

Lifebook Intra-spect Assessment Report of Findings

LUIS - MAY 7, 2021

Congratulations on taking your Lifebook Intra-Spect Assessment!

We understand where you are in your life right now, we know where you're capable of going from here.

Now that you've identified your Category of Focus and Category of Connectivity, your next step is to spend time immersed in those two areas of your life.

If you would like to go deeper into Lifebook categories and envision what do you want and why do you want it - in each of them - you can [START YOUR LIFEBOOK JOURNEY HERE](#).

YOUR LIFE QUOTIENT:

97

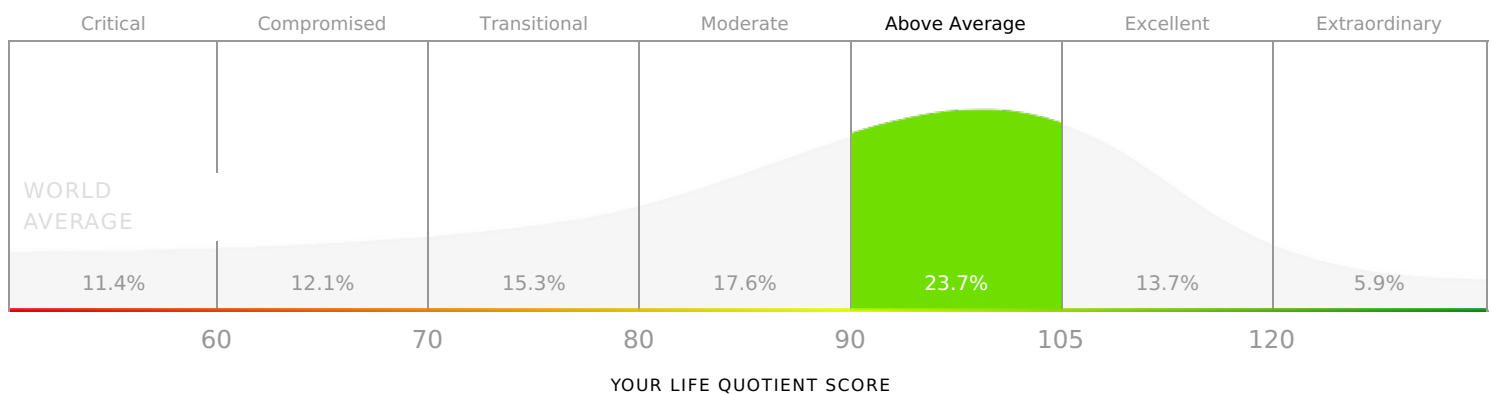
YOUR CURRENT LEVEL:

Above Average

LEVEL 5: ABOVE AVERAGE

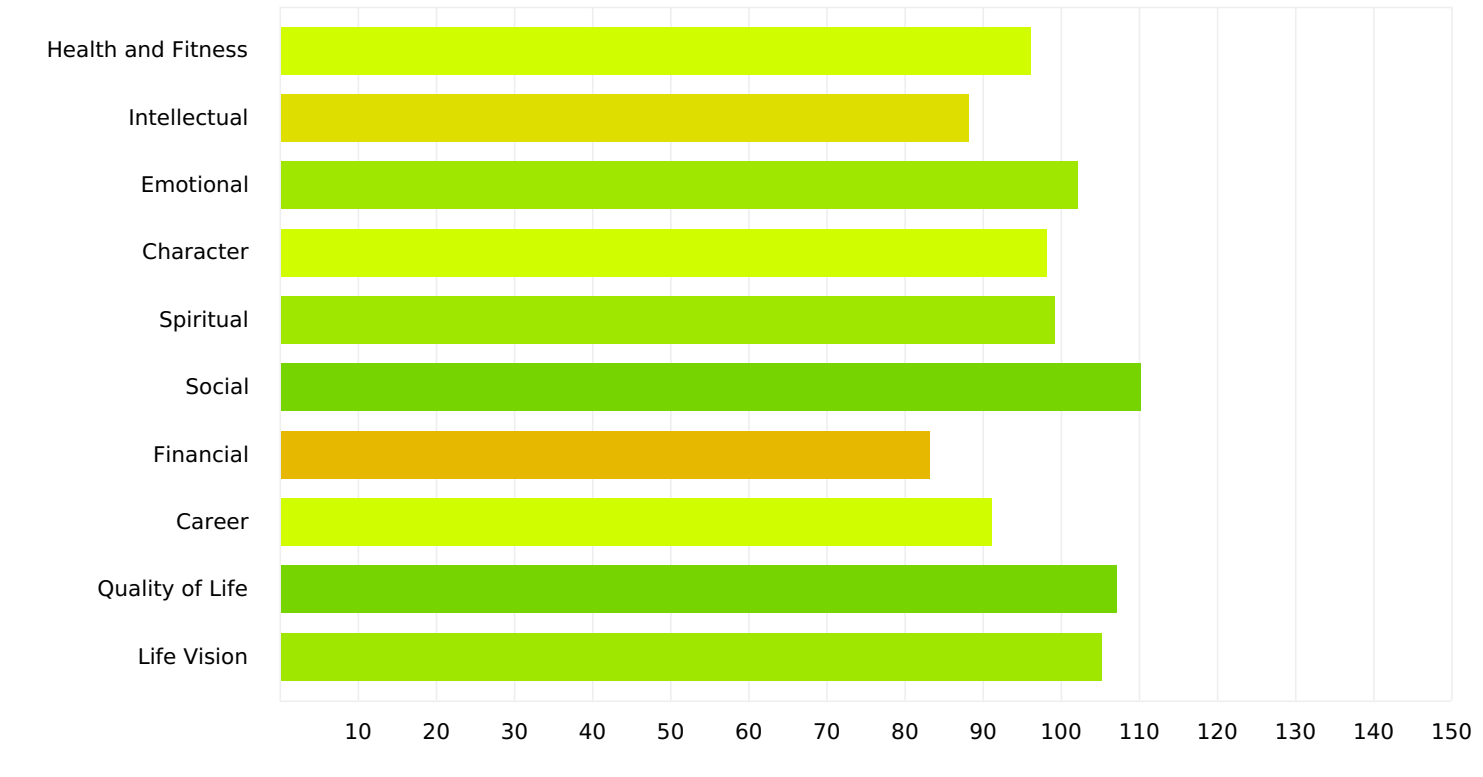
Characterized by success across most categories of life. Overall levels of personal development and happiness are relatively high. Typically, people at this level have focused a good deal of energy on their own personal development. They are usually above average in every category, OR high-scoring in most categories, with one or two lower category scores that decrease their overall Life Quotient. Thus, feelings of happiness, balance, success and fulfillment are common, but often accompanied by a strong desire to improve and achieve even more success in one or more areas of life.

This is your Life Quotient Comparison Graph. This graph shows how your Life Quotient score compares with others who have taken this Assessment. It describes the 7 different Levels of Personal Development and shows the percentage of Intra-Spect users that fall into each scoring range. Your current level is described below.



YOUR 10 CATEGORY GRAPH

The graph below illustrates your scores in each individual Life Category. You can use this graph to quickly identify where you need more focus and balance, so you can take action to achieve an even greater quality of life in the future.





YOUR CATEGORY OF KEY FOCUS

Spiritual

This is the category you indicated you most need to improve.

SCORE

99

Your Spiritual score is above average. If you focus on improving this category even further, it will have an immense positive impact on every other area of your life. Less than 4% of the population chooses the Spiritual Category as their Category of Focus. The fact that you have done so indicates that you are already aware of the incredible importance of the Spiritual Category. Having a strong sense of your own spirituality can give you power, clarity, and an inner strength you can't achieve in any other way. It provides a decision-making framework that allows you to choose the right action and stay focused on your life path. Ultimately, your spiritual life determines the kind of a person you become and the kind of life you create. Obviously, you have focused a good deal of energy on your Spiritual Life and it is paying off in meaningful ways. You have a clear sense of your own spirituality and you can usually articulate your spiritual beliefs well, which is not common. Feelings of inner peace and contentment are consistently present, and overall levels of fulfillment are relatively high. Self-actualization is important to you and you continuously strive to be the best person you can be. You generally demonstrate a good sense of inner strength, emotional stability and purpose in your life. You should be proud of what you have accomplished so far in the Spiritual Category. If you are like most people in this scoring range, you have a strong desire to improve even further. This is where we can help. Our research shows that the key to taking your Spiritual score even higher can be found in the 11 other Categories, in your Health and Fitness, your Love Relationship, your Social Life and perhaps, most importantly, your Character. The next page of this report describes the "Support Category" for your Spiritual Life. Please read it carefully, as it may well hold the secret to increasing your Spiritual score.



YOUR CATEGORY OF CONNECTIVITY

Character

This is the support category for your Category of Key Focus.

All 12 Categories of your life are profoundly connected. They all support each other and are supported by each other. That is why none of them can be left out, or left behind, or left to chance. Our research shows that an especially powerful connection exists between your Spiritual Life and your Character. So strong, in fact, that your Character may actually hold the key to lasting positive changes in your Spiritual Life. The dictionary definition of the word spirit is: “the non-physical part of a person, which is the seat of emotions and Character,” which indicates that Spiritual and Character categories are inseparable. In fact, your Character determines, for better or worse, the path your Spiritual life will take. Most spiritual practices stress self-actualization or “being the best person you can possible be,” which entails developing and maintaining the best Character possible. Character traits like compassion, empathy and benevolence are highly valued spiritual attributes. Your Character governs whether or not you can remain grounded and peaceful when you face conflict or crisis, which has a profound effect on your Spiritual Life. Simply put, the quality of your Spiritual Life is determined, to a large extent by your Character. Our research shows that if you increase your Character score, your Spiritual score will increase right along with it. Please see Our Recommendations in the last section of this report.



YOUR CATEGORY OF STRENGTH

Social

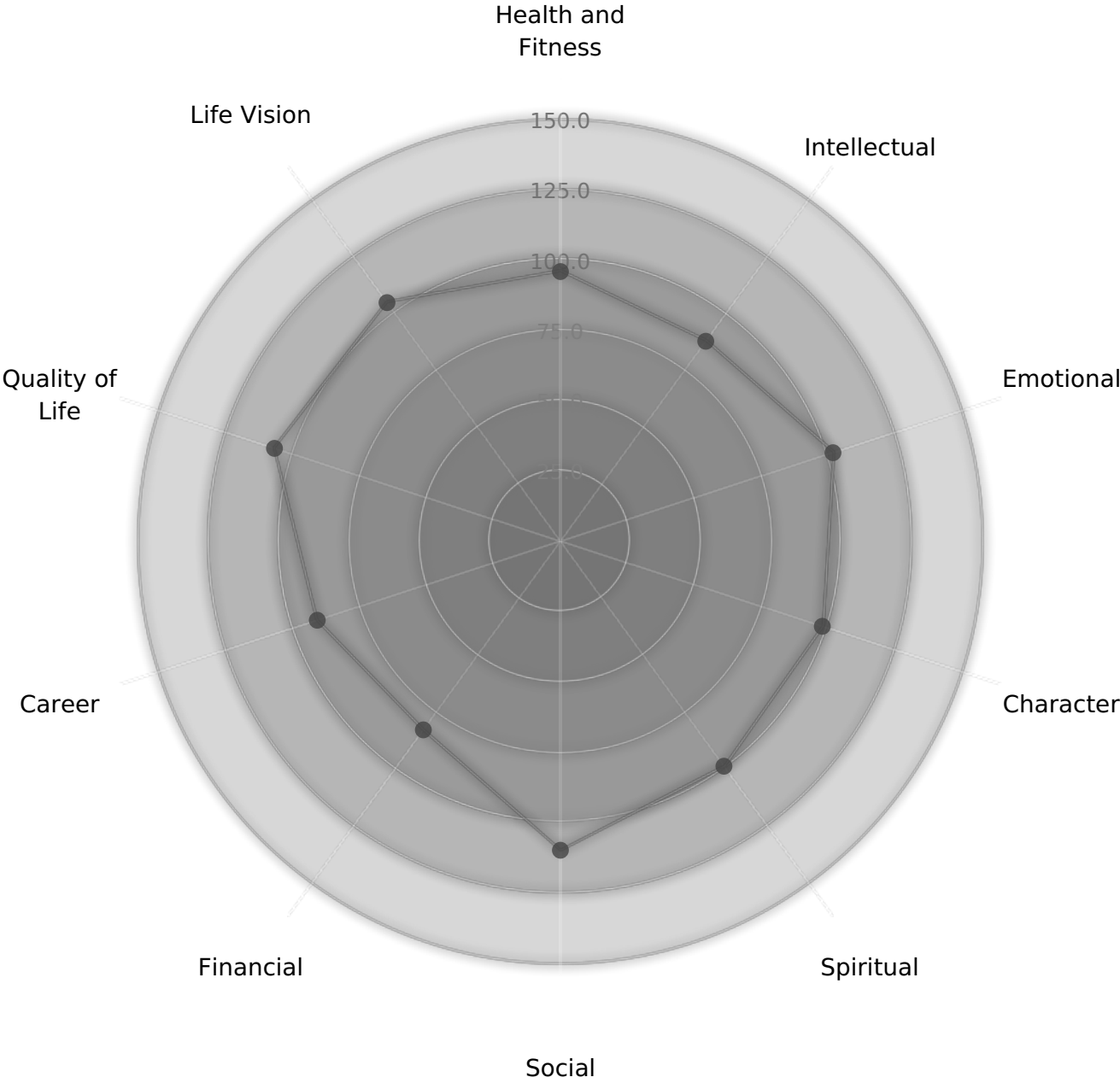
This is the category in which you scored the highest.

SCORE

110

Your Social Life is a powerful Category of Strength, which can be leveraged to create success in other areas of your life and you are doing very well in this category. A fulfilling Social Life can be one of the greatest joys in life, producing tremendous happiness, wonderful memories, and a lifetime of emotional pleasure. And you are doing very well in this important area of your life. You have obviously invested a good deal of time and energy in your Social Life and you enjoy the benefits on a regular basis. You relate well to people and have the ability to manage relationships effectively. As a result, you have formed friendships that nourish you, inspire you and add value to your life. It is also probable that you have developed the wisdom to avoid negative relationships anywhere and everywhere you possibly can. If you are like most people in this scoring range, you are a good friend to others, consistently demonstrating traits like reliability, generosity and kindness. A well-earned experience of joy is present in your Social Life and your overall levels of fulfillment are relatively high. A high social score speaks volumes about who you are as a person. It is not easy to achieve the levels of success you have and you are undoubtedly an inspirational example to others. You should be proud of what you have accomplished in this category. Simply put, you are performing better in your Social Life than in any other category. This is the Category in which you scored the highest and the success you have created here can help you achieve success elsewhere in your life. You can leverage your Social Life to create higher levels of Health and Fitness, build a better Character, cultivate a more fulfilling Love Relationship, attain more Career success and even earn more money. Our research shows that by focusing on and improving this Category of Strength, you will cause other category scores to increase automatically.

HOW EXPANSIVE IS YOUR LIFE EXPERIENCE?



HEALTH AND FITNESS

96

ABOVE AVERAGE

Your Health and Fitness score is above average. If you focus on improving this category even further, it will have a positive impact on every other area of your life. When your body is healthy and functioning properly you can think more clearly, experience greater emotional stability and enjoy higher levels of self-esteem. And the opposite is also true. When your health is compromised, so is every other category of your life. You've invested both time and energy in this category and you're enjoying the benefits on a regular basis. Though you sometimes demonstrate inconsistency, your overall levels of energy and vitality are relatively high. Your commitment to a healthy diet and regular exercise gives you a greater depth of mental strength and emotional stability to draw on. Your body feels relatively good, and you feel relatively good about your body. If you're like most people in your scoring range, you have an overall sense of pride at what you have achieved so far, but you're constantly looking for new strategies and techniques to achieve even higher levels of Health and Fitness in the future.

INTELLECTUAL

88

MODERATE

Your Intellectual score is about average, neither poor nor excellent. You are at a crossroad right now, between a stimulating, fulfilling Intellectual Life and a mediocre one. Like all human beings, your mind is one of your greatest assets. Yet, few people truly understand and value its power. When your mind is healthy, stimulated and functioning properly, you can think rationally, make clear decisions, and pursue your goals with confidence. However, with the high demands of everyday life, it's easy to become mentally overloaded and fatigued, which can severely compromise your intellectual powers. This can have a devastating impact on many areas of your life, including your Relationships, your Career, your Emotional Life, and even your Health and Fitness. If you are like most people in this scoring range, your Intellectual fulfillment is somewhat inconsistent, alternating between healthy stimulation and occasional intellectual lack. You feel clear and focused sometimes, while at other times you may feel as if you are living in a haze, or going through the motions of life. Feelings of restlessness or incompleteness are sometimes present at this level, and can be accompanied by a low-level sense of frustration. Yet, at other times, you may feel hopeful, optimistic and even somewhat intellectually fulfilled. Like most people in your scoring range, you are probably aware that much more is possible for you in this category. The fact is, you are at a crossroad, between an intellectually stimulating, fulfilling life, and an intellectually unfulfilling one. If you take focused action to improve this area of your life, it could have immense benefits across multiple categories. However, if you do not exercise and stimulate your mind, it will gradually deteriorate, along with your sense of fulfillment and happiness.

EMOTIONAL

102

ABOVE AVERAGE

Your Emotional score is above average, which indicates that you are doing fairly well in this important category of your life. When your emotional outlook is healthy, you can think clearly, live joyfully and pursue your goals with confidence. On the other hand, chronic emotional distress has a devastating impact on everything from your health and fitness, to your relationships, to your Career, and finances. Simply put, your Emotional Category determines whether or not you will have a happy, fulfilled life. Your Emotional score suggests that “feeling good” is important to you, which is less common than you might think. You strive, consciously or subconsciously, to create positive emotions in your life on a regular basis. Though you sometimes experience emotional inconsistency, you feel in control of your emotions most of the time. A consistent experience of joy is present and your overall levels of fulfillment are relatively high. You are seldom depressed or low, and when you are, it usually is not for long. You have achieved happiness and emotional balance in a world where it does not come easily. You should be proud of what you have accomplished in your Emotional Life. If you are like most people in this scoring range, you have a strong desire to improve even further.

CHARACTER

98

ABOVE AVERAGE

Your Character score is above average. If you focus on improving this category even further, it will automatically have a positive impact on every other area of your life. Your Character is the very foundation of who you are as a person and determines, for better or for worse, the path your life will take. Your Character controls how you deal with pressures and temptations. It defines your limits, or gives you the strength to move beyond them. It determines how you handle your relationships, your Career, your health and fitness and virtually every other aspect of your life. A strong Character is one of the greatest assets you could ever possess, while a weak Character can make life very difficult in every way. Obviously, you have focused a good deal of energy on your Character and it has paid off in real and meaningful ways. You have a healthy sense of who you are, and what you are all about. A consistent experience of self-esteem is present and your overall levels of fulfillment are relatively high. You are generally confident in your abilities to cope with the challenges of life and feel that you are deserving of happiness. You are satisfied with the person you have become and you generally feel in control of your own life. A strong Character score represents a spiritual, emotional and intellectual victory, which has a positive impact on every area of your life. You should be proud of what you have accomplished in this category.

SPIRITUAL

99

ABOVE AVERAGE

Your Spiritual score is above average. If you focus on improving this category even further, it will have a positive impact on every other area of your life. Having a strong sense of your own spirituality can give you power, clarity, and an inner strength you cannot achieve in any other way. It provides a decision-making framework that allows you to choose the right actions and stay focused on your life path. Ultimately, your spiritual life determines the kind of a person you become and the kind of life you create. You have obviously given this category a good deal of time and energy and it has become a valuable part of your life experience. You have a fairly clear sense of your own spirituality and you can usually articulate your spiritual beliefs well, which is not common. Feelings of inner peace and contentment are consistently present, and overall levels of fulfillment are relatively high. Self-actualization is important to you and you continuously strive to be the best person you can be. You generally demonstrate a good sense of inner strength, emotional stability and purpose in your life. This is rare, in a world where most people are wandering aimlessly through their days, with no sense of purpose or personal meaning. You should be proud of what you have accomplished in the Spiritual Category.

SOCIAL

110

EXCELLENT

Your Social score is excellent, which indicates that you are socially stimulated and fulfilled. If you focus on improving this category even further, it will have an even greater positive impact on the other areas of your life. A fulfilling Social Life can be one of the greatest joys in life, producing tremendous happiness, wonderful memories, and a lifetime of emotional pleasure. And you are doing very well in this important area of your life. You've focused a good deal of time and attention on your Social Life, and it has become a valuable part of your life experience. You relate well to people and have the ability to manage your relationships effectively. As a result, you have formed friendships that nourish you, inspire you and add value to your life. It is also probable that you have developed the wisdom to avoid negative relationships anywhere and everywhere you possibly can, which is one of the most effective life strategies you could ever employ. If you are like most people in this scoring range, you are a good friend to others, consistently demonstrating traits like reliability, generosity and kindness. A well-earned experience of joy is present in your social life and your overall levels of fulfillment are relatively high. A good social score speaks volumes about who you are as a person, usually indicating that you are admired, respected and well-liked. You should be proud of what you have accomplished in this category.

FINANCIAL

83

MODERATE

Your Financial score is about average, neither poor nor excellent. If you take positive action to improve this foundational category of your life, your score will increase. If you do nothing, it will likely decrease from here. Your Financial Life is one of the most important factors influencing your overall quality of life. Unfortunately, the subject of money tends to be surrounded by mixed signals, confusion and overwhelm for most people. As a matter of fact, our data shows that more people struggle in the Financial category than in any other. So if the subject of money is shrouded in mystery for you, as it is for so many others, know that you are not alone. If you are like most people in this scoring range, your financial life is somewhat inconsistent right now. As a result, you alternate between feelings of satisfaction and frustration in this area of your life. Worry and financial stress are sometimes present in one form or another, creating a strain on your emotions, your relationships and even your physical health. Yet, at other times, you feel quite hopeful and optimistic about your financial future. You are clearly not living in a state of total financial lack, but the truth is, you don't have as much financial freedom as you would like, which inhibits your ability to do the things you want to do, go the places you want to go and have the things you want to have. If you are like most people in this scoring range, you are aware that you have the potential to perform much better in this area of your life. If you take bold, focused action to improve this area of your life, it is absolutely possible to attain the financial abundance you have always wanted. However, if you do not take action to improve your financial life, your score will likely deteriorate from here.

CAREER

91

ABOVE AVERAGE

Your Career score is above average, indicating high levels of satisfaction and fulfillment in this important category. An enjoyable, fulfilling Career is a true blessing, allowing you to express your talents, pursue your goals with confidence and create financial abundance for yourself and those you love. Typically requiring more of your time and attention than any other category, your Career will determine, to a great extent, whether or not you will have a happy, fulfilled life. You have clearly invested both time and energy in your Career and it has become a rewarding part of your life. A consistent experience of efficacy, purpose and passion are present, and your overall Career satisfaction is relatively high. You expect success in your Career, which is why you usually find it. Although Career stress can sometimes show up, it is not chronic and certainly not debilitating. You have an optimism and hopefulness about your future and a good sense of fulfillment in your Career. You should be proud of what you have accomplished in your Career so far. If you are like most people in this scoring range, you have a strong desire to improve even further. We have found that success in the Career category is most often accompanied by a strong desire to achieve even higher levels of success in the future.

QUALITY OF LIFE

107

EXCELLENT

Your Quality of Life score is excellent. If you focus on improving this category even further, it will automatically have a positive impact on every other area of your life. This category addresses your satisfaction with the things you own, the environments you are surrounded by, and the experiences you create for yourself. Abundance in these areas can enhance your life in important and sometimes unexpected ways, leading to intellectual and emotional fulfillment and overall life satisfaction. A high Quality of Life has a positive impact on everything you care about; your family, your friendships, your Career, even your health and fitness. You've obviously invested both time and attention in this category and you're enjoying the benefits on a regular basis. A consistent experience of joy and contentment are present and your overall levels of fulfillment are relatively high. Generally speaking, you feel the freedom to do the things you want to do, go the places you want to go and create the experiences you want to create for yourself. You seldom feel a sense of lack or incompleteness in this area of your life. This should be considered a true achievement, in a world where most people are dissatisfied and unfulfilled. Success in this category says a lot about you as a person, because your Quality of Life is what all your other personal development work adds up to. There's always room for growth and improvement, but you should be proud of what you have accomplished in this category so far.

ABOVE AVERAGE

Your Life Vision score is already above average. If you focus on improving this category even further, it will have an immense positive impact on every other area of your life. Your Life Vision addresses your sense of future and the strength of the forward motion in your life. A strong Life Vision entails having a clear picture of where you are going and what kind of a life you want to create. It gives you a decision-making framework that allows you to choose the right actions and stay focused and balanced on your life path. On the other hand, if you don't have a clear sense of what you want out of life, you leave your destiny to chance. You tend to react to life, instead of charting your own life course, allowing other people's opinions and outside circumstances to determine your future. Obviously, you have thought a good deal about your future and your Life Vision is relatively clear in most areas. You seem to have a good sense of who you are and what your life is about. You don't like to leave your destiny in the hands of others, nor do you simply "react to life." Instead, you tend to chart your own life course and endeavor to live your life with purpose. This is a real achievement, in a world where most people are simply wandering aimlessly through their days, floating like a piece of driftwood wherever the tide of life happens to take them. You should be proud of what you have accomplished so far. If you are like most people at this level, you have a strong desire to improve even further. The key to taking your Life Vision even higher is to deeply examine all 12 categories of your life and document your vision and strategy in each of them. By doing this, you will develop absolute clarity about the person you want to become and the life you want to create, which is one of the most valuable things you could ever do.

