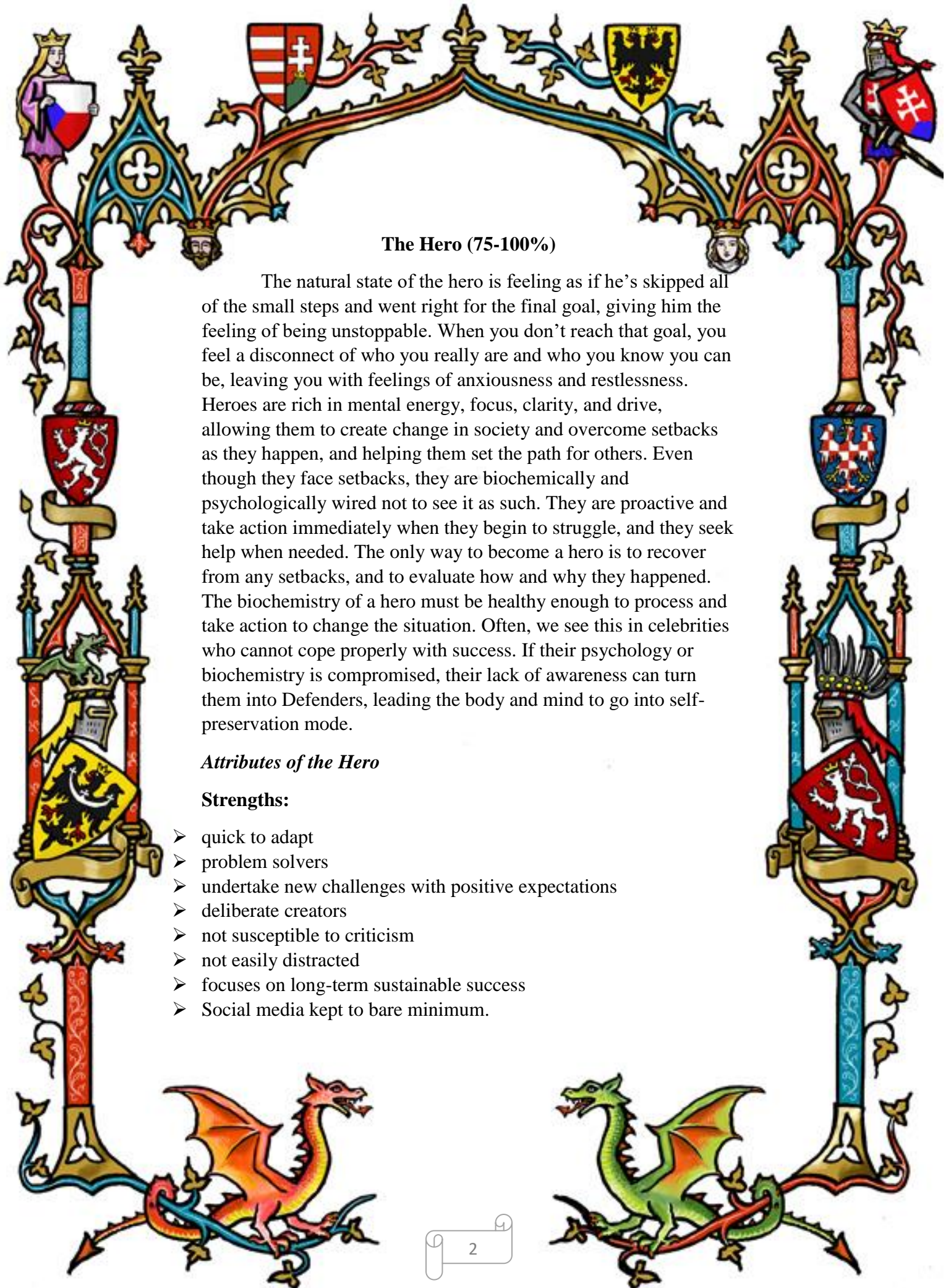




Who are you?

Rethinking Your Body/Mind Connection

Identity, mood, and behavior changes throughout the day, going against the traditional personality models, and ultimately leading us to feel emotionally detached. In order to truly exhibit the personality traits, e.g. extroverted/introverted, the body and mind must be aligned. If things are even a bit askew, an extrovert can become an introvert, verifying that biochemistry greatly affects one's personality. For example, someone who is very set in his ways can all of a sudden fail to adhere to his beliefs and systems when lacking energy. This also goes to show why personality tests can vary depending on the time of day and on our mood at the time, ultimately establishing that it is necessary for a test that includes all areas of success, even the underlying reason someone wants to succeed. It is pointless to try to have only one personality all the time because we will encounter various situations in our lives that will require us to adapt and use multiple personalities. We will look at the four identities: the Hero, the Warrior, the Guard, and the civilian, breaking them down into their vital functions and characteristics, in order to become more aware of your current level and its cause.



The Hero (75-100%)

The natural state of the hero is feeling as if he's skipped all of the small steps and went right for the final goal, giving him the feeling of being unstoppable. When you don't reach that goal, you feel a disconnect of who you really are and who you know you can be, leaving you with feelings of anxiousness and restlessness. Heroes are rich in mental energy, focus, clarity, and drive, allowing them to create change in society and overcome setbacks as they happen, and helping them set the path for others. Even though they face setbacks, they are biochemically and psychologically wired not to see it as such. They are proactive and take action immediately when they begin to struggle, and they seek help when needed. The only way to become a hero is to recover from any setbacks, and to evaluate how and why they happened. The biochemistry of a hero must be healthy enough to process and take action to change the situation. Often, we see this in celebrities who cannot cope properly with success. If their psychology or biochemistry is compromised, their lack of awareness can turn them into Defenders, leading the body and mind to go into self-preservation mode.

Attributes of the Hero

Strengths:

- quick to adapt
- problem solvers
- undertake new challenges with positive expectations
- deliberate creators
- not susceptible to criticism
- not easily distracted
- focuses on long-term sustainable success
- Social media kept to bare minimum.



Emotional Characteristics:

- inner strength
- calm
- optimistic
- unfluctuating mood
- friendly
- high self-esteem
- indefatigable
- highly driven to succeed
- motivated
- sense of satisfaction
- love of learning

Cognitive Functions:

- fast thinking
- conscious behavior
- decisive
- high-functioning memory
- organized
- mental clarity
- mental resources available to fully assess consequences of their actions
- easily able to get into the “zone”

Physiological Characteristics:

- shoulders back
- head up
- posture in alignment top to toe
- deep breathing
- clear skin
- confident stride
- balanced digestion

A decorative border with a gothic arch at the top. The arch is supported by two pillars. The left pillar has a red and blue shield with a white cross, topped by a figure in a purple and blue dress holding a shield. The right pillar has a red and blue shield with a white cross, topped by a figure in a red and blue suit holding a shield. The arch is decorated with gold, red, and blue patterns. The pillars are decorated with gold, red, and blue patterns. The background is white.

Weaknesses

Sometimes overly reliant on willpower to drive success during intense work periods. If they have become an “accidental catalyst,” they will often perceive anyone less than them as weak-minded, albeit based on good intentions, wishing for others to succeed.

Energy Source

Their batteries are charged by two fuel sources: biochemical and psychological energy. Their fuel sources are clean, running on healthy fats/ketones, instead of sugar/refined carbohydrates that would cause them to crash midafternoon. While their energy levels still fluctuate throughout the day, it is not as extreme as others. They understand how to manage it with proper nutrition, rest, and recovery.

The warrior (50 - 75%)

Warriors are consciously aware but are still learning to balance their will power with the energy that keeps them going. They are constantly aware of how their personality is affected by their psychology and biochemistry, and will always benefit from balancing the two. They are steps away from becoming heroes. Although they’ll face setbacks, they won’t dwell on them and they know they need to rest and learn for long term success.

Attributes of the warrior

Strengths

- medium-to-high adaptability
- problem solvers
- deliberate creation
- not easily distracted
- focuses on long-term, sustainable success
- Wastes energy on social media from time to time.



Emotional Characteristics

- inner strength
- calm
- optimism
- relatively even mood
- friendly
- medium-to-high self-esteem
- drive to succeed
- motivated
- fluctuating sense of satisfaction
- love of learning
- Dependent on other demands for energy/attention.

Cognitive Functions

- moderate-to-fast thinking
- conscious behavior
- not always aware of the consequences of their actions
- organized
- solid memory

Physiology

- Shoulders back
- head up
- posture in alignment half the time
- deep breathing
- clear skin
- confident stride



Weaknesses

Because they are finding their balance, it makes them susceptible to biochemical and emotional setbacks, including criticism from others. Either one of them may deplete their battery. The consciousness of the need for change is present; they're just slightly slower to reach full-blown awareness when action can be taken. This may cause their light bulb to dim now and then, but not to go out entirely.

Energy Source

We've all been the warrior at one time or another. However, an overreliance on one energy source throws us out-of-step (e.g., relying on sugar/refined carbohydrates in times of high stress). If left unchecked, a warrior with this behavior could turn into a Guardian or Defender. Because they've previously experienced a level of self-awareness, it makes them less likely to remain there, however.

The Guard (50 % and below)

Guards protect what they already have but they do not defend themselves. The Guards self-preservation mode forces them to save what energy they do have for critical functions, motivation not being one of them. They will continue to have some motivation, through sheer force of will, but unless they find balance, that motivation will disappear. Although they will still have goals, they will not be able to determine why they cannot reach those goals, leading to self-doubt and a plethora of excuses. They will experience wins here and there but not enough to stay motivated. This is primarily due to stress, and a lack of taking care of themselves. In order to get out of this state they will require outside resources or their own research and if they don't find a solution fast, they become unwilling, leading them to become Defenders.





Attributes of the Guard

Strengths

Their willpower is attempting to override self-preservation mode. They can endure for a period of time before the brain takes over and puts them into rest- and-recovery mode to heal.

Emotional Characteristics

- lowered self-esteem
- mood fluctuates between friendly and abrasive
- overwhelmed
- poor memory recall
- decreased satisfaction
- anxious

Cognitive Functions

- Cognitive functions beginning to decline
- harder to remember names or crucial information
- impulse control declining, limiting ability to make educated decisions
- decision fatigue beginning to kick in
- easily distracted
- getting stuck in negative thought patterns

Physiological Characteristics

- slouching posture
- mild-to-severe digestive issues
- posture out of alignment
- shallow breathing
- increase in food cravings
- possible insomnia
- mild anxiety
- inflammation in the body



Weaknesses

- susceptible to procrastinating and criticizing
- sensitive to their surroundings
- easily overwhelmed

reliance on caffeine, sugar, and refined carbohydrates to motivate them and give them enough energy to get moving. (While this may relight their light bulb, it quickly dims after they crash from the side effects of these dirty fuel sources).

The Civilian (25% and below)

Civilians are simply focused on guarding what's left over and defending themselves from further attacks. Civilian mode can be triggered by a number of changes, including a change in the stomach's microbiome, a course of antibiotics, chronic stress, a traumatic event, or a severe nutritional deficiency that crept up so slowly you weren't even aware of it until it trapped you in your own toxic echo chamber. They can endure for a period of time before the brain takes over and puts them into rest-and-recovery mode to heal.

Attributes of the Civilian

Strengths

Finding a clear thought in this state is like searching for something in a dark room with a flashlight and a failing battery. You know the answer exists, but you don't have enough light to find it in time. There's a deep, underlying desire to feel better; you just don't know where to start.



Emotional Characteristics

- lack of self-awareness
- low self-esteem
- abrasive to depressive behavior
- extreme ups and downs
- highly sensitive to criticism
- reactionary instead of responsive
- easily agitated
- Self-imposed isolation to preserve energy.
- cognitive functions in serious decline
- forgetful of dates, names, information
- lack of self-control
- inability to make decisions
- brain fog
- inability to focus on anything for an extended period

Physiological Characteristics

- drooping head
- posture out of alignment
- shallow/erratic breathing
- oily or dry skin
- intensified food cravings (especially sugar)
- joint pain
- insomnia
- mild anxiety
- inflammation

Weaknesses

All systems have been depleted. External intervention by professionals is your best bet. For energy sources, there is an over-reliance on caffeine, sugar, and refined carbohydrates for short bursts of energy