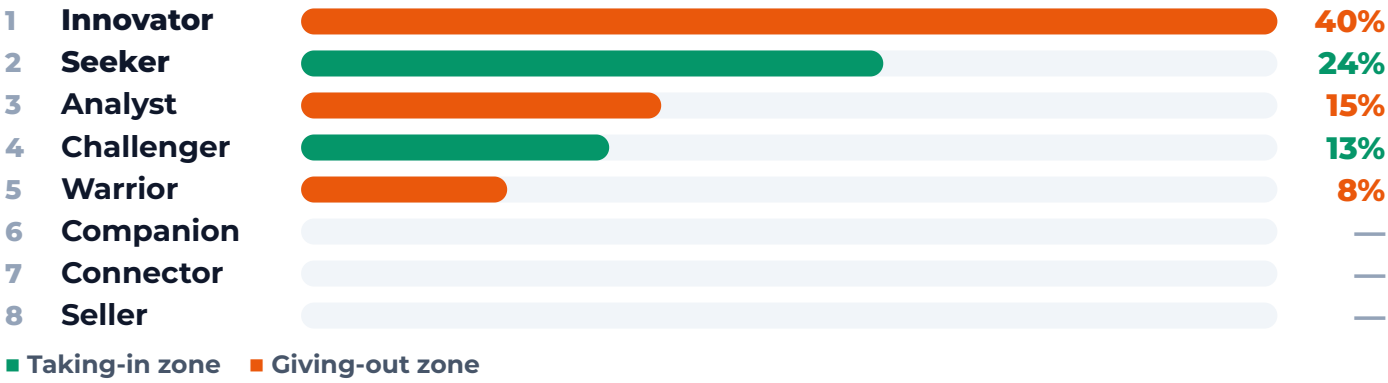
Taking in 42%. Mostly gathering, also practising

Giving out 58%. Mostly innovating, also analysing and executing

It comes in mainly through learning and collecting (Gathering) and daily practice (Practising), and it goes out mainly through your own new ideas (Innovating). So you begin by learning, and the strongest thing you give back is your new ideas. Because more goes out than comes in, you learn best while you work, not before it.

04 Your energy distribution

Your energy is spread over eight areas of life, starting with the strongest.



YOUR CORE AREAS: INNOVATING + GATHERING

Two areas carry most of your energy. The first is new ideas that come suddenly, like a click (Innovating, 40%). The second is learning, reading and collecting facts (Gathering, 24%). Together they show who you are at the core: someone who gets new ideas and keeps learning. Thinking things through (Analysing, 15%), and daily practice (Practising, 13%) support them. Getting the work done (Executing, 8%) is very light for you, and there is no energy at all in home and comfort, in people and duties, and in showing your work to people. In these areas, take help from people who are strong in them: a partner who can present and sell your work and someone who can push the work to finish fast will carry your work much further. And keep a simple routine to rest and enjoy home, because it will not happen by itself.

Your personality type: Rajas Peacock with Tamas Owl

Your two strongest areas give you your personality type: you are mainly a Rajas Peacock, with the Tamas Owl as your second side.

Rajas means your energy works by giving out; Tamas means it works by taking in.

MAIN TYPE

Rajas Peacock · the innovator

New ideas arrive like a click; wants to build something of your own. Optimistic and independent. The growth step is finishing before starting the next idea.

The Peacock is the curious, lively one of the four, and your curiosity bursts out as new ideas.

SECOND TYPE

Tamas Owl · the collector

Watches, reads and records first. Builds a large memory over time. The growth step is choosing what matters and turning it into something finished.

The Owl is the wise one of the four, and your Owl wisdom grows by collecting.

Your Foundation Report describes both types in full.

05 Your energy in one read

You decide by feel more than by plans. Your work reaches people mainly through your voice and your hands at a desk, and you are happiest working out of sight. Over time, life settles you into your own business, running on your own ideas.

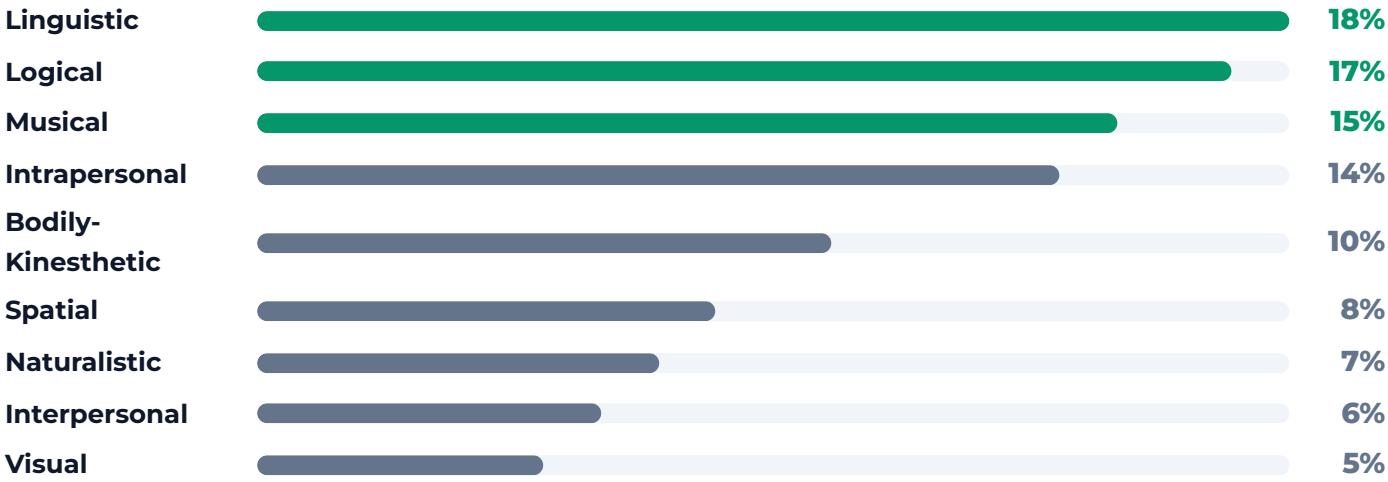
06 Your strengths and your tools

The first chart shows the kinds of pressure you handle well. The second shows the skills you reach for when that pressure comes. The short letters, such as EQ and IQ, are only names for these strengths; they are not exam marks. The higher the number, the stronger it is in you.

THE PRESSURE YOU HANDLE WELL

29%	25%	24%	17%	5%
IQ · THINKING	CQ · FRESH IDEAS	AQ · PHYSICAL	SQ · MEANING	EQ · PEOPLE
Strongest				

THE SKILLS YOU REACH FOR UNDER PRESSURE



You are strongest at handling hard problems (IQ, 29%). When a difficult problem comes, you work it out with logic, facts and practice behind you. When that pressure comes, you put it into words (18%), talking it through and writing it down, and you work it out logically (17%), breaking the problem into steps, numbers and rules. Skills on the hands-on side, like working with your hands or arranging spaces, stay quieter for you. That is not a weakness; it is simply not the side you lead with.

WHAT THIS MEANS FOR YOU

Take on work that brings hard problems to solve, because that is where you stay steady. This strength grows even more with sorting what you gather so gut feel does not outrun analysis. Your habit to put it into words gets sharper with giving more time to daily practice than to your own new ideas. Your lightest area is handling people under pressure (EQ, 5%). Tense situations with people tire you. Prepare for important conversations, and team up with someone who enjoys dealing with people. It grows with rest and comfort, people and duties, letting people see your work, and giving more time to thinking things through than to your own new ideas.

END OF SECTION 02 · NEXT: YOUR LIFE PATH

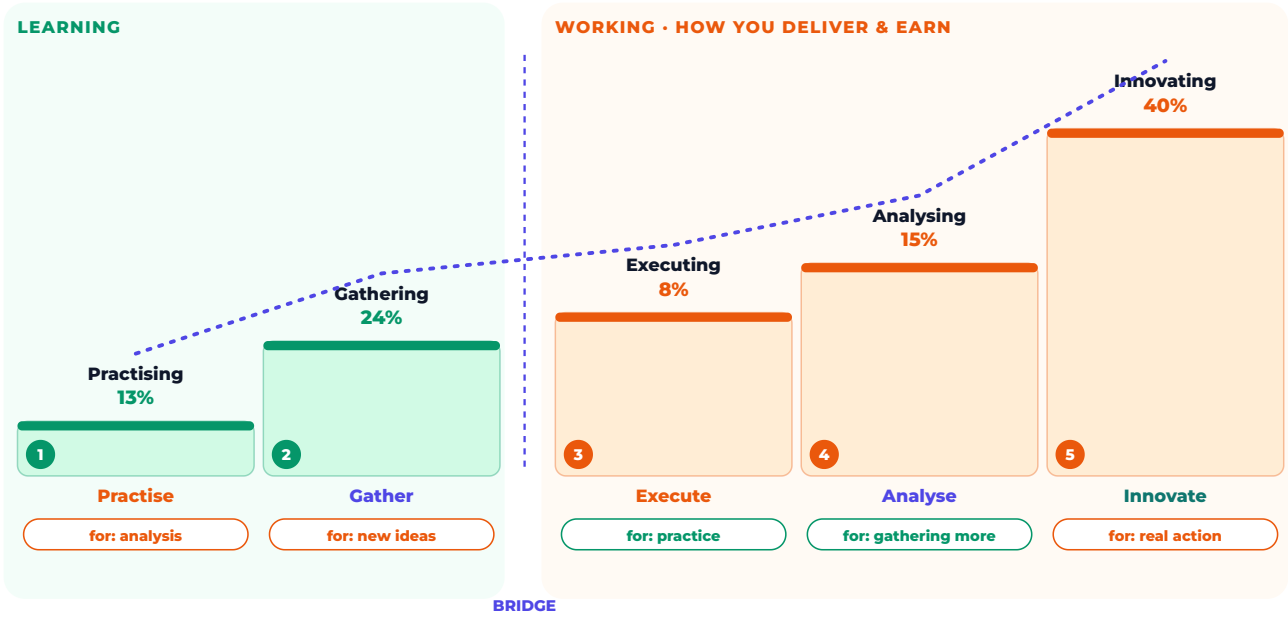
SECTION 03 OF 12

03 Your Life Path

How your energy moves from the first step to where you settle

IN SHORT

This ladder shows the order in which your life uses its energy, from the first step to the place where you settle.



The taller the step, the more of your energy sits there. The small "for" label under each step shows what that step is used for.

STEP	STAGE	YOUR ENERGY	USED FOR
1	**Practising**	13%	Analysis
2	**Gathering**	24%	New ideas
3	**Executing**	8%	Practice
4	**Analysing**	15%	Gathering more
5	**Innovating**	40%	Real action

The steps that are not on your path yet: home and comfort (Enjoying), people and duties (Connecting), and showing your work to people (Being seen).

Your journey, step by step

PRACTISING Your life starts with **daily practice**: working on a skill with your hands until it is right, mainly so that you can think things through.

GATHERING After that comes **learning and collecting**: reading, asking and noting what you find, mainly so that you can spark new ideas.

EXECUTING Then your life turns outward, to **real work at full power**: out in the world, mainly so that you can practise and sharpen your skill.

ANALYSING Next comes **thinking things through**: finding what works and making a plan, mainly so that you can learn and collect more.

INNOVATING Finally you settle into **new ideas**: the sudden click, which you then speak out, mainly so that you can put it into real action.

So, over time, life settles you into **your own business, running on your own ideas**.

Where your path can break, and what to do

LITTLE WARMTH OR COMFORT

Home, rest and enjoyment get little of your energy, so people may find you distant, and your work may feel cold to others. **What to do:**

Make time for the people close to you, and for rest.
Keep a warm, caring person on your team for clients.

FEW CONNECTIONS

You spend little energy on people, so help, chances and support reach you slowly. **What to do:**

Stay in touch with a few useful people every week.
Work with someone who is good with people.

YOUR WORK STAYS UNSEEN

You do the work, but few people see it, so it gets less credit than it deserves. **What to do:**

Show your work every week, even when it is not finished.
Team up with someone who can present it.

END OF SECTION 03 · NEXT: HOW YOU LEARN & DELIVER

SECTION 04 OF 12

How You Learn & Deliver

Taking in, studying, and turning effort into delivery

IN THIS SECTION

How you learn and how you deliver | Your studying style

IN SHORT

Your learning side has two steps.

01 How you learn and how you deliver

Learning · how you take in

It starts with daily practice (Practising) and settles into learning and collecting (Gathering), where learning feels most natural. You learn mainly by **hearing it, through listening, talking and discussion**, and next by doing a thing with your hands.

STEP	STAGE	HOW IT WORKS FOR YOU	BEST THROUGH
1	**Practising** WHERE YOU BEGIN	You learn by practising with your hands: trying, finding the flaws and trying again until the skill is right. Watching alone is never enough for you, and a skill only feels real once you have done it many times.	Doing
2	**Gathering** WHERE YOU SETTLE	You learn by collecting: ways of doing things, what is new, and how others came out of failure. You keep notes, collect examples and build up a store of information. Your thinking is lighter than your feel, so you collect more than you sort.	Reading & writing · listening

YOUR IDEAL LEARNING SPACE A quiet, private corner of your own, where nobody disturbs you, with the freedom to choose your own way and pace. Recorded lectures, videos and digital material suit you best.

Working · how you deliver

Your working side has three steps. It starts with getting the work done (Executing) and settles into new ideas (Innovating), where you deliver most strongly.

STEP	STAGE	HOW IT WORKS FOR YOU	BEST THROUGH
1	**Executing** WHERE YOU BEGIN	You deliver at full power in the real world, on your feet, at speed, on the ground. Once you move, you move with force.	Doing
2	**Analysing**	You think things through until you find what works, and you build good, lasting solutions.	Reading & writing
3	**Innovating** WHERE YOU SETTLE	You bring new ideas and explain them out loud, by talking, suggesting and discussing them.	Speaking

YOUR IDEAL WORKING SPACE Your work is mostly **ideas, plans and solutions**. It reaches people first through your voice, then through your hands at a desk, writing, making and building, and last through how things look. You prefer to work out of sight. You are pushed to deliver fast, often before you feel ready, so you do your best work when you are given time.

02 Your studying style

You start a new topic by doing it and practising it with your hands, and you settle into collecting and recording, where studying feels most natural. You learn first, and use it later.

> **FOR PARENTS: WHO THIS CHILD IS, AND WHERE THEY SHOULD STUDY**
> This child is an inventive mind with more ideas than plans. They see new chances everywhere, and although their thinking side is there, their ideas keep running ahead of it. Keep this child out of a purely traditional set-up. A normal school, ordinary tuition and a home that only repeats the usual way will not teach them. They need one person who thinks differently and can handle a child who does not learn from their surroundings, and that one person can do what the whole place cannot. A hostel, a boarding school or a teacher away from home is better when that person is there; another country helps only if the teacher is there, because the country itself does not teach them. Early on they may look difficult or uninterested, but that is only the start: they settle into their own way of learning, and forcing the standard method now only makes the difficulty louder.

QUESTION	YOUR ANSWER	WHY, AND WHAT TO DO
1. Alone or in a group?	**Alone**	Learning and using what you learn both need quiet, so you take things in best on your own. **DO THIS** Study alone in a quiet place, away from the phone.
2. Guided or on your own?	**On your own**	You prefer to set your own pace and find your own way through a subject. **DO THIS** Plan your own week of study, and ask a teacher only when you are stuck.
3. Deep ideas or quick practical work?	**Deep ideas (why)**	You are strongest in subjects that explain why things work, and you dislike learning by heart without understanding. **DO THIS** Give hard subjects long, unhurried time, and ask why until it clicks.
4. Focus	**Jumps between questions**	You learn by feel, and one question sparks the next, so you jump between topics and collect more than you finish. **DO THIS** Study in 25-minute blocks, and rotate two or three subjects a day.
5. Memory	**Holds well over time**	You collect first and then put it in order, and revising through practice keeps it sharp. **DO THIS** Revise by solving, explaining and using it.
6. Where and how to study	**Self-study with digital tools**	Online courses, videos, apps and smart tools such as AI, on your own in a quiet place suit you. **DO THIS** Use recorded lectures you can pause and replay, visual apps and short summaries.
7. Numbers and maths	**Builds through practice**	You handle maths and logic well once the method is shown step by step and practised every day. **DO THIS** Solve 5 to 10 practice problems a day, and master the method before you time yourself.
8. Handwriting	**Neat and patient at a desk**	Steady practice gives you the patience for neat notebooks, worked steps and well-ordered written answers. **DO THIS** Practise writing full answers in exam conditions, so that speed does not spoil the neatness.
9. The exam clock	**Needs untimed practice first**	You do well once you know the paper format, but sudden time pressure feels stressful without mock practice. **DO THIS** In the month before exams, do one timed mock paper every week.

QUESTION	YOUR ANSWER	WHY, AND WHAT TO DO
10. School and coaching, or your own way?	**Needs projects, not ordinary lessons**	Ordinary one-way lectures lose your attention quickly, so you learn best through pictures, projects and exploring at your own pace. **DO THIS** Pick coaching that lets you ask questions and try your own methods.
11. What keeps you going?	**Curiosity**	You keep going when you want to know why something works, not through routine repetition. **DO THIS** Before each chapter, write down one "why" question you want it to answer.
12. For parents: how to guide this child	**Agree the goal, then step back**	This child starts many things and does not learn well from ordinary teaching, so parents often think the child is struggling. They are not lazy: they need projects, pictures and doing, and one person who can handle a mind that will not copy the room. Heavy supervision or constant comparison makes them stubborn, so let them own the way they study. **DO THIS** Agree weekly targets together, then let them run their own daily timetable.

How you take in a subject, and how you show what you know

AREA		WHAT IT LOOKS LIKE
How you take in a subject	MAINLY	**Listening and talking:** listening, discussing and talking topics through out loud.
	ALSO	**Collecting and recording:** collecting information, notes and examples, and keeping a record.
How you show what you know	MAINLY	**Explaining new ideas:** explaining, discussing and suggesting new ideas out loud.
	ALSO	**Clear answers that follow a set order:** answers worked out step by step, so the reasoning is easy to follow.

Where you learn from

You learn by trying things yourself. You test an idea, see what happens, and keep what works, so you trust what you have found more than what you are told. Other people's lives can inspire you, but advice rarely changes your course. Your mind stays busy but is not strong yet, so thoughts scatter and ordinary classes do not land: you learn by doing, by seeing and through projects.

What can go wrong, and why marks drop

WHAT GOES WRONG	WHAT HAPPENS	THE FIX
Pushes back against strict rules	You want to study your own way, and you resist when someone watches every step or compares you with others.	Make your own study timetable, and share your weekly progress so that your parents can relax.
Results dip under the exam clock	You are pushed to perform against time before the knowledge is ready, and you do not enjoy timed work, so exam results drop.	Solve without a timer until you are confident, then start timing yourself.

For parents, also

- Agree the target marks or topics together, then let them choose their own timetable.
- Give plenty of untimed practice first, and bring in the clock slowly.
- Let them explain a topic out loud to you, or record a lecture they can replay.

For you, also

- Record short voice notes of each topic in your own words, and listen to them again before the exam.

END OF SECTION 04 · NEXT: WHERE YOU PERFORM BEST

05

SECTION 05 OF 12

Where You Perform Best

Place, pace, people, travel and pressure that fit you

IN THIS SECTION

If you change your focus
How to do well in any career

IN SHORT

Your work reaches people first through your voice (73%): talking, teaching, calls, recordings and online work.

IN ONE LINE

You work for **knowledge** and create ideas and services. You decide by feel, and your work goes out through your voice, at a desk. You work out of sight, on your own, as the leader, and you do best as an **independent consultant or expert**.

QUESTION	YOUR RESULT	WHAT IT MEANS FOR YOU
What do you work for?	**Knowledge 37%**	Your strongest pull is **knowledge** (37%). For you it means collecting information and thinking it through to build solutions that work for you. Once they are built and can be repeated, your body can rest. Next comes freedom to work your own way (36%), then money and power (22%), and last people and comfort (5%).

What this focus needs, and what you have

DO YOU HAVE IT?	WHAT THIS FOCUS NEEDS, AND WHAT TO DO ABOUT IT
Yes	**Gathering information (Seeker):** you have this.
Yes	**Thinking it through (Analyst):** you have this.
Not yet	**Connections that bring you information (Connector):** not yet, so build it step by step, or work with someone who has it.

QUESTION	YOUR RESULT	WHAT IT MEANS FOR YOU
What do you create?	**Service sector** 80% Ideas, Software & Services 20% Physical Products & Hardware	Most of what you create is **ideas and services**. So you fit work where the result is a solution rather than an object, such as advice, consulting, education, software, digital products and research. You would rather build a solution yourself than buy it ready-made (Process Driven), so what you create is your own know-how. Your way of working is thinking: you build solutions that work for you, so your body can rest.
How do you decide?	**You decide by feel (gut-led: high gathering)** 34% By method (Logic) 66% By feel / gut / speed	You mostly decide by feel and quick action (66%), not by a slow, careful method. You sense the answer and act on it. So roles that reward good timing, judgement and relationships suit you, and a simple written checklist keeps your results steady. With more information than you can sort, your gut decides.

How does your work leave you?

RANK	TOOL	SHARE	WHAT IT LOOKS LIKE	YOUR OUTLET (OUT OF SIGHT)	FIT
1	**Sound & voice**	73%	talking, teaching, calls, recordings and online work	Teaching, training, podcasts and advice by voice	Yes
2	**Hands, sitting**	16%	writing, making and building at a desk or workbench	Repair, coding, cooking and practical crafts	With effort
3	**Visuals**	6%	design, pictures, diagrams and how things look	Technical drawing, charts of data, layouts and screens	With effort
4	**Full body, moving**	5%	field work, travel and full-power action	Field work, operations, and physical or travelling work	With effort

So choose work where your voice carries the result: explaining, teaching and recording come naturally to you.

Work that is seen, such as singing, display design or performing, is open to you too, with more effort.

DESIGN OR QUALITY? **Lead with quality and strength.** Your work is valued for what it does, not for how it looks, so put your effort into quality, reliability and depth, and leave the styling and presentation to a partner who is good at it.

QUESTION	YOUR RESULT	WHAT IT MEANS FOR YOU
Sitting or moving?	**Mostly a sitting job** 64% Sitting job · 36% Moving job	Yours is mostly a sitting job (64%). A desk, a studio or a workshop suits you, where you do your best work from one place, practising and improving. Early in life you may still enjoy being out, but your work settles where sitting weighs more, so build the habit of staying with one task.
Who sees your work?	**Back-end: a presenter helps** 20% Seen by people · 80% Behind the scenes	Most of your work happens out of sight (80%), so it gets less credit than it deserves. Your voice explains well rather than performs, which suits teaching and explaining. Put a presenter or a seller in front of your work.

QUESTION	YOUR RESULT	WHAT IT MEANS FOR YOU
Who do you work with?	**Clearly on your own** 80% On your own · 20% Through people	You clearly work on your own (80%). You get the work done yourself, without needing people around all the time. Talking to people takes effort for you, so use writing, one-to-one meetings and a clear list of points. Your ideas are not always heard when you say them, so put them in writing, or let a presenter carry them.
Your role in a team	**You lead** 80% Lead · 20% Support	You lead (80%). You set the direction with your own ideas, so hand the doing to others, and keep those people on your side rather than competing with you. Early on you can look like the one in charge, because your ideas come first. But you settle into needing other people to do the work, and they will only carry out a plan they believe in. If you only push them, you will be left alone with the idea, so start making your ideas practical now.
Your pace	**Quality first** 59% Long-term quality · 41% Fast results	Quality comes first for you (59%). You build things that keep working, so your effort goes down over time. Choose work that rewards quality more than speed.

How do you work best?

WAY OF EARNING	HOW IT FITS	ROLE	SHARE	WHAT IT MEANS
Self-employed	Best fit	Independent consultant or expert	40%	**You work through** your own skill and drive, as your own boss.
Business	Also possible	Solutions company founder	31%	**You work through** your own idea, delivered at full power and sold to people.
Job	Also possible	Expert or research professional	24%	**You work through** responsibility you are given, carried out with care and depth.
Trader	Takes more effort	Broker connecting experts with clients	5%	**You work through** people, deals and other people's resources.

You work best as an **independent consultant or expert** (self-employed).

PUBLIC OR PRIVATE **20%** Public · **80%** Private. **Clearly private sector · Your own venture.** You lean clearly to the private side (80%), which means your own venture. Companies and clients that reward your own ideas and effort suit you.

Your route in

Getting in is how readily you take on the work; delivering is how fully you carry it out.

> **You reach knowledge through connection, together with pressure.**
> You have what it takes to deliver here. What holds the door shut is stepping forward to take the responsibility; when you put your hand up for it, the way in opens.

QUESTION	YOUR RESULT	WHAT IT MEANS FOR YOU
Travel and settling away from home	**Your mind travels: work far away, from where you are**	You need both: part of the day at a desk, practising, and part of the day out in the real work. Travel only when the work needs it, because frequent trips for their own sake will tire you. Your mind travels more easily than your body, so you can work for people far away without moving house. Moving abroad is not your main path; do it only when a real person or a real job is waiting there.
Handling bosses, deadlines and work pressure	**Best with supportive leaders**	Inside a clear structure, with plain expectations, you carry responsibility well. A sudden, messy deadline drains you, so break the job into daily pieces, and keep a practical person nearby. To stay steady, keep your duties in writing, and keep your personal mood apart from feedback at work.
The day that holds it together		Practise on a small scale first, where a mistake costs little, and only then do the real work. If you skip the practice, one mistake in real work can cost as much as you have earned. You already practise, so keep a fixed time in the day for practice, and a time when you stop practising and deliver. Then write down why something worked, so you can do it again.

1 · If you change your focus

Your natural focus is **Knowledge**. On the website you can choose another focus; here all four are shown side by side. If you choose a different focus, only the parts below change, and everything else in this report stays the same.

If you change your focus *(continued)*

Knowledge
YOUR FOCUS

WHAT IT NEEDS
- ✓ Gathering information
- ✓ Thinking it through
- ○ Connections that bring you information

YOUR BEST WAY OF EARNING
Independent consultant or expert
Self-employed 40%

YOUR ROUTE IN
Through connection, together with pressure

GETTING IN
41%

DELIVERING
75%

Ready to deliver, step up to take it on

Relations & comfort
IF YOU CHOOSE IT

WHAT IT NEEDS
- ○ Connecting with people
- ○ Closeness and comfort
- ○ Being seen

YOUR BEST WAY OF EARNING
Independent counsellor or coach
Self-employed 40%

YOUR ROUTE IN
Through connection, information and pressure together

GETTING IN
34%

DELIVERING
54%

Ready to deliver, step up to take it on

Money & power
IF YOU CHOOSE IT

WHAT IT NEEDS
- ✓ Practice
- ✓ Full-power delivery
- ○ A way to sell

YOUR BEST WAY OF EARNING
Independent service provider
Self-employed 40%

YOUR ROUTE IN
Through connection, together with information

GETTING IN
48%

DELIVERING
73%

Ready to deliver, step up to take it on

Freedom
IF YOU CHOOSE IT

WHAT IT NEEDS
- ✓ Your own ideas, stronger than your need for others
- ○ A way to be seen and to sell
- ✓ Delivering on your own

YOUR BEST WAY OF EARNING
Free agent
Self-employed 40%

YOUR ROUTE IN
Through information, together with pressure

GETTING IN
53%

DELIVERING
72%

Ready to deliver, step up to take it on

2 · How to do well in any career

- Explain, teach and talk your work through, and record your thinking so it reaches more people.
- Keep a presenter or a seller beside you.
- Trust your feel, but check it against one fact before you commit.
- Ask for quiet time and one-to-one talks, because you deliver best on your own.
- Set the direction yourself, and hand the doing to others.

END OF SECTION 05 · NEXT: MONEY FLOW

SECTION 06 OF 12

Money Flow

Spending, earning, and how wealth holds for you

IN THIS SECTION

What you spend on: ideas or comfort
Your money pattern
Practice before the market
Your income style: supported or self-earned
From spending to earning
Growing or protecting what you have

IN SHORT

Most of your spending (67%) goes on information, ideas and learning, and less on comfort (33%).



1 · What you spend on: ideas or comfort



Information & ideas **Comfort & pleasure**

Money spent on knowing more feels worth it to you.

2 · Your money pattern

Money does not stay with you easily. Little holds it, so it runs into the next idea. This is not only a choice to put money back into your work: it leaves because nothing is there to hold it. Clear thinking is what slows the leak, because it stops you putting money into random tries. You earn through steady, careful practice, so your pay grows slowly. Since you understand why the money came, you can bring it again, and the income holds. You will not stay with one line of work, because one fixed job feels too small, so you try more than one way of earning. At times money also comes from a source you cannot point to, so do not plan your life around it.

TRY THIS

Advice: move a fixed share into savings before the next idea gets it.

3 · Practice before the market

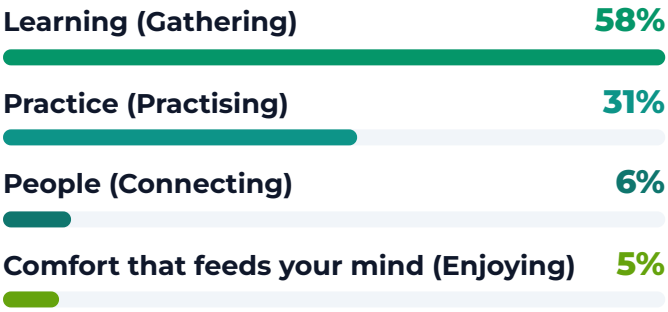
You practise before you go out, so your mistakes happen where they cost little. Your ideas are also bigger than what you can carry out alone, so you look for other people to do the work, and you can start pushing them. But people only work hard on an idea they believe in, and your strength is a clear plan, so show it to them. When an idea does not work in real life, do not keep explaining it to people who think like you. Work with a practical person who knows what people actually need, and let them shape it.

TRY THIS

Advice: keep testing small before you make it big.

Your spending curve

Your base is ideas (Process Driven), so you spend to learn how things work and to build them yourself.



Learning (Gathering) 58%. Books, courses, research tools and data

Practice (Practising) 31%. Software, tools and training to test and try out your ideas

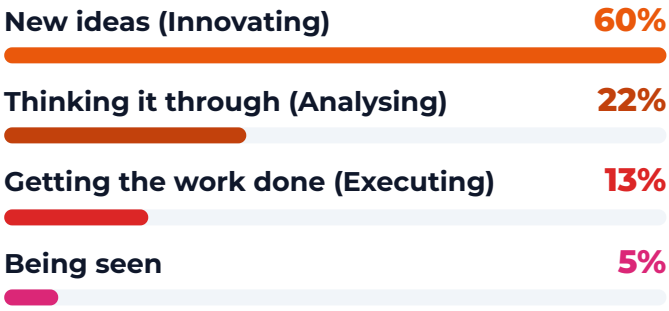
People (Connecting) 6%. Meeting mentors and people who bring fresh ideas

Comfort that feeds your mind (Enjoying) 5%. Quiet places to think, travel for new ideas, and good company

Most of your money (89%) goes on **learning** and **practice**.

Your earning curve

Where money comes to you most easily.



New ideas (Innovating) 60%. New ideas, consulting, your own designs and speaking about your ideas

Thinking it through (Analysing) 22%. Solutions you can repeat, advice and clear methods that solve hard problems

Getting the work done (Executing) 13%. Launching your ideas at full speed in the real market

Being seen 5%. Presenting, teaching and selling your knowledge to an audience

Your income grows best through **new ideas** and **thinking it through** (82%).

4 · Your income style: supported or self-earned



You want **active income** that you earn on your own (80%), through your own effort, skill and decisions. You do not like depending on other people's money or control, and you prefer to earn on your own terms.

5 · From spending to earning

Your money comes in mainly through **new ideas** and **thinking it through**, and goes out mainly on **learning** and **practice**. To earn more, move part of what you spend on **learning** into turning your own ideas into something people can use. Your money moves mostly **online**: it goes out on digital tools, courses and subscriptions, and comes in from digital products and online services. You attract ideas and information far more than spare cash, so earning needs a clear plan, and partners who sell and carry out the work.

WEALTH AND PROTECTION

6 · Growing or protecting what you have

Level 5 of 7 · Light and scattered

At this level money runs out into new tries, so move a fixed part aside before the next idea. Early on this feels like freedom, but it turns into leaks unless you build the habit of holding.

HOW YOU DECIDE ABOUT MONEY: CAREFUL THINKING, BUT FEEL DECIDES UNDER PRESSURE

You understand money rules step by step, but when too much information or feeling comes in, you can still make a sudden move. So always check a big investment with one trusted adviser before you sign.

MONEY TRAPS AND MONEY RULES

Where money leaks: buying courses, books, tools and subscriptions faster than you turn them into income.

Lending and partners: you value being free with money and dislike messy money ties. Work with a partner only when the roles and shares are written down, and never let casual lending spoil a working relationship.

Keeping it safe: make your savings automatic, so mood and company cannot touch them: set up a monthly transfer into safe, long-term savings on the day money arrives.

END OF SECTION 06 · NEXT: YOUR RELATIONSHIPS

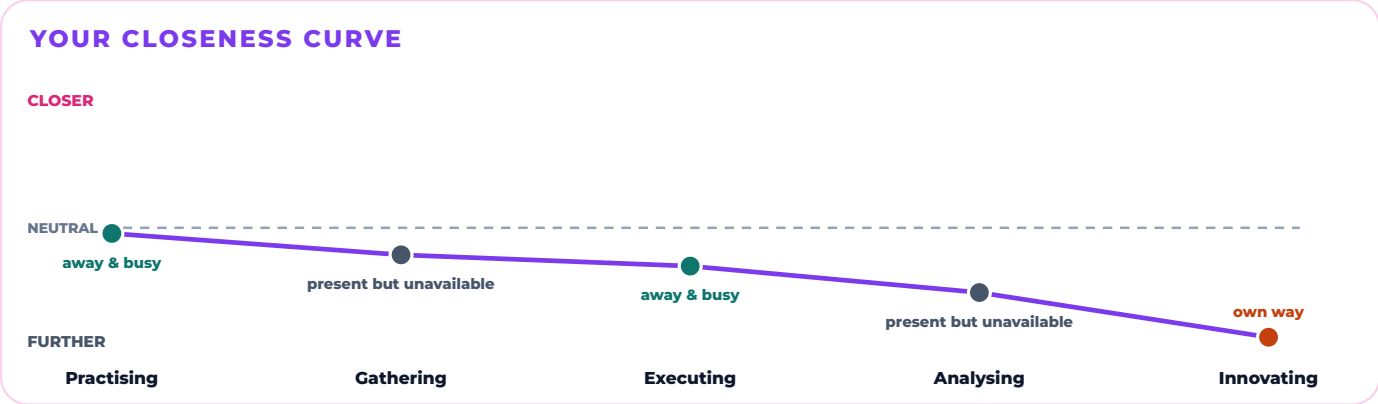
07 SECTION 07 OF 12

Your Relationships

Bond, speech, conflict, and what you give and need

IN SHORT

Your relationships follow the same path as the rest of your life.



Each point on the curve is one step of that path: points above the middle line are times you move closer to people, and points below are times you drift away. The small words on each point say how that distance feels.

How you bond, and how you speak when you disagree

How you bond. You bond through talking, thinking together and sharing ideas. Feeling close means talking things through with someone who listens to your thoughts, and a silent routine with nothing to think about makes you feel distant.

How you speak in a disagreement. You say what you think, bluntly, and you want it done your way. In a marriage or a partnership this starts clashes of ego, so soften the way you say it. The point itself can stay. You also hold a lot of unused energy inside, and it can come out as sharp, cutting words, so move your body before you discuss a sensitive family matter.

What you give, and what you need

Each part of life has two sides: what you give, and what you need from someone else. Where you already give a lot, you still need the other half from a partner or a colleague, at home and at work.

LOVE AND CLOSENESS This side is quiet in you, both in what you give and in what you need, so it will not grow on its own. Lean on your main strengths, and let a partner bring the warmth.

KNOWLEDGE AND PLANNING · YOUR STRONGEST You collect the information and you turn it into a plan, so you can do both. But if you only collect and never decide, the knowledge stays unused.

PRACTICE AND ACTION You can practise patiently and you can take the work out at full speed. With only practice, the work never leaves the room, and with only speed, it breaks.

Marriage and family

Over time you can become **there but distant**: sharing a home while lost in your own thoughts.

LOVE **Needs conscious effort**

When you drift away, you are in the room, but your mind is somewhere else. Even when you are quiet, you sense what the other person feels.

LEAN OR LEAD You are a **leader**: your own ideas are bigger than your need to lean on others, so you set the direction. You need a **supporter**, not a second leader, because two leaders in one home or one team will fight.

THE PARTNER WHO COMPLETES YOU In marriage you give new ideas and direction, and records and memory. The partner who completes you, in this order:

ORDER	WHO	SHARE
1	Someone happy to support you and follow your lead	57% Look for this first
2	Someone who is warm, caring and stays close	22%
3	Someone who is social and confident, and presents and sells	21%

The list is ranked by what is most missing in you, and by how much the rest of your energy depends on it.

A partner fills what you lack. You do not need someone like you; you need someone strong where you are light.

Pattern to watch

PATTERN	WHAT HAPPENS	TRY THIS
Steady at home	Your closeness with family does not swing up and down over the years.	Keep talking openly with your family, so small issues are sorted out before they grow.
A fast start turns into quiet building	You start fast and on your own, then settle into building alone.	Put agreements in writing, so partners know where they stand while you build.

Working life: partners and teams

You settle into **your own way**: you want control of the work, which can lead to clashes of ego if roles are not kept separate.

PARTNERSHIPS **You work best on your own**

Your energy pulls you to work on your own, so if you take a partner, keep the partnership small, clear and in writing.

WHERE YOU BUILD PARTNERSHIPS Mostly **online**, through remote teams and digital platforms, and meet in person at the important moments, so that trust holds.

YOUR TEAM SHOULD INCLUDE At work you give new ideas and direction, and records and memory. The same people complete your team at work, in the same order.

Family and the people who depend on you

Little pulls you into other people's duties, so it is easy to disappear into your own work. So plan time for the people close to you.

These are tendencies in your energy pattern, not fixed results. Knowing them, and making an effort, changes how they play out.

END OF SECTION 07 · NEXT: HEALTH & WELLBEING

08

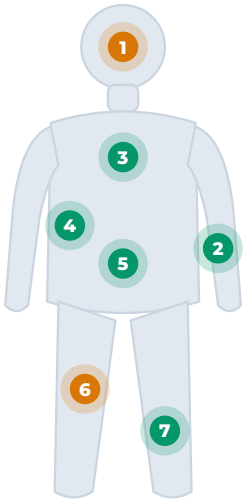
SECTION 08 OF 12

Health & Wellbeing

Body, mind, strain, and what to protect along the path

☆ IN SHORT

Your body, your mind and your relationships along the way: where strain tends to build, why, and the daily habits that help you recover.



Body care map



Body & stamina
Fine with care



Mind & calm
Fine with care



Feelings & relationships
Strong

You take things in first and give out later. So strain tends to build during long periods of learning or preparing, when energy goes in but has not yet come out, and moving on to the doing part of your path is what releases it.

AREA	STATUS	STRENGTH AND WEAR	WHAT IT MEANS FOR YOU
Body & stamina Ring 53	Fine with care Holds well (little strain)	Natural strength 53% Wear & tear 47%	Your body ring (53) shows the load on your body. Your body is very active with nothing to slow it down, so it is hard to stop, and sleep and recovery suffer. So balance it with daily movement, leg-strength exercise and planned rest.
Mind & calm Ring 54	Fine with care Holds well (30% strain)	Natural strength 54% Wear & tear 46%	Your mind ring (54) shows the load on your mind. Your mind is strong and very active, so it rarely rests, and switching off and sleeping can be hard. So take in less, write your plans on paper, and protect your sleep.
Feelings & relationships Ring 92	Strong Holds well (little strain)		Steady practice supports your heart and keeps your feelings balanced. Your steady practice protects your heart.

How your body tends to change, and what to do

A mind that stays switched on tends to keep the body thin, but thin is not the same as healthy. Meals get skipped, sleep gets short, and the body does not recover. So eat enough, at fixed times, and stop work at a fixed hour, even when your mind wants to go on. Early on this feels like energy, but later it shows up as tiredness and poor sleep, unless you learn to stop.

A new way to look after yourself may come to you as an idea, but an idea alone does not repair the body. It becomes a plan only when you think it through, and a habit only when you practise it and move.

Thinking things through supports your mind, steady practice supports your feelings, and full-power action supports your body. The weight you carry presses on all three, and each one also has its own drain: too much information drains the mind, comfort drains the heart, and the pull to stay still drains the body.

What helps: Planned rest and sleep, because nothing slows you down on its own, so your body and mind have to be told to recover.

Body care map: seven areas to look after

NO.	AREA	STATUS	STRENGTH AND WEAR	WHAT TO DO
1	**Head, sleep and nerves**	Fine with care	↑ Mind & calm	Your mind stays switched on, with little in the body to slow it, so sleep comes late. Keep a fixed routine before bed, stop screens 30 minutes before sleep, and write tomorrow's list before you lie down.
2	**Skin**	Strong	Natural strength 85% Wear & tear 15%	Outside stress does not hit your skin hard, so it stays fairly calm. Keep it clean, protected from the sun and well watered.
3	**Upper body: hands, chest and neck**	Strong	↑ Feelings & relationships	Your upper body and your practice are in a workable balance. Your hands, chest and neck carry their work well.
4	**Back: the link between upper and lower body**	Strong	Natural strength 75% Wear & tear 25%	Desk work and movement meet smoothly across your back. Energy moves freely between your upper and lower body.
5	**Digestion**	Strong	Natural strength 91% Wear & tear 9%	Your digestion and energy stay steady. Regular meal times keep it that way.

NO.	AREA	STATUS	STRENGTH AND WEAR	WHAT TO DO
6	**Lower body and legs**	Fine with care	↑ Body & stamina	Your body keeps going and does not notice it is tired, so your legs are asked for more than they have. Walk regularly, do leg-strength exercise, and take proper rest days.
7	**Bones and structure**	Strong	Natural strength 60% Wear & tear 40%	Your posture and the way you hold yourself are well supported. Keep it that way with regular movement.

Habits to watch

HABIT	LEVEL	WHAT IT MEANS
Keeping worry inside	Low	Your thoughts turn into decisions without much worry.
Comfort and appetite	Low	Your comfort habits are balanced with activity.
Rushing and restlessness	Low	You pace yourself and recover well between efforts.
Unspoken expectations	Low	You say what you expect, so misunderstandings stay small.

Where strain shows, your reset, and daily recovery habits

When strain builds, it gathers on the mind side, as worry, because your energy leans towards doing.

Your 15-minute reset: write down one small, clear action and finish it within 15 minutes.

Daily recovery habits

- **Sleep:** your mind carries active ideas into bed, so write down tomorrow's top three tasks on paper 45 minutes before sleep, switch off screens, and wake up at a fixed time.
- **Food:** do not skip meals during long hours of thinking. Drink enough water and eat protein on time, so your focus and energy do not crash.
- **Movement:** every day, do 20 minutes of hands-on skill or core exercise, and 20 minutes of walking or movement outdoors.

The daily actions, the choices for your body and the habits to avoid are in the Remedies section.

This is lifestyle guidance based on your energy pattern, not a medical diagnosis. For any health problem, see a doctor.

END OF SECTION 08 · NEXT: REMEDIES

SECTION 09 OF 12

Remedies

Ten things that lift your mind, ten habits that pull it down, and a day you can start now

IN THIS SECTION

What lifts your mind | What pulls your mind down | Five parts of the day

IN SHORT

The order is only a hint, so repeat the ones you will actually do.

Things to do today.

From Health and Wellbeing: Your busy mind tends to keep your body thin and tired, so start with meals on time and a fixed hour to stop work.

01 What lifts your mind

Five to start with. The other five are still good choices.

1. **Yoga or a simple stretch.** It loosens a body that sits, and teaches a busy mind to stop.
2. **A brisk walk for twenty minutes.** It sends more blood to the brain and clears a stuck mind.
3. **A balance practice.** Walk along a line on the floor, or do slow squats, so the brain has to pay attention.
4. **Fifteen minutes of play.** With a child, a friend or a pet, because laughter is good for the brain too.
5. **Dance or free movement.** It uses rhythm and the whole body, with no score to keep.

Also good. **A slow walk after meals.** Ten minutes helps digestion and stops food settling as weight.

Also good. **A sport with a clear finish.** Badminton, cycling or swimming, because the mind likes a clear end.

Also good. **A slow, repeated movement.** A martial-art move done slowly trains attention and balance.

Also good. **Work with your hands.** Gardening, mending, clay or a small repair, because the hands wake up the mind.

Also good. **Cook one full meal.** A real meal and not a snack, with smell, timing and care in one act.

02 What pulls your mind down

Five habits that cost your pattern the most. Any of the ten will dull the mind if it fills the whole day.

1. **Starting many things and finishing none.** The mind stays excited and never gets the rest that a finished job gives.

2. **Screens late at night.** The mind stays on, and sleep cannot repair it.
3. **Skipping meals.** Focus and memory drop faster than with any other habit.
4. **Cutting sleep short.** A short night makes the next day noisy and slow.
5. **Hard exercise just before bed.** The body is still racing when the mind needs to shut down.

Also avoid. **Sitting all day.** The body stiffens and the mind gets foggy.

Also avoid. **Endless scrolling.** It is more than the mind can sort, so nothing stays.

Also avoid. **Practising forever and never delivering.** The skill stays in the room and never meets real life.

Also avoid. **Rushing with no rest.** Speed without a pause turns small mistakes into big ones.

Also avoid. **Waiting for someone else before every step.** The habit of waiting grows, and your own start gets weaker.

03 Five parts of the day

Pick one from each pair, because either one is enough.

FOOD	**1.** Never skip a meal, and eat a real meal even when your mind is busy. **2.** Stop eating two hours before you sleep.
THINKING	**1.** Read one page aloud. **2.** Use one new word in a real conversation today.
PEOPLE	**1.** Share one meal with no phones. **2.** Send one message that says what you really need.
WORK	**1.** Work for twenty-five minutes, then stand up. **2.** Practise the task on a small scale before anyone else sees it.
MONEY	**1.** Move a small, fixed amount aside on the day money arrives. **2.** Write one line on why the money came, before you spend it.

These are everyday choices, not a diagnosis. If something hurts, or a doctor has already given you a plan, follow that.

END OF SECTION 09 · NEXT: CAREER GUIDANCE

SECTION 10 OF 12

Career Guidance

Your career focus and the careers that match it

IN THIS SECTION

Your path into work · Your type of work · Your best work areas · What makes you stand out · What to study for it · Investing your own money

IN SHORT

Right now, thinking work in teaching and training suits you best, working for yourself.

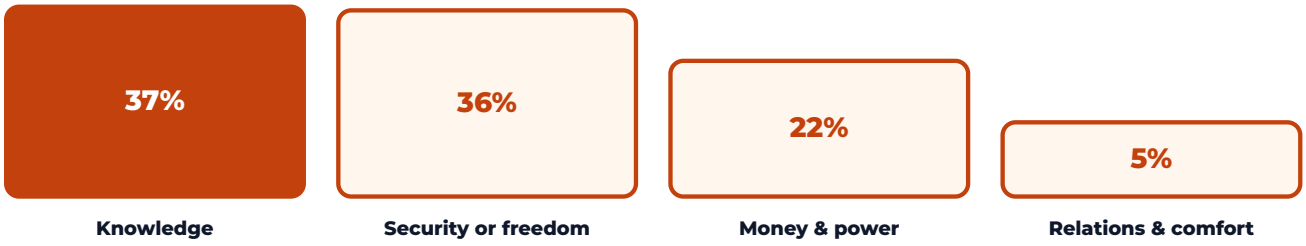
YOUR CAREER IN SIX STEPS

1. **YOUR FOCUS** — Knowledge
2. **HOW YOU WORK** — Independent consultant or expert
3. **YOUR TOOL** — Your voice, then your hands at a desk, mostly from a distance
4. **YOUR ROUTE IN** — Through connection, together with pressure
5. **YOUR TYPE OF WORK** — Thinker and organiser
6. **YOUR BEST WORK AREA** — Teaching & Training

YOUR PERSONAL RULE

Make time for the people close to you, and for rest.

THE FILLED COLUMN IS WHERE THE WORK SHOULD SIT



CAREER DECISION

> **Your best next move**
>
> *Self-reliance level 5 of 7:* you can try new things and grow, but put a clear method under your ideas first. Test one idea until you know why it works, and then grow it. The main risk is a workplace that does not match how you decide and deliver, not a lack of ability, so choose a place that fits your way of working.

01 Your path into work

There is no single right career. It depends on what you work for, how you work, the tool you use and your way in, and these four steps lead to the work areas below.

STEP	YOUR ANSWER	IN SHORT
1. What you work for	Knowledge	For you it means collecting information and thinking it through to build solutions that work for you. Once they are built and can be repeated, your body can rest. Your second pull is freedom to work your own way.
2. How you work	**Independent consultant or expert** (Self-employed)	You work through your own skill and drive, as your own boss. Mix: Self-employed 40%, Business 31%, Job 24%, Trader 5%.
3. Your tool	**Your voice, then your hands at a desk**, mostly from a distance (online)	You build solutions that work for you, so your body can rest, behind the scenes.
4. Route in	**Through connection, together with pressure**	Getting in 41%, delivering 75%: ready to deliver, step up to take it on.

02 Your type of work

Every employer hires for these six kinds of work. Your order comes only from readings you have already seen in this report.

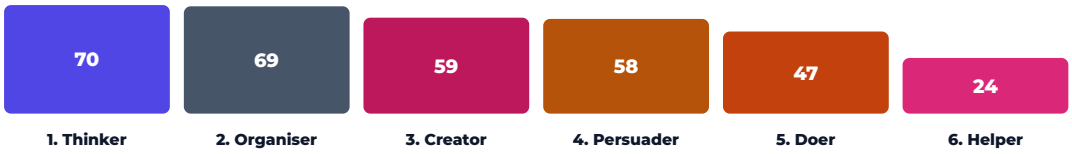


Figure 10.1

You are first a **thinker** (70%), someone who works things out, and second an **organiser** (69%), someone who keeps things in order and on track.

03 Your best work areas

Ranked by your way of working, your strengths and the focus you choose. Each top area comes with a ladder from a first job to leading or owning.

Fifteen work areas, ranked for you. The fit is measured within your own chart, so "strong fit" means strong for you, compared with your other areas. The star on each ladder marks the level that suits your way of working (**self-employment**).

YOUR LIST, READ FOUR WAYS

★ BEST FIT
Teaching & Training #1
Your rank 1: it suits how you work and your focus.

➤ EASIEST TO GET INTO • EASY IN AND STRONG DELIVERY BOTH
Banking, Operations & Records #7
The easiest way in of all fifteen areas. Easy to get in and strong to deliver: you get both here.

▲ STRONGEST DELIVERY
Research & Analysis #2
Where you deliver most strongly once you are in.

1. Teaching & Training — Strong fit — Best fit 75%

Your way in: **through people, together with information**.

Getting in 47% Delivering 42%

In step What you take on and what you deliver are in step here: this is a strong way for you.

WHY IT FITS Your strength in putting things into words (92); your voice is 73% of how your work reaches people.

YOUR KIND OF ROLE Behind the scenes: roles where you work on your own, out of sight. The same field also has front roles, such as teacher, lecturer, corporate trainer, speaker.

START (NO DEGREE NEEDED)	SKILLED (TRAINING OR DIPLOMA)	PROFESSIONAL (DEGREE) ★	LEAD OR OWN ★
Content assistant for courses	Course or curriculum writer, online tutor	Instructional designer, educational researcher, textbook author	Education content company owner, author

2. Research & Analysis — Strong fit — Strongest delivery 72%

Your way in: **through information, together with connection**.

Getting in 58% Delivering 76%

Ready to deliver, step up to take it on You have what it takes to deliver here. What holds the door shut is stepping forward to take the responsibility; when you put your hand up for it, the way in opens.

WHY IT FITS Your strength in handling hard problems (IQ 89); your strength in working things out logically (84).

YOUR KIND OF ROLE Behind the scenes, as above. The same field also has front roles, such as consulting analyst, economist, policy advisor.

START (NO DEGREE NEEDED)	SKILLED (TRAINING OR DIPLOMA)	PROFESSIONAL (DEGREE) ★	LEAD OR OWN ★
Lab or data assistant	Research assistant, data analyst	Scientist, statistician, actuary, economist	Principal scientist, head of a research lab

3. Software, Data & Systems — Strong fit — 65%

Your way in: **through information, together with connection**.

Getting in 57% Delivering 75%

Ready to deliver, step up to take it on

WHY IT FITS Same reasons as Research & Analysis.

YOUR KIND OF ROLE Behind the scenes, as above. The same field also has front roles, such as solutions architect, IT consultant.

START (NO DEGREE NEEDED)	SKILLED (TRAINING OR DIPLOMA)	PROFESSIONAL (DEGREE) ★	LEAD OR OWN ★
Junior tester, data entry	Coder, web or app developer, cybersecurity analyst	Software, data or AI engineer, systems architect, cybersecurity expert	Lead engineer, AI or software business owner

4. Finance, Law & Advisory — Good fit with effort — 61%

Your way in: **through information, together with people**.

Getting in 56% Delivering 51%

In step

WHY IT FITS Your strength in putting things into words (92); your strength in working things out logically (84).

5. Government & Public Service — Good fit with effort — 58%

Your way in: **through information, together with people**.

Getting in 55% Delivering 50%

In step

WHY IT FITS Same reasons as Finance, Law & Advisory.

6. Engineering, Robotics & Machines — Good fit with effort — 53%

Your way in: **through pressure, together with information**.

Getting in 72% Delivering 64%

In step

WHY IT FITS Your strength in working things out logically (84); practice is 13% of your energy.

POSSIBLE WITH SUPPORT	FIT	WHY IT FITS
7. Banking, Operations & Records	50%	Your strength in working things out logically (84); gathering is 24% of your energy.
8. Product, Marketing & Media	49%	Your strength in putting things into words (92); your strength in finding new ideas under pressure (CQ 79).
9. Performing Arts, Film & Entertainment	46%	Your strength in tuning in to sound (81); your strength in finding new ideas under pressure (CQ 79).
10. Design & Architecture	41%	
11. Health, Care & Counselling	40%	
12. Sports & Fitness	36%	Your strength in handling physical challenges (AQ 77).
13. Field, Construction & Protection	29%	Your strength in handling physical challenges (AQ 77).
14. Making & Crafts	28%	Practice is 13% of your energy; your strength in getting hands-on (54).
15. Trade, Sales & Property	27%	

Getting in and delivering, all fifteen areas

Your careers in rank order, as in the list above. Beside each: how easily you get in and how fully you deliver. Your rank never changes.

• **EASY IN AND STRONG DELIVERY BOTH**

1. Banking, Operations & Records rank 7 · **2. Engineering, Robotics & Machines** rank 6 · **3. Finance, Law & Advisory** rank 4 · **4. Government & Public Service** rank 5 · **5. Sports & Fitness** rank 12 · **6. Field, Construction & Protection** rank 13 · **7. Teaching & Training** rank 1 · **8. Health, Care & Counselling** rank 11

RANK	WORK AREA	GETTING IN	DELIVERING	
1	Teaching & Training Best fit	47%	42%	In step
2	Research & Analysis Strongest delivery	58%	76%	Ready to deliver, step up to take it on

RANK	WORK AREA	GETTING IN	DELIVERING	
3	Software, Data & Systems	57%	75%	Ready to deliver, step up to take it on
4	Finance, Law & Advisory	56%	51%	In step
5	Government & Public Service	55%	50%	In step
6	Engineering, Robotics & Machines	72%	64%	In step
7	Banking, Operations & Records Easiest to get into · Easy in and strong delivery both	74%	66%	In step
8	Product, Marketing & Media	27%	49%	Ready to deliver, step up to take it on
9	Performing Arts, Film & Entertainment	26%	48%	Ready to deliver, step up to take it on
10	Design & Architecture	43%	74%	Ready to deliver, step up to take it on
11	Health, Care & Counselling	42%	39%	In step
12	Sports & Fitness	52%	46%	In step
13	Field, Construction & Protection	51%	45%	In step
14	Making & Crafts	50%	70%	Ready to deliver, step up to take it on
15	Trade, Sales & Property	25%	47%	Ready to deliver, step up to take it on

How to get in

Numbers take extra effort for you, so choose a route built on practice, people or creativity rather than heavy maths. You learn by hearing, so courses with discussion and a mentor work best. Your second way in is learning by doing.

How you will carry it out

The way you go into the market, and what to do when you are stuck, is explained in the Money section. In short: keep testing small before you make it big.

04 What makes you stand out

What you bring to any job, what to look for in a workplace, and who completes you.

YOUR EDGE IN ANY JOB

Careful thinking and depth, with order and reliability.

WHAT TO LOOK FOR IN A WORKPLACE

A sitting job, behind the scenes, working mostly on your own, and with the freedom to use your own judgement.

WHO TO WORK WITH

A people person who looks after clients and the team.

Practical rules for work decisions

Bosses: You work best with clear goals and the freedom to choose how. Heavy control from the top, with no explanation, causes friction, so ask for the result wanted and the fixed rules, and then suggest your own way.

Deadlines: Deadlines work best for you when they are realistic and known early, so ask for the real final date and plan backwards from it.

Being seen: Your work tends to stay out of sight, so work with someone who presents it, or do one small thing every week that lets people see your good work.

Changing field: Your strongest ways of working stay useful even if the industry changes. Changing the field is safer than changing how you work.

05 What to study for it

The subjects behind your three strongest work areas, and how you learn them best.

FOR THIS WORK AREA	SUBJECTS TO STUDY
Teaching & Training	Your main subject in depth, education, psychology, languages, public speaking
Research & Analysis	Mathematics, statistics, economics, science, research methods

FOR THIS WORK AREA	SUBJECTS TO STUDY
Software, Data & Systems	Computer science, programming, mathematics, data science

How to study them: you learn best on your own or one to one, in your own way, choosing your own method. You collect a lot by feel, so sort it as you go: one page per topic, with the three points that matter. How You Learn & Deliver has the details.

06 Investing your own money

Three ways to use the share market for your own money, and the traps to avoid. Each fit is worked out from your strengths, your focus and your way in.

With knowledge as your focus, the share market is first a subject to understand, and only then a source of income.

STYLE	FIT	WHAT IT IS	WHAT IT NEEDS
Market analyst or adviser	With care · 63%	Earning from market knowledge, through research, advice and teaching.	It needs deep study, clear thinking and the ability to sell your insight.
Active trader	Suits you · 60%	Short-term buying and selling with quick decisions.	It needs your own judgement, a taste for risk, fast action and strict personal rules.
Long-term investor	With care · 54%	Buy good companies or funds and hold them for years, through SIPs and index funds.	It needs patience, steady research and comfort with slow, safe growth.

Your best approach

Use the market as a subject to master. Study it deeply and earn from research, advice or teaching, rather than from your own daily trades.

What it gives you: knowledge: an understanding of how markets and companies work, which can grow into analysis, advice or teaching.

Watch out

- **Luck over logic:** your results come more from feel than from method, so write your rules down and keep to them, and never trade on a hunch.

This shows how the share market suits your energy pattern. It is not investment advice, so for decisions about your money, speak to a qualified financial adviser.

These are directions that suit your energy, not limits. Effort, training and the right partners can open any field. Your self-reliance level and the way you decide come from the same readings as your Energy Map and Life Path, so the advice stays the same across the report.

If you change your focus

Your natural focus is **Knowledge**. All four focuses are shown side by side, as in Where You Perform Best.

Knowledge
YOUR FOCUS

TOP WORK AREAS
1. Teaching & Training 75%
2. Research & Analysis 72%
3. Software, Data & Systems 65%

HOW YOU WORK
Independent consultant or expert

YOUR ROUTE IN
Through connection, together with pressure

INVESTING YOUR OWN MONEY
With knowledge as your focus, the share market is first a subject to understand, and only then a source of income.

Relations & comfort
IF YOU CHOOSE IT

TOP WORK AREAS
1. Teaching & Training 70%
2. Product, Marketing & Media 59%
3. Government & Public Service 58%

HOW YOU WORK
Independent counsellor or coach

YOUR ROUTE IN
Through connection, information and pressure together

INVESTING YOUR OWN MONEY
With people and comfort as your focus, the share market is a way to secure the people and the comfort you care about.

Money & power
IF YOU CHOOSE IT

TOP WORK AREAS
1. Finance, Law & Advisory 66%
2. Product, Marketing & Media 64%
3. Government & Public Service 63%

HOW YOU WORK
Independent service provider

YOUR ROUTE IN
Through connection, together with information

INVESTING YOUR OWN MONEY
With money and power as your focus, the share market is an arena where discipline keeps you safe.

Freedom
IF YOU CHOOSE IT

TOP WORK AREAS
1. Product, Marketing & Media 69%
2. Performing Arts, Film & Entertainment 66%
3. Software, Data & Systems 65%

HOW YOU WORK
Free agent

YOUR ROUTE IN
Through information, together with pressure

INVESTING YOUR OWN MONEY
With freedom leading, the share market is a place to test your own judgement.

END OF SECTION 10 · NEXT: GAP ANALYSIS: PAST, PRESENT & FUTURE

SECTION 11 OF 12

11 Gap Analysis: Past, Present & Future

What each period gives you, what you need, and how to prepare

IN THIS SECTION

Where you stand now | Your current periods, explained | Month by month | Day by day

IN SHORT

Your life moves through periods of different lengths.

HOW IT WORKS

What each period gives you, and what you need

The **coming three years** set the big goal, the **current year** decides the kind of work, the **current quarter** lays the groundwork, and the month and the next few days carry it out. Each period is one of four kinds: easy, effort, tough, or help needed.

This is the season you are in. It is not a mark for life.

01 Where you stand now

Your periods today, from the coming three years at the top down to the next two or three days, one line each. Part 2 explains each one in full.

PERIOD	WHEN	KIND	WHAT IT MEANS
LONG TERM			
THE COMING 3 YEARS **Connecting**	24 Apr – 17 Nov 2026	Effort period New ground	Connecting: sensing what is happening, staying in touch, and supporting someone who leads.
THE CURRENT YEAR **Executing**	25 Oct 2026 – 31 Jan 2027	Help-needed period New ground	Getting the work done: finishing, handing over and getting real results fast.
MEDIUM TERM			
THE CURRENT QUARTER **Executing**	11 Nov 2026 – 12 Mar 2027	Help-needed period Home ground	Getting the work done: finishing, handing over and getting real results fast.
SHORT TERM			

PERIOD	WHEN	KIND	WHAT IT MEANS
THE CURRENT MONTH **Innovating**	1 Oct – 16 Nov 2026	Easy period New ground	New ideas: the sudden click, a fresh way forward, and trying things your own way.
THE COMING 2–3 DAYS **Enjoying**	13 Nov – 17 Nov 2026	Help-needed period New ground	Comfort and closeness: time with the people you love, rest, and enjoying what is yours.

"Home ground" means the period is in the same area of life as at your birth, "Completing" means it finishes something you were born with, and "New ground" means it asks for something new.

> **OVERALL RIGHT NOW**
>
> **Help-needed period.** This period asks for something you do not have much of. Bring in the right person or tool, and it works out.

What to do this month

This month is **an easy period** for you. So use it to get ahead: put your hardest and most important work into this month. With self-reliance level 5, use the support you have, and take one step on your own each week.

02 Your current periods, explained

Each of your five periods is explained once: what it asks, why it feels this way for you, and what to do, followed by your gaps. The web report also lets you explore the previous and next periods.

PERIOD	PREVIOUS	CURRENT	NEXT
The coming 3 years	**Practising** · Tough period 10 Jan 2023 – 24 Apr 2026	**Connecting** · Effort period 24 Apr – 17 Nov 2026	**Practising** · Tough period 17 Nov 2026 – 3 Jan 2027
The current year	**Being seen** · Effort period 17 Jul 2025 – 25 Oct 2026	**Executing** · Help-needed period 25 Oct 2026 – 31 Jan 2027	**Being seen** · Effort period 31 Jan – 21 Jun 2027
The current quarter	**Being seen** · Effort period 24 Aug – 11 Nov 2026	**Executing** · Help-needed period 11 Nov 2026 – 12 Mar 2027	**Being seen** · Effort period 12 Mar – 23 Apr 2027

PERIOD	PREVIOUS	CURRENT	NEXT
The current month	**Executing** · Help-needed period 16 Aug – 1 Oct 2026	**Innovating** · Easy period 1 Oct – 16 Nov 2026	**Gathering** · Easy period 16 Nov – 30 Dec 2026
The coming 2–3 days	**Gathering** · Easy period 10 Nov – 13 Nov 2026	**Enjoying** · Help-needed period 13 Nov – 17 Nov 2026	**Practising** · Tough period 17 Nov – 21 Nov 2026

The coming 3 years · 24 Apr – 17 Nov 2026

Effort period

Connecting

WHY IT TAKES EFFORT It is on your side, but you do not have much of it yet, and it asks you to take things in, while you are built to give out.

HOW THIS PERIOD MOVES YOU This period adds weight: you may wait more for others to move, so keep taking small steps of your own.

DECIDING BY FEEL Too much unsorted information can make your gut decide, so write the facts down before you act.

Do this. Get back in touch with one person, and listen more than you speak. Start small, keep it steady, and avoid worrying about what could go wrong.

The current year · 25 Oct 2026 – 31 Jan 2027

Help-needed period

Executing

WHY YOU NEED HELP Your base is ideas (Process Driven), and this period pulls the other way, and you have very little of executing in your chart. It is a stretch, not a verdict: handled well, it builds a strength you will use later.

HOW THIS PERIOD MOVES YOU This period lifts you fast, so act with full power.

SELF-RELIANCE LEVEL 5 You have a workable mix of support and your own drive, so use the support you have, and take one step on your own each week.

WHAT USUALLY HAPPENS You plan endlessly and delay the launch, or rush out half-tested when pressure builds.

WORK WITH A fast doer who finishes things.

Do this. Set the launch date first, then deliver the smallest version and improve it. Do the small version now. If you wait until it feels natural, the hard time arrives and you have no skill for it.

You start here, quick and light · Brings speed and real results to the coming 3 years

The current quarter · 11 Nov 2026 – 12 Mar 2027 **Help-needed period**

Executing

WHY YOU NEED HELP Same as for Executing (the current year) above.

HOW THIS PERIOD MOVES YOU Same as for Executing (the current year) above.

SELF-RELIANCE LEVEL 5 Same as for Executing (the current year) above.

WHAT USUALLY HAPPENS Same as for Executing (the current year) above.

WORK WITH Same as for Executing (the current year) above.

Do this. Same as for Executing (the current year) above.

You start here, quick and light · Home ground: familiar since birth · Brings speed and real results to the current year

The current month · 1 Oct – 16 Nov 2026 **Easy period**

Innovating

WHY IT IS EASY FOR YOU It sits on your side (ideas), it is one of your strongest areas.

HOW THIS PERIOD MOVES YOU This period makes you lighter: new ideas make it easier to move.

Do this. Write down one new idea, and say it out loud to someone. Put your hardest work here, and aim higher than usual.

Brings fresh ideas and a new way forward to your groundwork

The coming 2–3 days · 13 Nov – 17 Nov 2026 **Help-needed period**

Enjoying

WHY YOU NEED HELP Your base is ideas (Process Driven), and this period pulls the other way, and you have none of enjoying in your chart. It is a stretch, not a verdict: handled well, it builds a strength you will use later.

HOW THIS PERIOD MOVES YOU This period adds weight: comfort pulls you to stay where you are, so keep a little daily effort going.

SELF-RELIANCE LEVEL 5 Same as for Executing (the current year) above.

WHAT USUALLY HAPPENS You feel restless with rest and family time, and keep slipping back to work in your head.

WORK WITH A warm, caring person who keeps you grounded.

Do this. Treat rest as thinking time: good conversations with close people feed your next ideas. Do the small version now. If you wait until it feels natural, the hard time arrives and you have no skill for it.

Brings warmth, rest and people who support you to your groundwork

Your gaps in these periods

4 of 5 periods need attention

PERIOD	KIND	IT ASKS FOR	WHAT YOU HAVE	HOW TO FILL IT
THE COMING 3 YEARS **Connecting**	Effort period	Connecting	Not yet in you	BUILD IT Get back in touch with one person, and listen more than you speak.
THE CURRENT YEAR **Executing**	Help-needed period	Getting the work done	Only a little in you	FILL THE GAP WITH A fast doer who finishes things.
THE CURRENT QUARTER **Executing**	Help-needed period	Getting the work done	Only a little in you	FILL THE GAP WITH A fast doer who finishes things.
THE COMING 2–3 DAYS **Enjoying**	Help-needed period	Comfort and closeness	Not yet in you	FILL THE GAP WITH A warm, caring person who keeps you grounded.

Tug of war

Your longest period pulls you towards **ideas** (connecting), while this year pulls you towards **the physical world** (executing). Expect the two to pull against each other. Lead with your own side, ideas, and let the other one serve it.

03 Month by month

The previous period, now, and the coming months, in blocks of about six weeks, each with one thing to do.

WHEN	ZONE	PERIOD	DO
16 Aug – 1 Oct 2026 PREVIOUS	Executing	Help-needed period	Finish or hand over one thing.
1 Oct – 16 Nov 2026 CURRENT	Innovating	Easy period	Write down one new idea, and say it out loud to someone.
16 Nov – 30 Dec 2026 NEXT	Gathering	Easy period	Read one topic properly and note three points.
30 Dec 2026 – 12 Feb 2027	Enjoying	Help-needed period	Spend real time with someone close.

WHEN	ZONE	PERIOD	DO
12 Feb – 29 Mar 2027	**Practising**	Tough period	Practise one main skill.
29 Mar – 14 May 2027	**Connecting**	Effort period	Get back in touch with one person, and listen more than you speak.
14 May – 30 Jun 2027	**Analysing**	Easy period	Look at one result, and write down why it worked.
30 Jun – 16 Aug 2027	**Being seen**	Effort period	Tell one new person what you do.

04 Day by day

The last few days, today and the coming weeks, in blocks of about three days.

WHEN	ZONE	PERIOD	DO
6 Nov – 10 Nov 2026 PREVIOUS	**Innovating**	Easy period	Write down one new idea, and say it out loud to someone.
10 Nov – 13 Nov 2026 PREVIOUS	**Gathering**	Easy period	Read one topic properly and note three points.
13 Nov – 17 Nov 2026 CURRENT	**Enjoying**	Help-needed period	Spend real time with someone close.
17 Nov – 21 Nov 2026 NEXT	**Practising**	Tough period	Practise one main skill.
21 Nov – 24 Nov 2026	**Connecting**	Effort period	Get back in touch with one person, and listen more than you speak.
24 Nov – 27 Nov 2026	**Analysing**	Easy period	Look at one result, and write down why it worked.
27 Nov – 30 Nov 2026	**Being seen**	Effort period	Tell one new person what you do.
30 Nov – 3 Dec 2026	**Executing**	Help-needed period	Finish or hand over one thing.
3 Dec – 7 Dec 2026	**Innovating**	Easy period	Write down one new idea, and say it out loud to someone.
7 Dec – 11 Dec 2026	**Gathering**	Easy period	Read one topic properly and note three points.

END OF SECTION 11 · NEXT: ASTRONOMICAL DETAILS

SECTION 12 OF 12

Astronomical Details

Your birth map, how your energy flows, and where each planet sat

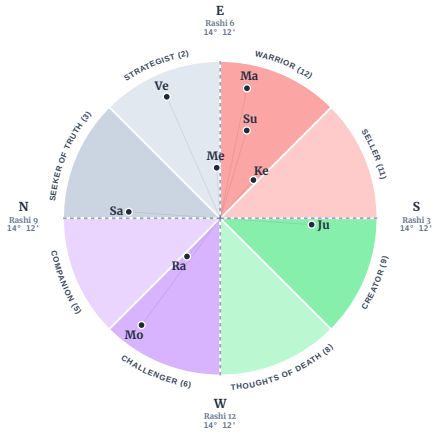


Figure 12.1 Your birth map (Geo-Time Zone Map). This wheel is your birth chart, drawn from your date, time and place of birth.

1 · How your energy flows

This strip shows the order in which your energy moves from one area of life to the next, from where it starts to where it settles.

Ke	Ve	Su	Mo	Ma	Ra	Ju	Sa	Me	Ke
12	2	12	6	12	6	9	3	2	12

2 · Planet positions

The table shows where each planet sat at your birth.

PLANET	HOUSE LABEL (NO.)	RASHI	LONGITUDE	NAKSHATRA
Ascendant	-	Virgo (Kanya)	14° 12'	Hasta P2
Sun	WARRIOR (12)	Leo (Simha)	27° 23'	Uttara Phalguni P1
Moon	CHALLENGER (6)	Aquarius (Kumbha)	7° 50'	Shatabhisha P1
Mars	WARRIOR (12)	Virgo (Kanya)	2° 34'	Uttara Phalguni P2
Mercury	STRATEGIST (2)	Virgo (Kanya)	16° 26'	Hasta P2
Jupiter	CREATOR (9)	Gemini (Mithuna)	13° 54'	Ardra P3
Venus	STRATEGIST (2)	Libra (Tula)	7° 58'	Swati P1
Saturn	SEEKER OF TRUTH (3)	Sagittarius (Dhanu)	13° 27'	Purva Ashadha P1
Rahu	CHALLENGER (6)	Aquarius (Kumbha)	0° 31'	Dhanishta P3
Ketu	WARRIOR (12)	Leo (Simha)	0° 31'	Magha P1

END OF SECTION 12 · END OF REPORT