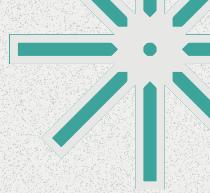




# The Sides Of You

There are 6 core capacities to live a balanced and fulfilling life. Each side plays a different role in how you think, relate, act, and feel. Based on your answers, the following report will show in detail how easily you access each of these 6 sides, and where the greatest opportunity for growth lies.





## Your Ranking



### Adventurer

**Score:**

 81%

The Adventurer is the side of you that acts before certainty and moves toward what feels true even when fear is present. It is your instinct to assert, protect, and push forward when something matters. This side is what allows you to face risk, overcome obstacles, and claim direction instead of waiting for permission

- ◆ **Role:** Moves you toward what matters for you breaks stagnation, protects your will, and pushes life forward.
- ◆ **Motivation:** Freedom, self trust, independence, and the right to live life on your own terms.
- ◆ **Gift:** Courage the inner fire that lets you act, adapt, recover, and face what others avoid.
- ◆ **Fear:** Being trapped, controlled, shamed, or forced into a life where you lose yourself.

### Life Enthusiast

**Score:**

 72%

The Life Enthusiast is the side that instinctively goes toward depth, pleasure, joy and authenticity. It fuels curiosity, originality, and the acity to feel fully alive rather than just functional. This side restores meaning and vitality when life becomes dull, heavy, or purely mechanical



- ◆ **Role:** Brings life back into you emotion, curiosity, originality, humor, desire, and the sense that the world is still worth touching.
- ◆ **Motivation:** Feeling alive, following what brings meaning, and moving toward what is genuine and emotionally real.
- ◆ **Gift:** Going numb, running out of joy, or losing the spark that makes life feel worth living
- ◆ **Fear:** Going numb, running out of joy, or losing the spark that makes life feel worth living

### Conscientious one

**Score:**

 87%

The Conscientious One is the side of you guided by responsibility, integrity, and followthrough. It helps you organize life, honor commitments, and act in ways that feel principled and dependable. This side turns intention into steady, reliable action.



- ◆ **Role:** Helps you fit into roles, honor commitments, and create stability people can rely on
- ◆ **Motivation:** To be good, responsible, dependable to do what's right for the larger group
- ◆ **Gift:** Integrity the strength to follow through, hold commitments, and build a life that stands.
- ◆ **Fear:** Failing, disappointing others, or being rejected for not doing enough

## Connector

Score: 75%

The Connector is the part of you that senses closeness, empathy, and belonging. It supports emotional attunement, care for others, and the ability to form meaningful bonds without losing yourself. This side makes trust, intimacy, and shared meaning possible.



- ★ **Role:** Creates closeness, trust, safety, and emotional connection with the people who matter.
- ★ **Motivation:** To feel loved, included, and emotionally tied to others in a real way.
- ★ **Gift:** Warmth the ability to make others feel seen, valued, and emotionally safe.
- ★ **Fear:** Loneliness, being unwanted, or losing relationships that give life meaning.



## Leader

Score: 77%

The Leader is the side of you that brings direction, clarity, and purpose to action. It organizes energy into vision and helps you step into responsibility with confidence rather than control. This side allows you to guide, decide, and influence with integrity.

- ★ **Role:** Brings clarity, chooses direction, sets priorities, and turns instinct into purposeful action.
- ★ **Motivation:** Meaning, progress, and the drive to build something that matters.
- ★ **Gift:** Vision the ability to see the path, make decisions, and stay focused when life gets chaotic.
- ★ **Fear:** Powerlessness, drifting, or living a life with no clear purpose.

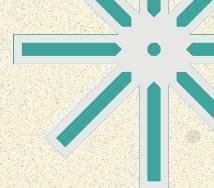
## Conscientious one

Score: 73%

The Mediator is the part of you that regulates emotion and holds balance under pressure. It helps you pause, reflect, and respond thoughtfully instead of reacting impulsively. This side supports perspective, steadiness, and recovery when things feel tense or complex.



- ★ **Role:** Keeps you steady, helps you stay grounded in tense moments, and balances your needs with others.
- ★ **Motivation:** Peace, fairness, understanding, and emotional clarity.
- ★ **Gift:** Calm the capacity to stay centered, listen, and keep relationships healthy without losing yourself.
- ★ **Fear:** Conflict that never ends, tension that breaks connection, or being caught between competing needs.



## Conscientious One

*I have to stay responsible and in control or people will get hurt and I will have failed them.*

- ◆ You show up as dependable, steady, and willing to do hard or dull tasks long after others would quit.
- ◆ You build your life around duty, stability, and protecting others, which earns deep trust but can make you feel like the one who must always hold everything together.

Your  
Highest  
Side



Your  
Lowest  
Side

## Life Enthusiast

*It feels safer to keep some of my excitement and wild ideas to myself than risk being judged or getting it wrong.*

- ◆ You hold back your playful, expressive side and second-guess your instincts when others might be watching, even though you do have clear desires and fresh ideas.
- ◆ You still bring vision, independence, and creativity into your life, but your joy can feel more controlled than free, so lightness and spontaneity get less space than they could.



## Personalized Report



### Meet Your Adventurer

81%

Access Level:

High Access

#### Default Pattern :

Your Adventurer moves fast on external opportunities but pulls back from owning your authority and needs with the same force. You act boldly when the risk is about projects or ideas, yet you hesitate, over-accommodate, and then react late when people cross your limits.

- ★ **Desire:** It wants to keep your word, your people, and your work aligned with what you believe is right, so trust stays solid around you.
- ★ **Decision Making :** When you choose, you usually look at what will protect trust and long-term stability, even if it costs you ease or preference right now.
- ★ **Fear:** It fears slipping on your word or your values and becoming someone others can't fully rely on.
- ★ **Blind Spot :** Your blindspot is how much quiet authority you already carry; your consistent follow-through gives you permission to set limits, not just take on more.

### Meet Your Life Enthusiast

72%

Access Level:

Emerging Access



#### Default Pattern :

Your Adventurer moves fast on external opportunities but pulls back from owning your authority and needs with the same force. You act boldly when the risk is about projects or ideas, yet you hesitate, over-accommodate, and then react late when people cross your limits.

- ★ **Desire:** You want to live and speak from what actually excites you, without constantly editing yourself for other people.
- ★ **Decision Making :** You're afraid that if you show your full enthusiasm or true feelings, you'll be judged, dismissed, or seen as too much.
- ★ **Fear:** You tend to decide by first sensing what will seem reasonable or acceptable to others, then trimming your real wants to fit inside that.
- ★ **Blind Spot :** You don't fully see that when you do let your unpolished ideas and honest feelings show, people read you as grounded and trustworthy, not excessive.



## Meet Your Conscientious One

87%

Access Level:

High Access

### Default Pattern :

your Conscientious side runs on steady, quiet duty—you follow through, hold your line, and keep showing up even when it's hard or unseen. You naturally put shared responsibility and long-term good ahead of comfort, and you rarely need outside pressure to do what you believe is right.

- ★ **Desire:** It wants to keep your word, your people, and your work aligned with what you believe is right, so trust stays solid around you.
- ★ **Decision Making :** It fears slipping on your word or your values and becoming someone others can't fully rely on.
- ★ **Fear:** When you choose, you usually look at what will protect trust and long-term stability, even if it costs you ease or preference right now.
- ★ **Blind Spot :** Your blindspot is how much quiet authority you already carry; your consistent follow-through gives you permission to set limits, not just take on more.

## Meet Your Leader

72%

Access Level:

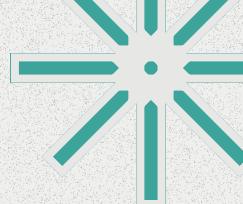
High Access



### Default Pattern :

your Leader keeps you focused on long-term goals, using logic and steady thinking to stay on course. You think ahead, adjust quickly when plans change, and handle complex situations, but you sometimes push forward before you fully sort out opposing opinions and how your choices affect others.

- ★ **Desire:** You want to lead with clear direction and real progress, while still giving people space to be heard and considered.
- ★ **Decision Making :** You fear wasting time in confusion or debate and ending up missing the goals that actually matter.
- ★ **Fear:** You decide by looking at the long-term picture, using reason, what you have learned, and feedback from others, then changing course fast if the first plan is not working.
- ★ **Blind Spot :** Your blind spot is how your strong drive and quick problem-solving can make others feel rushed, unheard, or unclear about why you chose a direction.



## Meet Your Mediator

73%

Access Level:

High Access

### Default Pattern :

Your Mediator keeps you steady, fair, and reliable, especially when emotions run high. You usually balance your needs with others', help people feel heard, and step in as a calm problem-solver, with only occasional moments of holding back or pushing too hard to keep things moving.

- ★ **Desire:** You want relationships and teams where people show up as equals, share responsibility, and can talk honestly without everything turning into a fight.
- ★ **Decision Making :** You tend to weigh how choices will land on everyone involved, lean toward fair, win-win options, and rarely choose a path that benefits you alone.
- ★ **Fear:** You fear being seen as selfish or causing unnecessary conflict if you push your own needs or views too directly.
- ★ **Blind Spot :** You may not notice when your calm neutrality and quiet sense of what's "right" end up steering decisions more than you think, while your own unspoken preferences pile up in the background.

## Meet Your Connector

72%

Access Level:

Emerging Access



### Default Pattern :

Your Connector shows up as steady, humble care you listen deeply, follow through, and make it easy for others to lean on you. At the same time, you keep much of your own struggle and need for warmth tucked away, so your honesty comes out in controlled, partial doses.

- ★ **Desire:** You want to be the reliable person everyone can count on while still being known for who you really are.
- ★ **Decision Making :** You make decisions in relationships by asking what will keep things steady and supportive for others, even if it costs you some honesty about what you want.
- ★ **Fear:** You fear that if you bring your full needs and feelings into the open, you'll be a burden or lose the steady role others expect from you.
- ★ **Blind Spot :** You often don't see how hiding your own needs and corrections creates quiet distance and tension with the people you're trying to care for.



## What's Happening Inside?

*"If I stay fair, steady, and considerate, things will work out for everyone."*

You likely learned early that being helpful, patient, and calm was the safest way to stay connected. When strong needs or upsets seemed to unsettle people, you pulled them back and practiced sharing only the parts that felt safe.

Now this shows up as you being solid for others, listening closely and following through without needing credit. You stay warm but measured, and the needs you hide can harden into quiet judgment or stored-up hurt.

### Your Perspective

If I take up little space and keep my emotions contained, people will stay comfortable around me.  
If I keep understanding and steady, others should naturally respect my limits without me spelling them out.

## Why This Matters?

Because you lead with steady care but hold back your own needs, your relationships can quietly tilt into being one-sided even when people value you.

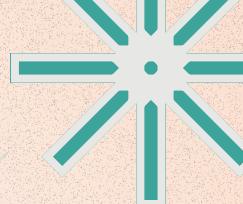
### What It Affects

It can blunt your drive, because you hesitate to choose what serves you if it might unsettle someone else. It also muddies your clarity, since you're tracking everyone's needs while keeping your own off the table. Over time, this keeps you dependable but under-known, and it slowly wears down your energy and builds quiet resentment.

### Pay Attention To This

Notice when you leave a conversation having listened deeply but shared almost nothing real about what is going on with you.

Notice when you replay an interaction, wishing you had spoken up instead of holding a small judgment or hurt inside.



# Your 4 Growth Steps



We have found the following areas which you have to strengthen

You've now seen how your six sides operate which ones lead easily, which ones are underused, and how they shape your everyday patterns. What comes next is practical. Based on your scoring, what follows are four specific growth directions. Remember, small shifts in underused sides (even just 10–15%) can boost your whole system.



Life Enthusiast



Connector



Mediator



Connector

## 1 "Trust your gut and be seen"

Notice the moments when you hold back or try to impress instead of just being yourself. Focus on trusting your own rhythm in small choices, even when it doesn't line up perfectly with outside rules. Let yourself share your real opinions, ideas, and style a little more each day.

### Why this Matters

When you trust yourself more, you waste less energy worrying about how you look and have more energy for what you care about. People can connect with you more easily when you're real, not polished. This also gives your ideas and creativity room to grow.

### Ask yourself this

If I wasn't worried about how I look to others, what would I do or say right now?

### Try this

Once a day, make one small choice based mainly on your own sense of what feels right (what to wear, how to spend a break, how you answer a question). Then, share one honest thought or feeling with someone you trust, even if it feels a bit uncomfortable. At the end of the day, quickly note how it went and what didn't go wrong like your mind expected.

### How Your Story Shifts

You move from editing yourself to showing up as you are. Decisions feel less stressful because you rely more on your own sense of things. Others start to know and respect the real you, not a version shaped around their opinions.

### Life Enthusiast





## 2 "Share more of your real life"

Pay attention to how often you keep your struggles, doubts, or needs to yourself. Focus on letting trusted people see both your wins and your hard moments, instead of only showing the parts that feel safe. Practice being honest about where you're not okay yet.

### Connector



#### Why this Matters

When people see your real life, they can actually support you, not just admire you from a distance. Being open also gives others permission to be real with you, which makes relationships deeper and more balanced. It builds trust on both sides.

#### Ask yourself this

What is one thing I'm carrying alone right now that I could safely share with someone I trust?

#### Try this

Pick one person you feel mostly safe with. Share one current challenge and one current joy with them, in the same conversation, without downplaying either. Notice how they respond and how you feel afterward, instead of judging yourself for needing support.

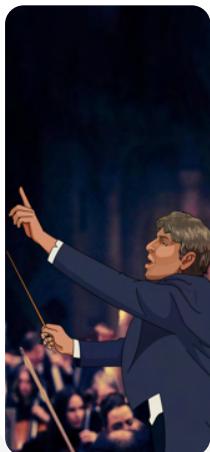
#### How Your Story Shifts

You go from feeling like you must handle everything alone to knowing you can be honest and still be accepted. Your connections become more two-sided, with real care shared both ways. You feel less pressure to look strong all the time.

## 3 "Lead with cooperation, not control"

Notice when you quickly step in to manage things instead of inviting others to help shape the plan. Focus on asking for input and sharing decisions, even when you could handle it yourself. Practice slowing down before you take charge, especially in group situations.

### Mediator



#### Why this Matters

When you lead through cooperation, people feel more invested and respected. Problems get solved with more ideas on the table, not just your own. This builds trust and makes it easier for you to share the load instead of carrying everything.

#### Ask yourself this

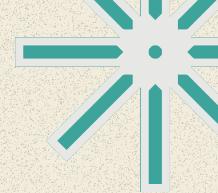
How can I turn this into a shared effort instead of something I control on my own?

#### Try this

In your next group task or discussion, ask at least two people for their ideas before you suggest your own plan. Choose one part of the plan to adjust based on their input, even if you think your original idea was fine. Afterward, notice how the group responds when they feel included.

#### How Your Story Shifts

You shift from being the one who has to steer everything to being someone who brings people together. Others see you as a partner, not just a problem-solver. Working with people becomes lighter and more enjoyable, with less pressure on you alone.



#### 4 "Show warm care without quick judgment"

Pay attention to moments when you feel the urge to correct, fix, or pull back instead of simply staying kind and present. Focus on letting people share their full feelings before you respond. Practice showing affection or care a little more openly when it feels right, instead of holding back.

##### Why this Matters

When people feel both understood and accepted, they relax and open up more fully with you. Your care already makes a difference; letting go of quick judgment or fixing makes that care feel even safer. This deepens trust and makes your support more powerful.

##### Ask yourself this

Right now, does this person need my advice, or do they mostly need me to listen and stay warm?

##### Try this

Next time someone shares something hard, silently count to five before you respond. In that pause, focus on their feelings, not on how to correct or solve the situation. Then reflect back what you heard and add a simple, caring statement like, "I'm glad you told me this."

##### How Your Story Shifts

You move from being helpful to being deeply comforting. People feel they can bring their full selves to you without fear of being judged or fixed. Your relationships feel softer, closer, and more trusting for both you and the people around you.

##### Connector



## Summary of Your Growth Steps

"Your four steps work together: trusting your own sense of things, letting people see more of your real life, choosing cooperation over control, and offering warm care without rushing to judge or fix. As you grow in these areas, you'll feel more at ease being yourself, more supported by others, and more effective in how you relate, lead, and care. Each small move you make here adds up to a life with more honesty, shared effort, and steady, grounded connection."

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much as we loved preparing it for you.  
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