

Your RISE Report

Report for Learner

Insights from research and psychology, tailored to your responses — to support clarity, consistency, and growth.

Track: Seekers

<p>■</p> <p>COURSE COMPLETED</p> <p>42.5%</p>	<p>■</p> <p>WORKBOOKS ADDED</p> <p>4</p>	<p>■</p> <p>CHAPTERS ADDED</p> <p>4</p>
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INSIGHTS BY WORKBOOK

Your Progress by Module

What you covered and what your answers say about you for each workbook.

WORKBOOK 2

Introduction

You have covered this workbook. Based on your answers:

You surfaced a strong tension around how external pressures—especially family expectations and financial insecurity fears—shape your relationship with work. You see work as something to be built through action (“Making”), yet your “Point to Ponder” answer—“I am not sure”—reflects some uncertainty about your deeper purpose or direction (“To Align My Path”). This mix of wanting to create but feeling unsure about meaning suggests you are in a critical phase of clarifying what truly matters to you beyond immediate pressures.

WORKBOOK 3**Finding Your Spark**

You have covered this workbook. Based on your answers:

Your spark ignites most clearly in solitude and nature, spaces where you can reflect deeply. You described your creative itch as boredom or feeling stifled, signaling that your motivation is closely tied to having room to breathe and think. You also noted that your spark “Defines who I am/status,” showing how central this creative energy is to your identity. You seem to hunger for moments of aloneness where you can reconnect with that essential part of yourself.

WORKBOOK 4**Fueling Your Spark**

You have covered this workbook. Based on your answers:

You recognize emotional inspiration—through stories and art—as a key fuel for your spark. Yet you identified your ecosystem as “The Partiers (Fun, but we numb),” suggesting your current environment might be at odds with your inner engine. Your biggest barrier is “Analysis Paralysis (Overthinking),” which fits with your earlier uncertainty and might be slowing down your ability to move from reflection to action. Your “Point to Ponder” answer, “I want to stay alone and make a lot of money,” reveals a clear desire for independence and financial success, but it also hints at some isolation or ambivalence about community.

WORKBOOK 8

The Scarcity Myth

You have covered this workbook. Based on your answers:

Your scarcity mindset stands out strongly: you selected “Hoarding (‘Grab any job for safety’)” and admitted “I Don’t Feel Abundant.” You’re aware of how scarcity creates inequality (“An Unfair Advantage”), yet your own experience seems wrapped in a protective instinct to cling tightly to resources. The random text “jkhkd” might also hint at some frustration or overwhelm when facing this topic. This chapter highlights a key emotional undercurrent—fear and caution—that colors how you approach opportunities and risks.

THEORETICAL FOUNDATION

How You Fit the Theories

Established frameworks from psychology and what they reveal about you.

Based on your responses, the following frameworks are most relevant to you. Each point links your answers to established psychology. We’ve chosen a few that speak most directly to what you shared—so you can see how your choices connect to what we know about motivation, growth, and resilience.

- Your experience resonates with Self-Determination Theory, which highlights the tension between autonomy (your desire for solitude and independent creation) and external pressures (family, financial fears). Finding ways to nurture intrinsic motivation could unlock more flow.
- Scarcity mindset, as explored by Mullainathan and Shafir, can trap cognitive resources, leading to the “analysis paralysis” you described. Recognizing this can be the first step in loosening its grip.
- Narrative identity theory suggests that your spark “defining who I am” points to the power of crafting a coherent personal story that integrates your creative itch with your values and challenges.

YOUR PROFILE

Your Unique Profile

Your personality and approach, informed by theory and research.

You are a seeker deeply connected to your creative spark, which serves as a core part of your identity. Yet you navigate ambivalence—between wanting to act boldly and feeling hemmed in by external expectations and financial fears. Your entrepreneurial or independent streak is strong, marked by a wish to make meaningful things on your own terms. At the same time, you struggle with scarcity fears that create a protective shell, which sometimes leads to overthinking and paralysis.

INSIGHT

Key Tension or Growth Edge

What stands out from your answers.

Your creative spark is vivid and defining, yet it feels boxed in by uncertainty and overthinking. You crave solitude and independence but wrestle with fears about financial security and scarcity. This double bind—wanting to build something authentic alone while feeling pressured to hoard safety—offers a clear growth e...

YOUR JOURNEY

Where You Stand in the RISE Journey

How your answers map to the course.

- Your spark is clearly alive but often smothered by uncertainty and the weight of external pressures.
- You see time and talent as important currencies but feel tension about how to deploy them without risking safety.
- Your empathy boundary is narrower, favoring solitude over expanding your circle, which may limit “tribal empathy” growth.
- Your storytelling sense is strong internally (your identity) but less developed as a tool for outreach or impact.
- Scarcity beliefs are strong, making abundance mindset work a priority.

Questions for Reflection

Designed to deepen your understanding.

- How might embracing small, low-risk actions help you overcome analysis paralysis?
- What would it look like to share your creative spark with others without feeling drained or exposed?
- How can you gently challenge your scarcity mindset to open space for abundance and trust?

PERSONALIZED ACTIONS

Designed Specifically for You

Concrete actions and experiments tailored to your profile.

1. Set aside daily or weekly “solitude and reflection” time to reconnect with your spark without pressure to produce immediately.
2. Experiment with one small creative project that focuses on process over outcome to break the cycle of overthinking.
3. Build a simple financial safety net to reduce scarcity anxiety and free mental space.
4. Identify one trusted person or small group to share your story and receive support, expanding empathy boundaries at your own pace.

EVIDENCE BASE

What the Research Says

Studies and findings that support your approach.

- Studies show that solitude can enhance creativity and self-reflection (Long & Averill, 2003), supporting your choice of nature and quiet as essential fuel.
- Research on scarcity mindset reveals it impairs executive function and decision-making (Shah, Mullainathan & Shafir, 2012), which fits your experience of overthinking and holding tightly to safety.

EXPERT VOICES

Perspectives from Leading Thinkers

How experts view these topics and connect to your journey.

Expert insight

“Creativity requires the courage to let go of certainties.” — Erich Fromm

YOUR ROADMAP

30-Day Action Plan

One clear focus per week — practical and achievable.

WEEK 1

Week 1: Create a quiet “nature reflection” ritual for 15 minutes daily.

WEEK 2

Week 2: Choose a micro-project purely for creative exploration, no goals attached.

WEEK 3

Week 3: Outline your current financial safety net and spot one way to strengthen it.

WEEK 4

Week 4: Reach out to one person to share an aspect of your creative journey and listen to theirs.

YOUR ROADMAP

6-Month Action Plan

Three phases: Months 1–2, 3–4, and 5–6.

PART 1 (Months 1–2)

Months 1–2: Build habits around solitude and small creative actions.

PART 2 (Months 3–4)

Months 3–4: Begin loosening scarcity grip through financial planning and mindset work.

PART 3 (Months 5–6)

Months 5–6: Grow your empathy circle by sharing your story in supportive settings.

YOUR ROADMAP

1-Year Action Plan

Four quarters, 3 months each — longer-term vision aligned with your RISE journey.

QUARTER 1

Quarter 1: Clarify your core creative identity and align your work with it.

QUARTER 2

Quarter 2: Strengthen ecosystem and reduce overthinking through trusted collaborations.

QUARTER 3

Quarter 3: Cultivate abundance mindset and explore new impact opportunities.

QUARTER 4

Quarter 4: Develop a personal RISE model evaluation and begin thinking about legacy and exit.

REFERENCES**Grounded in Research**

This report draws on established frameworks and contemporary studies.

- Long, C. R., & Averill, J. R. (2003). Solitude: An exploration of benefits of being alone. *Journal of Humanistic Psycho...*
- Shah, A. K., Mullainathan, S., & Shafir, E. (2012). Some consequences of having too little. *Science*, 338(6107), 682-685.