FOUNDATION REPORT

Architecture of Self

How you are built: your personality, how you think and work, how you learn, and where your natural strengths lie. In simple words and clear pictures.

Here is your chance to

Challenge your

Habits to

Achieve your

New

Goals by

Empowering yourself

PREPARED FOR

Gaurav Garg

Date of birth	03 Jul 1986
Time of birth	3:50 PM
Place of birth	Faridkot
Gender	Male
Report date	4 Nov 2026
Prepared by	**Gaurav Garg** +91-62834-62525 brainmanual@gmail.com

Read it slowly. Tick what feels true, and keep it as your own guide.

INSIDE YOUR REPORT

- Your brain map
- How you learn
- Strengths in graphs
- Subjects & careers
- Your two personalities
- Your people map
- Activity plan
- Your 30-day starter

This is you, at a glance

Eight pictures, eight answers. Each one is explained in more detail later in the report.

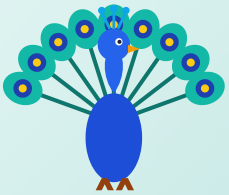


PRIMARY PERSONALITY

Rajas Owl

the system builder

Finds the reason behind things and builds a method that can be repeated. Raw, unsorted data feels heavy; the answer is what matters.



SECONDARY PERSONALITY

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.

IN SHORT

You like to **build with logic**: you want to understand how things work and make a clear method, though raw data can feel heavy. Your mind keeps producing **new ideas**, and you want to build something of your own. Close to your heart, **comfort and the people you trust** matter a lot, and you feel safest when life is steady and pleasant.

THINKING & WORKING STYLE

Analytical + Reverse-Thinking

You work out the reason first and then follow your own method step by step.

LEARNING STYLE

Hearing, then Kinesthetic: hands

Your first way to learn is listening, and your second is doing it with your hands.

YOUR BRAIN

Left-brain led · Process Driven

You want to know how and why something works before you use it.

TOP QUOTIENT · STRENGTH UNDER PRESSURE

IQ · thinking it through

When things get hard you calm yourself by thinking it through.

YOUR TOP TWO SMARTS

Number smart & Self smart

You enjoy numbers, patterns and reasons, and solve problems step by step. You know your own feelings, strengths and goals, and like time to think on your own.

HOBBIES THAT SUIT YOU

Puzzles and strategy

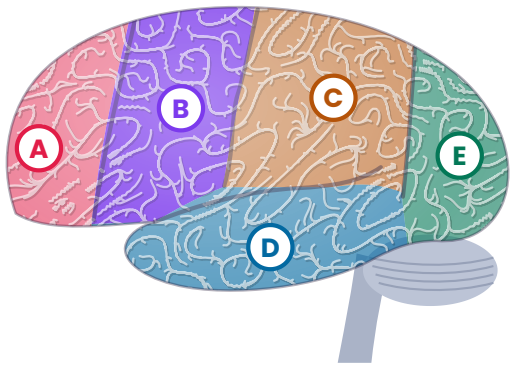
Chess & puzzles, Theatre, Sports, Debate or quiz teams, and more on page 4.

How to read this

Your **primary personality** is how you act most days; your **secondary** shows up in close relationships and under stress. **Tamas** means your energy works by taking in (observing, collecting, feeling), and **Rajas** means it works by giving out (acting, building, showing). The next pages show your numbers and tips, then your personality in depth, and the last pages turn it all into an action plan.

Your Brain's Neural Activity Map

Five lobes of your brain, each with its own job. Rank 1 is where most of your neural activity works.



← Left brain
Process Driven

Right brain →
Object Driven

54%	46%

Left brain = Process Driven: you want to know how and why something works. **Right brain = Object Driven:** you want the result you can see and touch.

B	**Frontal lobe (Thinking)** Ideas and reasons	RANK 1
D	**Temporal lobe (Feeling)** Listening, expressing	RANK 2
C	**Parietal lobe (Doing)** Finishing things	RANK 3
E	**Occipital lobe (Watching)** Noticing the world	RANK 4
A	**Prefrontal lobe (Action)** Starting things	RANK 5

How you act

how you start, and how long you keep going

Rank 1

Mental activity

thinking, planning, solving

73	27
Start	Finish

Quick starter

Your mind is full of new ideas, but it leaves one for the next before the first is done. Choose one, and stay with it.

Rank 2

Emotional expressions

showing feelings, lifting people up

21	79
Start	Finish

✓ Strong finisher

You hesitate to open up, but once you care, you care for a long time. Your warmth is slow to show and slow to fade.

Rank 3

Physical activity

making, building, using your body

24	76
Start	Finish

✓ Strong finisher

You take time to get moving, but once you begin, you keep going long after others stop. Steady hands-on or desk work suits you.

Do this: Help your **mental activity** finish: before a new idea, write one step that finishes the last.

Each lobe, two ways

the two parts add up to 100

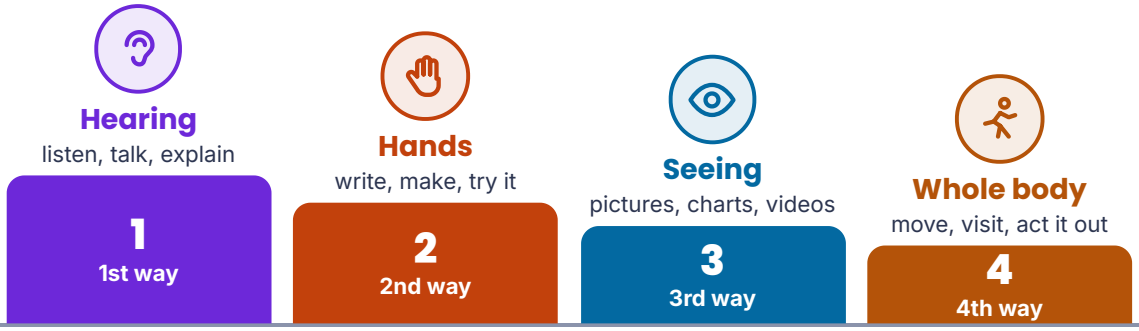
B	**Thinking** Frontal lobe	42% Creative	58% Logical	Balanced
D	**Feeling** Temporal lobe	79% Listening heart *feels what others feel*	21% Expressive heart *shows feelings, makes people happy*	Listening heart leads
C	**Doing** Parietal lobe	76% With your hands	24% With your whole body	With your hands leads
E	**Watching** Occipital lobe	57% Noticing & remembering	43% Sensing & connecting	Balanced
A	**Action** Prefrontal lobe	60% Physical start	40% Mental start	Physical start leads

Learn, Play and Grow

How your brain takes in new things, the strengths to learn with, and how to play and grow.

How you learn

your four ways, in order



Listen first, then do: hear the steps, then write them down or try them straight away.

Learn through your strengths

all your smarts and quotients are on page 5

Number smart
your top smart

Turn it into steps, rules and puzzles.

+

Self smart
your second smart

Link it to your own life and keep a short journal.

+

Thinking it through
your top quotient (IQ)

When a chapter gets hard, break it into questions and solve them one by one.

Study tips

1st way: Hearing

- Read your notes aloud, or record them and listen on the way
- Explain a topic to a friend; teaching it locks it in

2nd way: Hands

- Write it down in your own words; your hand helps you remember
- Try it with your hands as soon as possible

Slower subject? Learn **Fine arts** through your number smart too.

Play

- **Chess & puzzles**
- **Theatre**
- **Sports**
- **Debate or quiz teams**
- **Brainstorming on long walks**
- **Strategy games**

Grow

1. **One idea at a time**
   Keep an idea list, but work on only one until it is finished.
2. **Test before you tell**
   Try the idea on a small scale before you sell it to everyone.

WHAT THIS MEANS FOR YOU

You learn best by **listening** first, then **doing it with your hands**. Study through your **Number smart** and your **Self smart**, and let your hobbies mix what you enjoy with what grows your quieter side.

Do this: Start each study session with listening for a few minutes, then switch to doing it with your hands to practise.

Your Tools

The tools your brain reaches for under pressure. Each graph compares you with yourself: Rank 1 is your strongest.

Quotients your strength under pressure



IQ Thinking it through

SQ Facing the unknown

CQ Fresh ideas when stuck

EQ Handling people & feelings

AQ Fast physical action

Multiple intelligences the nine kinds of smart: the tools you use under pressure

Number smart Logical	Rank 1	**Self smart** Intrapersonal	Rank 2
Word smart Linguistic	Rank 3	Space smart Spatial	Rank 4
Music smart Musical	Rank 5	Body smart Kinesthetic	Rank 6
Nature smart Naturalistic	Rank 7	People smart Interpersonal	Rank 8
Picture smart Visual	Rank 9		

WHAT THIS MEANS FOR YOU

Under pressure your strongest tool is **IQ** (thinking it through), and your top smarts are **Number smart** and **Self smart**. **AQ** and **Picture smart** are your quietest, so give them small, regular practice.

Do this: Each week, do one small thing that uses your picture smart and one that uses your number smart.

Where Your Brain Operates Best

Where your brain runs at its highest neural efficiency: how you work, what you study, where you fit.

Your working style

your four ways of working · add up to 100

1. **Practical problem-solver** — think it through, then make it work — 42%
2. **Theory builder** — think it through, then explain it — 39%
3. **Hands-on go-getter** — feel it, then do it — 10%
4. **Imaginative observer** — feel it, then watch and imagine — 9%

FEELING 19% · 81% THINKING

You decide mostly by thinking

WATCHING 48% · 52% DOING

You work a little more by doing

YOUR STYLE **Analytical + Reverse-Thinking Style**

Underneath, sudden ideas guide you, and you work back from the result you can already see.

Your subjects

in order of ease

1. **Mathematics · Computer science** — Number smart — Rank 1
2. **Philosophy · Psychology** — Self smart — Rank 2
3. **Languages · Journalism** — Word smart — Rank 3
4. **Geography · Architecture & design** — Space smart — Rank 4
5. **Music · Performing arts** — Music smart — Rank 5

Your careers

top five · fit out of 100

1. **Teaching & Training** — Strong fit — 76/100
2. **Software, Data & Systems** — Strong fit — 74/100
3. **Research & Analysis** — Strong fit — 73/100
4. **Engineering, Robotics & Machines** — Good fit — 72/100
5. **Government & Public Service** — Good fit — 67/100

WHAT THIS MEANS FOR YOU

You work best as a **practical problem-solver** (42%). Your easiest subjects start with **Mathematics**, and **Teaching & Training** fits you best.

Do this: This month, solve one real problem: build, test and improve one small project.



YOUR PRIMARY PERSONALITY

Rajas Owl

The Owl is the wise one of the four, and your Owl wisdom comes out as clear logic. As a **Rajas** Owl, your energy works by **giving out**. You find out why something works, turn it into a method that works every time, and explain it so others can follow.

Logical | Method-minded | Clear explainer | Hard-working | Fair

Overview

You want to understand how things really work, and you do not rest until you have found the core reason. Once you have it, you turn it into a plan, a formula or a step-by-step method that holds up again and again. You trust hard work more than luck, and results you can explain more than results that just happened. You love learning from teachers and people who know their subject, and you enjoy passing your understanding on. Messy thinking and guesswork make you impatient.

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.

THIS IS YOU

Rajas Owl · the system builder

Your main form: described on this page.

The inner you

Inside, you are always building a map of how things fit together. A problem without a reason bothers you until you solve it. You feel steady when there is a system to follow and restless when things depend on chance.

How others see you

People see you as clear, fair and sensible: the one who can explain the problem in a way that finally makes sense. Some find you firm or hard to argue with. Once they see your methods work, they rely on your plans.

At your best

Sharp, fair and convincing. You take a confusing situation, find what really drives it, and hand everyone a plan that works. You make people feel cared for and at home.

Under stress

You become rigid and argue every point, or you get stuck demanding more data before you will act. Pick the few facts that matter, decide, and test your plan on a small scale. You may hold on to comfort and avoid change.

WHAT YOU NATURALLY DO WELL

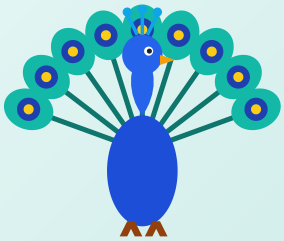
Finds the cause behind results, builds methods that can be repeated, and explains them clearly.

WHAT DRIVES YOU

Understanding why, results that can be repeated, steady progress through hard work, and passing on what you know.

HOW TO TALK TO YOU

Give reasons, not pressure. Show how it works, be ready for questions, and respect a well-argued point.



YOUR SECONDARY PERSONALITY

Rajas Peacock

Your second side shows up with family, close friends and when life gets stressful. The Peacock is the curious, lively one of the four, and your curiosity bursts out as new ideas. As a **Rajas** Peacock, your energy works by **giving out**. New ideas arrive like a sudden click, and you want to build something of your own from them, try it out and share it.

Full of ideas · Optimistic · Independent · Enterprising · Talkative

What it adds

New ideas · Optimism · Independence · Energy · Conversation · Bouncing back

Watch out for

Not finishing · Scattered energy · Talking before doing · Restlessness

Tamas Peacock · the explorer

Always scanning for something new; picks up what others miss. Gets bored with routine yet wants to feel secure. Often works best behind the scenes, beside a strong lead.

THIS IS YOU

Rajas Peacock · the innovator

Your second form: described on this page.

AT HOME

You bring new plans and energy home, and you are the one who suggests something different.

WITH FRIENDS

You keep friendships lively with ideas, plans and good conversation.

AT WORK

You come up with the new approach when the old one stops working.

How others should talk to your Rajas Peacock side

Hear the idea out before judging it. A quick "no" makes this side stop sharing.

What your Rajas Peacock side needs

Room to try ideas, people who share the energy, and a steady partner to help finish.

Rajas Owl + Rajas Peacock together

Your logic meets a stream of fresh ideas, so you can start new things and still give them a solid method. Your Peacock side keeps starting new ideas and projects. Under stress you may lean on your secondary side; notice it, name it, and choose your next step on purpose.

Your strengths and SWOT

What you bring, what to watch, where you can shine and what can trip you up, as a Rajas Owl with a Rajas Peacock side.

Strengths

Logical · Builds clear methods · Explains well · Hard-working · Many ideas · Optimistic

Watch out for

Arguing to be right · Rigid about the method · Impatient with guesswork · Too many ideas at once · Not finishing · Holding on to comfort

S Strengths

1. Finds the real cause of a problem
2. Fresh ideas when others are stuck
3. Builds plans that hold up
4. Explains complex things simply
5. Optimism that lifts the team

✦ **Ideas and method in one head: you can invent it and make it work**

W Weaknesses

1. Holds a plan tightly, then gets bored of it and jumps to something new
2. Wants proof for other people's ideas, but talks up your own before testing them
3. Argues the point too long
4. Starts more than you finish
5. Slow when data is missing

✦ **Both sides push outward, so listening often comes last**

O Opportunities

1. Teaching, training and consulting
2. Starting a business or project
3. Designing systems and processes
4. New product and idea work

✦ **Your own venture built on a solid method: the idea and the system from one person**

T Threats

1. Swinging between waiting for perfect data and jumping on an untested idea
2. Losing people by over-explaining
3. Unfinished projects piling up
4. Ignoring a good hunch

✦ **Both sides want to lead, so you may skip the steady partner you need**

✦ comes from the mix of your two personalities

Growth tips for a Rajas Owl

Test small first
Try your method on one small case before rolling it out.

Ask before you correct
Let people finish; one question first makes your logic easier to accept.

Use fewer facts, better
Choose the three facts that matter and decide from those.

YOU GROW WITH PEOPLE WHO

Bring fresh ideas and real-world feedback, move you to action, and remind you that some good things come without a reason.

CLASSIC ROLES

Analyst · Planner · Teacher and consultant

DEPARTMENTS

Planning and strategy · Training · Systems and process

Your people map

Eight kinds of people, and where each one fits in the life of a Rajas Owl.



Owl

Natural match



Dove

Easy and warm



Peacock

Good, with flexibility



Eagle

Needs adjusting

Rajas Owl the system builder You	**Rajas Dove** the people connector 🧩 Missing piece · 1	**Rajas Peacock** the innovator ⚡ Mirror	**Rajas Eagle** the doer 🧩 Missing piece · 3
Tamas Owl the collector 🤝 Common ground	**Tamas Dove** the caring heart 🤝 Common ground	**Tamas Peacock** the explorer 🧩 Missing piece · 2	**Tamas Eagle** the practiser 🤝 Common ground

⚡ **Mirror** built like you: you click fast, and you can clash 🧩 **Missing piece** strong where you are light: they complete you 🤝 **Common ground** easy company

⚡ Your mirrors

easy to like, hard to share the stage with



Rajas Owl (like you)

Clash point: Whose method is right. You both want the final word.

Make it work: Split the work, not the decision.



Rajas Peacock

Clash point: Whose idea wins. Two leaders, one direction.

Make it work: One leads the idea, the other leads the people.

Work towards the same goal, but never give two mirrors the same job.

🧩 Your missing pieces

not your copy, your complement

1.  **Rajas Dove** · the people connector
   They bring: Gets your work seen, liked and talked about.
2.  **Tamas Peacock** · the explorer
   They bring: Backs your lead loyally, and senses problems before they grow.
3.  **Rajas Eagle** · the doer
   They bring: Turns your plans into action, fast.

🤝 **What you give them back:** clear plans and reasons. That is why the bond works both ways.

🤝 Common ground

low-drama, easy company

Tamas Owl
Quiet, careful company: good to check your work with.

Tamas Dove
Warm, easy company that asks little of you.

Tamas Eagle
Steady and reliable: good for long, hands-on work.

What this means for you

The Eagle needs the most adjusting, yet a **Rajas Eagle is one of your missing pieces**: the people who stretch you are often the ones who complete you. Your mirrors, the Rajas Owl and the Rajas Peacock, feel easy at first; give one of them the same job as you, and you will clash over the same space.

A Rajas note: Because your Owl energy gives out, you may push your logic hard when others disagree. Your reasons are usually good; people simply accept them more easily when they feel heard first.

Your activity plan

Your graphs turned into things to do. Grow what is already strong, and gently wake up the quiet side.

Build on your strengths your top two smarts

TOP SMART

Number smart

- Play chess or strategy games
- Solve Sudoku and logic puzzles
- Track your money in a sheet
- Learn basic coding
- Read popular science

SECOND SMART

Self smart

- Keep a journal
- Set monthly personal goals
- Read biographies
- Practise meditation or yoga
- Take a solo trip

Wake up your quiet side your two lowest smarts, small steps only

QUIETEST

Picture smart

- Sketch for 10 minutes
- Use colours in your notes
- Make one chart of your week

SECOND QUIETEST

People smart

- Call a friend each week
- Join one group activity
- Help a colleague

Join a group you grow faster with people who share the interest

- Chess or quiz club
- Book or reflection circle
- Book or speaking club
- Book or podcast circle
- Art or craft group

Quotient builders strength under pressure: keep the strong ones sharp, grow the low ones

IQ	SQ	CQ	EQ	AQ
Rank 1	Rank 2	Rank 3	Rank 4	Rank 5
KEEP SHARP	KEEP SHARP	KEEP SHARP	KEEP GROWING	GROW
Chess or strategy games	A quiet daily practice	Think of 10 new uses for one object	Pause and breathe before replying	A step-by-step walk-to-run plan
One non-fiction book a month	Read about meaning and purpose	Open up and fix an old gadget	Ask one person how they really are	One guided adventure: climbing wall or rafting

I am this, so I do this

Everything in this report, in one place: who you are on the left, what to do about it on the right.

PRIMARY PERSONALITY **Rajas Owl**	→ Before giving your answer in a discussion, ask one question and listen.
SECONDARY PERSONALITY **Rajas Peacock**	→ Choose one idea this week and take it to a small, finished test. → Ask your most steady friend to help you finish what you start.
THINKING & WORKING STYLE **Analytical + Reverse-Thinking Style**	→ Write the method down before you start, and check it against the result. → Write down the end result you want, then list the steps back to today.
LEARNING STYLE **Hearing, then Kinesthetic: hands**	→ Learn from talks, podcasts and discussion. → Learn by doing and writing, with real tasks.
YOUR BRAIN **Left-brain · Process Driven**	→ Ask "how does it work?" and learn the method. → Set goals as clear steps.
TOP QUOTIENT **IQ · lowest AQ**	→ Use your IQ strength (thinking it through) to lead when things get hard. → Practise small AQ challenges (fast physical action) so pressure does not freeze you.

Your 30-day starter one small step a week

WEEK 1
Number smart + quiet time
Play chess or strategy games; 10 minutes of reflection each night.

WEEK 2
Your personality step
Write your method down and test it on one small case this week.

WEEK 3
Wake up your quiet side
Sketch for 10 minutes.

WEEK 4
Self smart + review
Keep a journal, then look back at your month.

Want to go deeper?

This Foundation Report shows who you are. The Advanced Report shows what to do with it, in detail.

Your best-fit work, ranked
12 work areas matched to how your energy runs.

Money, health and relationships
Your patterns, and what helps each one.

Your timeline, with dates
The coming 3 years down to the next few days.

Ask Gaurav Garg for your Advanced Report

+91-62834-62525 · cnp.brainmanual.in

This report is for self-understanding and personal growth. It describes natural tendencies, not fixed limits, and it is not a medical, psychological, legal or financial opinion. Use it alongside your own judgement.