

MindMeditate System Manual

The 5-Archetype Personality System " v1.0

MindMeditate

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The MindMeditate Archetype Blueprint™

Official documentation of the 5-archetype personality model used across the MindMeditate Personality Test, Self Mastery, Life Design, and Growth Loop products.

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Part 1 — The Model

What is an Archetype?

An **archetype** is your default operating system — the pattern of thinking, feeling, and acting that shows up automatically when you're not consciously choosing. Everyone has access to all five archetypes, but one or two run in the background all the time. That primary pattern is your archetype.

The Three Layers

Your full blueprint is composed of three layers that combine to produce a profile unique to you:

Layer	What it answers	Options
1. Archetype	<i>Who are you fundamentally?</i>	Driver · Visionary · Integrator · Stabilizer · Specialist
2. Force	<i>How does your energy move?</i>	Flow · Catalyst · Anchor
3. Secondary	<i>What's your supporting style?</i>	Any of the 4 other archetypes

→ **5 archetypes × 3 forces × 4 secondary blends = 60 distinct profile signatures.**

How the Test Measures It

- **25 questions**, answered on a 5-point Likert scale (Strongly Disagree → Strongly Agree)
- Questions are distributed across all 5 archetype scales + an Introvert/Extrovert axis
- Scores produce:
 - A **primary archetype** (highest score)
 - A **secondary archetype** (second highest)
 - A **force** (derived from pace + energy orientation items)
 - A **confidence level** (how clear the gap is between #1 and #2)

Profile Types

Type	Meaning
Strong Archetype	Primary score is clearly dominant (large gap to #2)
Balanced Archetype	Primary is clear but secondary is close behind
Hybrid Profile	Two archetypes are effectively tied — treat both as primary

Reading Your Scores

- **Primary** — the loudest voice in the room
 - **Secondary** — the second voice, always on, shaping how primary shows up
 - **Force** — the *tempo* at which both operate
 - **Confidence** — how decisively the test could separate your top scores
-

Part 2 — The 5 Archetypes

Driver

The one who makes things happen. Core energy: **Action** · Values: Achievement, Responsibility, Progress, Influence, Challenge

□ Identity

- **One-line essence** — “Okay, let's stop talking and start doing.”
- **Contribution phrase** — *Leading progress*
- **Environment phrase** — *Through decisive action*

□ How They Think

- **Cognitive strength** — Decisive thinking. Quickly sees the shortest path to solve a problem.
- **Learning preference** — Learns by doing. Prefers hands-on over reading the manual.
- **Decision making** — Fast, fact-based, goal-oriented. Chooses the best-reviewed option in under 30 seconds.

□ How They Feel

- **EQ pattern** — Manages feelings by focusing on results. Prefers practical solutions to emotional processing.
- **Communication style** — Direct. Skips small talk. “What do we need to do?”
- **Stress pattern** — Impatience. May try to control too much when a deadline approaches.

□ How They Work

- **Core function** — Initiates action. Takes charge and drives goals to completion.
- **Work habit** — Short, high-intensity bursts with a clear goal. Finishes 3 hours of work in 1.
- **Team contribution** — Direction. Keeps meetings moving when they get stuck in circles.
- **Work environment fit** — Independence. Give them a goal and trust them to figure out how.

□ Shadow Side

- **Shadow pattern** — Under pressure, pushes self and others too hard; frustrated by slow pace.
- **Blind spot** — May ignore feelings while chasing the goal.
- **Risk** — Burnout.

□ Growth Path

- **Growth direction** — Building stronger relationships. Moving from *doing* to *connecting*.
- **Growth focus** — Patience and understanding their impact on others.
- **Power move** — Summarizing a messy situation into 3 clear action steps.

□ Career & Future

- **Career fit** — Roles with ownership and project leadership.
- **Future fields** — AI project management, digital business leadership, sustainability management, operations automation, tech entrepreneurship.
- **Study path** — Business / Engineering / IT Management + certs (Agile, PMP, Business Analytics).
- **Skills to build** — Leadership, negotiation, decision-making, systems thinking, AI-assisted management.
- **Risks to avoid** — Highly theoretical study without practical exposure.
- **Guidance** — *Choose paths where you can take responsibility early and see measurable results.*

□ Team Synergy

- **Works best with** — Visionaries (new ideas), Stabilizers (organization), Integrators (harmony).
- **Friction with** — Specialists (may feel slowed by deep-dive perfectionism).
- **Energy orientation:**
 - **Introvert** → **Reflective Driver** — leads through quiet determination and focused execution
 - **Extrovert** → **Dynamic Driver** — leads through active direction, high energy, visible momentum

□ The 3 Force Expressions

- **Adaptive Driver** (Flow) — decisive *and* flexible; pivots without losing momentum
- **Commanding Driver** (Catalyst) — high-intensity leader; ignites teams fast
- **Steady Driver** (Anchor) — reliable executor; finishes what others start

□ The 4 Secondary Blends

- **Driver + Visionary** — entrepreneurial; turns ideas into reality at speed
 - **Driver + Integrator** — team-first leader; drives through people
 - **Driver + Stabilizer** — operational powerhouse; systems + execution
 - **Driver + Specialist** — elite operator; precision + decisiveness (surgeons, engineers, elite athletes)
-

Visionary

The one who imagines what's possible. Core energy: **Imagination** · Values: Creativity, Freedom, Exploration, Innovation, Expression

□ Identity

- **One-line essence** — “What if we saw this completely differently?”
- **Contribution phrase** — *Shaping new ideas*
- **Environment phrase** — *Through creative exploration*

□ How They Think

- **Cognitive strength** — Big-picture thinking. Connects unrelated concepts and imagines futures most people don't see yet.
- **Learning preference** — Exploration. Learns by following curiosity across disciplines, not by following a syllabus.
- **Decision making** — Chooses based on future potential. Picks the harder project because it might lead somewhere much bigger.

□ How They Feel

- **EQ pattern** — Meaning-based emotion. Feels most alive when the work carries significance, flat when it doesn't.
- **Communication style** — Stories and metaphors. “It's like a...” is the opening of half their sentences.
- **Stress pattern** — Overthinking. Too many open tabs in the head, too many half-started projects on the desk.

□ How They Work

- **Core function** — Generates ideas and spots possibilities. Turns a constraint into a creative prompt.
- **Work habit** — Creative environments with room to explore. Studies better in a noisy cafe than a silent library.

- **Team contribution** — Innovation. Keeps the team from falling into “same as last year” thinking.
- **Work environment fit** — Stimulating, varied, conversation-rich. Rigid or repetitive setups drain them.

□ Shadow Side

- **Shadow pattern** — Falls in love with the idea and escapes when it becomes unglamorous work.
- **Blind spot** — Forgets the small, boring details needed to make an idea actually work (the chairs, the logistics, the follow-through).
- **Risk** — Scattered focus; many brilliant starts, few finishes.

□ Growth Path

- **Growth direction** — Execution discipline. Staying with one thing past the thrill phase.
- **Growth focus** — Follow-through — mastery lives on the other side of the excitement.
- **Power move** — Seeing a connection between two unrelated things that unlocks a stuck problem.

□ Career & Future

- **Career fit** — Roles where curiosity, creativity, and novel synthesis are valued.
- **Future fields** — UX/UI design, AI product design, digital media strategy, innovation consulting, creative technology, sustainability innovation.
- **Study path** — Design / Computer Science / Media / Psychology / Innovation Studies. Vocational: multimedia design, animation, digital content.
- **Skills to build** — Creative problem solving, storytelling, interdisciplinary thinking, AI collaboration.
- **Risks to avoid** — Rigid or repetitive roles with no room to explore.
- **Guidance** — *Choose careers where curiosity, creativity, and new ideas are valued and encouraged.*

□ Team Synergy

- **Works best with** — Drivers (execute ideas), Stabilizers (organize them), Integrators (align the team).
- **Friction with** — Stabilizers if the Visionary never commits; Specialists if rigour is called out as “slowing us down.”
- **Energy orientation:**
 - **Introvert** → **Reflective Visionary** — develops ideas through internal thinking and observation
 - **Extrovert** → **Expressive Visionary** — develops ideas through discussion, brainstorming, and interaction

□ The 3 Force Expressions

- **Explorer Visionary** (Flow) — imaginative thinker who loves exploring new possibilities and experimenting with fresh ideas
- **Strategic Visionary** (Catalyst) — creative leader who turns big ideas into a clear direction for the team
- **Grounded Visionary** (Anchor) — practical thinker who turns creative ideas into steady, long-term plans

□ The 4 Secondary Blends

- **Visionary + Driver** — Founder; invents a future *and* drags it into the present
- **Visionary + Integrator** — Movement Builder; turns ideas into communities people want to join
- **Visionary + Stabilizer** — Systems Designer; rare combination that invents *and* operationalises
- **Visionary + Specialist** — Research Innovator; goes deep *and* stays future-oriented

Integrator

The one who holds people together. Core energy: **Connection** · Values: Harmony, Support, Trust, Connection, Cooperation

□ Identity

- **One-line essence** — “How is everyone actually doing with this?”
- **Contribution phrase** — *Supporting people*
- **Environment phrase** — *Through meaningful connection*

□ How They Think

- **Cognitive strength** — Empathy thinking. Always runs decisions through the question “how does this land for the humans involved?”
- **Learning preference** — Interaction learning. Learns faster by talking something through than by reading it alone.
- **Decision making** — Chooses what’s best for the people involved, even when it costs them personally.

□ How They Feel

- **EQ pattern** — Emotional attunement. Reads the room without being told what’s in it.
- **Communication style** — Warm and encouraging; remembers names, asks how weekends went, makes people feel seen.
- **Stress pattern** — People fatigue. Says “yes” to too many favours because they can’t bear to let anyone down.

□ How They Work

- **Core function** — Strengthens relationships and keeps the team working well together.
- **Work habit** — Collaborative groups and study buddies. Turns work into a positive social experience.
- **Team contribution** — Cohesion. The “glue” that holds a team together during difficult times.
- **Work environment fit** — Collaborative places where people feel safe and supported.

□ Shadow Side

- **Shadow pattern** — Loses own boundaries under pressure; avoids necessary conflict to keep the peace.
- **Blind spot** — Won’t say the important thing to protect someone’s feelings — and calls that kindness.
- **Risk** — Emotional fatigue; resentment when their own needs finally surface.

□ Growth Path

- **Growth direction** — Assertiveness. Trusting their own judgement and speaking it first.
- **Growth focus** — Boundaries — letting honest feedback be the gift it actually is.
- **Power move** — Bringing a quiet or shy person into the conversation at exactly the right moment.

□ Career & Future

- **Career fit** — Roles that involve mentoring, coaching, and developing strong relationships.
- **Future fields** — Mental wellness coaching, learning & development, HR analytics, organizational culture roles, healthcare coordination.
- **Study path** — Psychology / Education / HR / Communication / Social Sciences. Vocational: early childhood education, training facilitator, therapy assistant.
- **Skills to build** — Emotional intelligence, facilitation, communication, coaching skills.
- **Risks to avoid** — Highly isolated or purely technical roles with no human contact.
- **Guidance** — *Choose careers where helping people grow and succeed is part of daily work.*

□ Team Synergy

- **Works best with** — Drivers (direction), Visionaries (inspiration), Stabilizers (support).
- **Friction with** — Drivers when pace becomes cruelty; Specialists when depth becomes coldness.
- **Energy orientation:**
 - **Introvert** → **Reflective Integrator** — builds trust through deep listening and one-on-one connection
 - **Extrovert** → **Expressive Integrator** — builds trust through group engagement and active collaboration

□ The 3 Force Expressions

- **Expressive Integrator** (Flow) — relationship-builder who loves connecting people and exploring new ways to work together
- **Activating Integrator** (Catalyst) — people-focused leader who motivates and mobilizes the team toward shared goals
- **Harmonizing Integrator** (Anchor) — supportive leader who creates trust and makes sure everyone feels safe and included

□ The 4 Secondary Blends

- **Integrator + Driver** — Player-Coach; leads from inside the team, not above it
 - **Integrator + Visionary** — Culture Creator; spreads ideas by making them feel like home
 - **Integrator + Stabilizer** — Community Architect; builds trust *systems*, not just trust moments
 - **Integrator + Specialist** — Mentor-Master; combines deep craft with the ability to actually transmit it
-

Stabilizer

The one who builds what lasts. Core energy: **Structure** · Values: Stability, Reliability, Order, Consistency, Security

□ Identity

- **One-line essence** — “Here’s the plan. Let’s make sure we actually do it.”
- **Contribution phrase** — *Building stability*
- **Environment phrase** — *Through structured systems*

□ How They Think

- **Cognitive strength** — Process thinking. Excellent at following procedure and making sure every step actually happened.
- **Learning preference** — Structured repetition. Step-by-step until confident, then drills to cement it.
- **Decision making** — Logical, safe, proven. Picks the reliable option over the flashy one, every time.

□ How They Feel

- **EQ pattern** — Emotional steadiness. Stays calm when things are organized and predictable.
- **Communication style** — Clear and factual. Sends the “Next Steps” summary after every meeting.
- **Stress pattern** — Rigidity. Gets upset when the plan changes at the last minute.

□ How They Work

- **Core function** — Builds structure and makes sure systems run consistently.
- **Work habit** — Clear schedule, tidy space, specific study times. Rarely stressed by last-minute deadlines.
- **Team contribution** — Stability. The foundation that lets everyone else succeed.
- **Work environment fit** — Structured places with clear roles and predictable tasks.

□ Shadow Side

- **Shadow pattern** — Becomes too attached to “the way it’s always been done” under pressure.
- **Blind spot** — Rejects a great new idea because it’s unfamiliar, not because it’s wrong.
- **Risk** — Resistance; staying loyal to systems past their expiry date.

□ Growth Path

- **Growth direction** — Adaptability. Being more open to new ways and unexpected change.
- **Growth focus** — Flexibility — saying “let’s try it” before saying “we don’t do it that way.”
- **Power move** — Creating a system that makes a hard task easy for everyone.

□ Career & Future

- **Career fit** — Roles requiring planning, coordination, and managing complex systems.
- **Future fields** — Supply chain analytics, compliance management, digital operations, process automation supervision.
- **Study path** — Accounting / Logistics / Operations Management / Business Administration. Vocational: technical operations, bookkeeping, manufacturing supervision.
- **Skills to build** — Data literacy, organization, process optimization, digital workflow tools.
- **Risks to avoid** — Fast-changing environments with no structure to anchor to.
- **Guidance** — *Choose careers where consistency, organization, and reliability are valued strengths.*

□ Team Synergy

- **Works best with** — Drivers (momentum), Visionaries (innovation), Integrators (team cohesion).
- **Friction with** — Visionaries when ideas keep arriving mid-sprint; Drivers when speed overrides quality.
- **Energy orientation:**
 - **Introvert** → **Reflective Stabilizer** — maintains order through careful planning and internal systems
 - **Extrovert** → **Expressive Stabilizer** — maintains order through coordination and visible structure

□ The 3 Force Expressions

- **Flexible Stabilizer** (Flow) — organized thinker who improves systems by being open to new and better ways of doing things
- **Operational Stabilizer** (Catalyst) — practical leader who ensures efficiency and makes sure everyone is accountable for their work
- **Foundational Stabilizer** (Anchor) — dependable organizer who maintains consistency and makes sure everything runs smoothly

□ The 4 Secondary Blends

- **Stabilizer + Driver** — Operations Chief; reliability *plus* velocity
- **Stabilizer + Visionary** — Methodical Innovator; improves systems without blowing them up
- **Stabilizer + Integrator** — Trusted Facilitator; the calm hand that every team secretly wants
- **Stabilizer + Specialist** — Quality Engineer; structure *plus* depth equals zero-defect outputs

Specialist

The one who masters the craft. Core energy: **Mastery** · Values: Mastery, Accuracy, Knowledge, Excellence, Depth

□ Identity

- **One-line essence** — "Let me actually understand this before we decide."
- **Contribution phrase** — *Improving systems*
- **Environment phrase** — *Through deep expertise*

□ How They Think

- **Cognitive strength** — Detail thinking. Notices the small errors and inconsistencies everyone else missed.
- **Learning preference** — Deep focus and independent study. Reads the 300-page manual and enjoys it.
- **Decision making** — Deep analysis and technical evidence. Researches laptop specs for hours before buying.

□ How They Feel

- **EQ pattern** — Analytical regulation. Calms emotion by focusing on facts and craft, not drama.
- **Communication style** — Precise and technical. Uses the exact right word even when the right word is complex.
- **Stress pattern** — Perfectionism. Disappears into one small detail and loses the deadline.

□ How They Work

- **Core function** — Ensures technical accuracy and develops deep expertise.
- **Work habit** — "Deep work" blocks with zero interruption; headphones on, world off.
- **Team contribution** — Expertise. The person the team goes to when they need the right answer, not a quick one.
- **Work environment fit** — Quiet places where they can concentrate uninterrupted.

□ Shadow Side

- **Shadow pattern** — Withdraws from the team or fixates on minor details under pressure.
- **Blind spot** — Gets so deep into details that the bigger picture disappears.
- **Risk** — Isolation; hiding inside expertise instead of acting on it.

□ Growth Path

- **Growth direction** — Collaboration. Sharing expertise early instead of waiting to be "ready."
- **Growth focus** — Flexibility — acting on incomplete information when movement reveals what thinking cannot.
- **Power move** — Solving the one technical mystery that had everyone else stuck.

□ Career & Future

- **Career fit** — Roles requiring deep knowledge, careful analysis, and high precision.
- **Future fields** — AI engineering, cybersecurity, robotics, biotechnology, advanced analytics, scientific research.

- **Study path** — Degree + professional certifications (Engineering, IT, Medicine, Data Science, Analytics). Vocational: technical certification pathways (network engineering, automation).
- **Skills to build** — Analytical thinking, technical specialization, continuous learning.
- **Risks to avoid** — Roles requiring constant broad social interaction without depth.
- **Guidance** — *Choose paths where expertise and precision are rewarded through mastery and specialization.*

□ Team Synergy

- **Works best with** — Visionaries (direction), Drivers (execution), Stabilizers (structure).
- **Friction with** — Drivers when speed overrides rigour; Integrators when the Specialist disappears mid-project.
- **Energy orientation:**
 - **Introvert** → **Reflective Specialist** — masters expertise through deep focus and independent study
 - **Extrovert** → **Expressive Specialist** — masters expertise through shared practice and technical discussion

□ The 3 Force Expressions

- **Innovative Specialist** (Flow) — creative expert who loves exploring new knowledge and finding fresh ways to solve problems
- **Applied Specialist** (Catalyst) — practical expert who uses deep knowledge to solve real-world problems quickly
- **Master Specialist** (Anchor) — precision-focused expert who maintains high standards and ensures best quality in everything

□ The 4 Secondary Blends

- **Specialist + Driver** — Executing Expert; ships what most experts never ship
- **Specialist + Visionary** — Frontier Researcher; goes deep at the edge of what's known
- **Specialist + Integrator** — Teaching Master; makes expertise transferable
- **Specialist + Stabilizer** — Rigorous Craftsman; depth + discipline = reference-grade work

Part 3 — The 3 Forces

A **Force** describes the *tempo and rhythm* at which your archetype operates. It doesn't change who you are — it changes how you move through the world.

□ Flow — Exploratory Momentum

- **Pattern** — Open, experimental, sustained curiosity
- **Pace** — Variable; follows energy rather than schedule
- **Natural strengths** — Adaptability, creativity in motion, pattern recognition across domains
- **Leadership style** — Invitational; leads by exploring alongside
- **Stress pattern** — Scatter; too many open loops
- **Shadow** — Avoids commitment; hard to close projects
- **Growth path** — Anchoring completion rituals
- **Ideal support** — Anchor-force partners who hold the line
- **Life rhythm** — Non-linear sprints; best activities are open-ended projects, travel, cross-disciplinary learning

□ Catalyst — Activation Energy

- **Pattern** — Ignition, intensity, visible momentum
- **Pace** — Fast and declarative
- **Natural strengths** — Energizing groups, starting hard things, breaking inertia
- **Leadership style** — Front-of-room; leads by visible conviction
- **Stress pattern** — Burnout; pushes past signals
- **Shadow** — Burns bright, burns out; leaves wreckage
- **Growth path** — Pacing; recovery rituals
- **Ideal support** — Flow partners who soften the intensity
- **Life rhythm** — Sprint-rest cycles; best activities are high-stakes launches, public speaking, competitive arenas

□ Anchor — Long-Horizon Reliability

- **Pattern** — Steady, dependable, patient compounding
 - **Pace** — Consistent, metronomic
 - **Natural strengths** — Follow-through, institutional memory, calm under fire
 - **Leadership style** — Quiet backbone; leads by consistency
 - **Stress pattern** — Rigidity; resists pivots
 - **Shadow** — Stuck in old patterns; slow to update
 - **Growth path** — Practicing small pivots before they're forced
 - **Ideal support** — Catalyst partners who inject new energy
 - **Life rhythm** — Routine-anchored; best activities are long projects, deep craft, reliable systems
-

Part 4 — The 15 Archetype × Force Identities

Each archetype expresses through three forces, producing 15 distinct identities. Descriptions below are pulled verbatim from `framework.json` → `identities`.

Driver

- **Adaptive Driver** (Flow) — A flexible leader who leads through inspiration and experiments with new ways to reach goals.
- **Commanding Driver** (Catalyst) — A decisive leader who focuses on results and keeps the team moving forward with high energy.
- **Steady Driver** (Anchor) — A patient achiever who builds progress steadily and ensures long-term success.

Visionary

- **Explorer Visionary** (Flow) — An imaginative thinker who loves exploring new possibilities and experimenting with fresh ideas.
- **Strategic Visionary** (Catalyst) — A creative leader who turns big ideas into a clear direction for the team.
- **Grounded Visionary** (Anchor) — A practical thinker who turns creative ideas into steady, long-term plans.

Integrator

- **Expressive Integrator** (Flow) — A relationship-builder who loves connecting people and exploring new ways to work together.

- **Activating Integrator** (Catalyst) — A people-focused leader who motivates and mobilizes the team toward shared goals.
- **Harmonizing Integrator** (Anchor) — A supportive leader who creates trust and makes sure everyone feels safe and included.

Stabilizer

- **Flexible Stabilizer** (Flow) — An organized thinker who improves systems by being open to new and better ways of doing things.
- **Operational Stabilizer** (Catalyst) — A practical leader who ensures efficiency and makes sure everyone is accountable for their work.
- **Foundational Stabilizer** (Anchor) — A dependable organizer who maintains consistency and makes sure everything runs smoothly.

Specialist

- **Innovative Specialist** (Flow) — A creative expert who loves exploring new knowledge and finding fresh ways to solve problems.
- **Applied Specialist** (Catalyst) — A practical expert who uses deep knowledge to solve real-world problems quickly.
- **Master Specialist** (Anchor) — A precision-focused expert who maintains high standards and ensures the best quality in everything.

Quick-reference matrix

Archetype	□ Flow	□ Catalyst	□ Anchor
Driver	Adaptive Driver	Commanding Driver	Steady Driver
Visionary	Explorer Visionary	Strategic Visionary	Grounded Visionary
Integrator	Expressive Integrator	Activating Integrator	Harmonizing Integrator
Stabilizer	Flexible Stabilizer	Operational Stabilizer	Foundational Stabilizer
Specialist	Innovative Specialist	Applied Specialist	Master Specialist

Part 5 — The 20 Primary × Secondary Blends

Your **secondary** archetype doesn't replace your primary — it *colours* it. Both are always on. Below: how each of the 20 combinations actually behaves in the real world.

Matrix at a glance

Primary →	+ Driver	+ Visionary	+ Integrator	+ Stabilizer	+ Specialist
Driver	—	Entrepreneurial	People-led Leader	Operational	Elite Operator
Visionary	Founder	—	Movement Builder	Systems Designer	Research Innovator
Integrator	Player-Coach	Culture Creator	—	Community Architect	Mentor-Master
Stabilizer	Operations Chief	Methodical Innovator	Trusted Facilitator	—	Quality Engineer
Specialist	Executing Expert	Frontier Researcher	Teaching Master	Rigorous Craftsman	—

For each blend: **what shifts** (how the secondary bends the primary) · **strengths amplified** · **risks to watch**.

Driver-primary blends

Driver + Visionary — Entrepreneurial

- *What shifts:* the Driver stops optimising existing work and starts inventing new work. Action stays fast; the *target* stops being given.
- *Strengths amplified:* ability to spot opportunity, commit, and ship — all in one person. Turns ambiguity into launched product.
- *Risks to watch:* abandons things before they mature; chases the next idea the moment the current one stops feeling new.

Driver + Integrator — People-led Leader

- *What shifts:* the Driver still pushes pace, but through people, not past them. Reads the room before issuing the directive.
- *Strengths amplified:* gets results without burning trust; teams follow willingly rather than dutifully.
- *Risks to watch:* softens the call when the team needs the hard truth; confuses consensus-building with decision-making.

Driver + Stabilizer — Operational

- *What shifts:* the Driver channels velocity into repeatable systems. Execution becomes a *machine*, not an effort.
- *Strengths amplified:* scales cleanly; what runs on week 1 still runs on week 52.
- *Risks to watch:* rigidity under novelty — great at running the known game, slower to invent the new one.

Driver + Specialist — Elite Operator

- *What shifts:* raw speed is disciplined by technical depth. The Driver stops moving until the move is actually correct.
 - *Strengths amplified:* surgeon / elite-athlete / senior-engineer profile — fast *and* right.
 - *Risks to watch:* low patience with less-rigorous teammates; can isolate when depth and speed don't find an outlet.
-

Visionary-primary blends

Visionary + Driver — Founder

- *What shifts:* the idea no longer lives in the head — it gets built. Vision becomes roadmap becomes ship date.
- *Strengths amplified:* classic founder profile; invents a future *and* drags it into the present.
- *Risks to watch:* the idea mutates mid-build; exhausts teammates who can't keep pace with the re-inventing.

Visionary + Integrator — Movement Builder

- *What shifts:* ideas don't just exist — they attract people. The Visionary's stories become a community's shared language.
- *Strengths amplified:* makes followers feel like co-creators; builds cultures, not customer bases.
- *Risks to watch:* avoids the un-inspiring decisions (firing, pruning, saying no) because the movement depends on belonging.

Visionary + Stabilizer — Systems Designer

- *What shifts:* ideas get structured before they get shipped. Rare combination that *invents* and *operationalises*.
- *Strengths amplified:* builds products / processes that survive the founder leaving the room.
- *Risks to watch:* over-planning kills the spark; by the time the system is ready, the moment has passed.

Visionary + Specialist — Research Innovator

- *What shifts:* curiosity is tempered by rigour. Goes deep *at the frontier* — not just deep inside what's already known.
 - *Strengths amplified:* produces genuinely novel work because both breadth *and* depth are present.
 - *Risks to watch:* stays in research forever; the world never sees the output because the Specialist says "not ready yet."
-

Integrator-primary blends

Integrator + Driver — Player-Coach

- *What shifts:* warmth gains a spine. The Integrator can now say the hard thing without it reading as unkind.
- *Strengths amplified:* leads from inside the team rather than above it; teams work *harder* because the leader works *with* them.
- *Risks to watch:* swings between too-soft and too-sharp; struggles to hold a consistent leadership voice.

Integrator + Visionary — Culture Creator

- *What shifts:* relationship-building is organised around a shared story. Belonging has a direction.
- *Strengths amplified:* classic chief-of-staff / culture-leader profile — people join for the meaning, stay for the warmth.
- *Risks to watch:* the story becomes more important than the work; performance issues get rationalised as "culture fit."

Integrator + Stabilizer — Community Architect

- *What shifts:* trust stops being a moment and becomes a *system*. Rhythms, rituals, and processes that make safety predictable.
- *Strengths amplified:* scales community past the point a single charismatic connector can hold it together.
- *Risks to watch:* over-engineers the social layer; the structure ends up running the humans instead of the other way around.

Integrator + Specialist — Mentor-Master

- *What shifts:* expertise stops hiding. Deep craft gains the ability to actually transmit itself.
 - *Strengths amplified:* produces protegees and lineage; the Specialist's work outlives the Specialist.
 - *Risks to watch:* spends so much teaching that personal craft plateaus; becomes "the person who used to be great."
-

Stabilizer-primary blends

Stabilizer + Driver — Operations Chief

- *What shifts:* reliability gains velocity. The system isn't just correct — it's fast.
- *Strengths amplified:* can take a chaotic, scaling organisation and land it in repeatable rhythm without losing speed.
- *Risks to watch:* pushes the team past its sustainable pace; the system holds, the humans don't.

Stabilizer + Visionary — Methodical Innovator

- *What shifts:* willingness to change *systems*, not just run them. Improves the existing rather than defending it.
- *Strengths amplified:* delivers real change without the drama — upgrades the plane while it's flying.

- *Risks to watch:* keeps improving when it's time to ship; tinkering outlives the point at which the improvement pays.

Stabilizer + Integrator — Trusted Facilitator

- *What shifts:* structure serves people instead of policing them. The calm hand every team secretly wants.
- *Strengths amplified:* project / program / chief-of-staff roles — the person who makes everyone else more effective.
- *Risks to watch:* absorbs everyone's stress; the facilitator quietly becomes the container for all the team's unspoken issues.

Stabilizer + Specialist — Quality Engineer

- *What shifts:* discipline + depth. Systems that are not only repeatable but reference-grade.
 - *Strengths amplified:* zero-defect work; the auditor, senior SRE, senior QA, senior accountant profile.
 - *Risks to watch:* rigidity doubled; neither half of the blend is comfortable with "good enough and moving."
-

Specialist-primary blends

Specialist + Driver — Executing Expert

- *What shifts:* depth stops being an excuse. The Specialist ships.
- *Strengths amplified:* rare, valuable profile — goes deep *and* delivers on a timeline others trust.
- *Risks to watch:* cuts rigour to hit the date; regrets it two sprints later when the shortcut surfaces.

Specialist + Visionary — Frontier Researcher

- *What shifts:* depth points forward. Masters what's known in order to find what isn't.
- *Strengths amplified:* classic scientist / R&D leader / category-creator profile.
- *Risks to watch:* wanders; the next interesting question is always more interesting than finishing the current one.

Specialist + Integrator — Teaching Master

- *What shifts:* the craft becomes transferable. Expertise is shared, not hoarded.
- *Strengths amplified:* produces students and successors; the work survives the individual.
- *Risks to watch:* gives so much that deep-work time collapses; expertise stops renewing itself.

Specialist + Stabilizer — Rigorous Craftsman

- *What shifts:* depth meets reliability. Output is not just correct — it's *consistent*.
 - *Strengths amplified:* lifetime-master profile; the practitioner whose work becomes the standard.
 - *Risks to watch:* so invested in the current way that paradigm shifts in the field are resisted for too long.
-

Part 6 — Research

Origins

The MindMeditate Archetype Blueprint was developed through iterative research combining:

- Classical typologies (Jungian functions, Big Five, DISC, MBTI)
- Modern organisational psychology
- Observational coaching work across Southeast Asia
- Iterative psychometric refinement

Specific sample sizes, coaching-hours totals, and longitudinal follow-up data: pending publication.

Why Not MBTI / Big Five / DISC?

Model	Strength
MBTI	Rich type descriptions
Big Five	Strong psychometric base
DISC	Simple, workplace-friendly
Archetype Blueprint	Combines identity (archetype) + tempo (force) + blend (secondary) with actionable per-profile coaching

Psychometric Properties

To be documented: reliability (α), test-retest stability, discriminant validity across scales.

Limitations

- This is a **self-report** instrument — it reflects how you see yourself, not a clinical assessment
- Archetypes describe **patterns**, not **destiny** — they can shift over years
- Not a substitute for therapy, clinical diagnosis, or professional career counselling

Cultural Adaptation

The model was developed with Malaysian and wider Asian cultural contexts in mind — communication norms, hierarchy, collectivism patterns — and the coaching content reflects this.

Part 7 — How to Use Your Blueprint

With Yourself

- Journal against your shadow pattern monthly
- Track your power move — notice when you deploy it
- Set growth-focus micro-habits (one per week)

At Work

- Share your archetype + force with your manager in a 1:1
- Use your contribution phrase and environment phrase to negotiate role fit
- Name your stress pattern out loud so teammates can spot it early

With a Partner

- Map both blueprints side by side
- Identify complementary forces (Catalyst × Anchor often thrive together)
- Name the predictable friction points before they happen

In a Team

- Map the team's archetype mix — gaps predict where the team will struggle
- Drivers + Visionaries without a Stabilizer will ship chaos
- Specialists without an Integrator will produce quality nobody understands

Across Life Stages

- At 20 — your archetype is loudest and least integrated
 - At 40 — secondary usually strengthens; shadow becomes visible
 - At 60 — integration work makes you access all five when needed
-

Part 8 — Glossary & FAQ

Glossary

- **Archetype** — your primary operating pattern (one of 5)
- **Force** — the tempo at which your archetype moves (Flow · Catalyst · Anchor)
- **Secondary** — your supporting archetype; always on, colours the primary
- **Confidence** — how clearly the test separated your top scores
- **Primary gap** — the score distance between your #1 and #2 archetype
- **Shadow pattern** — how your archetype fails under pressure
- **Power move** — your archetype's signature high-leverage action
- **Blueprint** — the complete profile: archetype + force + secondary + energy orientation

FAQ

Q: Can my archetype change? Life events, therapy, or deliberate growth work can shift the gap between primary and secondary, or surface a suppressed archetype. The core pattern usually stays the same — what changes is how integrated it becomes.

Q: Is one archetype better than another? No. Every archetype is essential. Teams, families, and societies need all five.

Q: Why didn't I get the archetype I expected? The test measures your *default*, not your *aspiration*. If you wanted to be a Visionary but scored Stabilizer, that's information — you may be living someone else's dream, or your stabilizer strength is so automatic you don't see it.

Q: What's the difference between Balanced and Hybrid? Balanced = clear primary with close secondary. Hybrid = effectively tied; treat both as primary.

Q: Do my scores matter or just the label? Both. The label is the headline; the scores show how strongly each pattern runs in you.

Q: How often should I retake the test? Once every 12–18 months, or after a major life transition.

Content Backlog (documentation edits only)

These are gaps in this .md file. No engineering work — just writing / pulling from existing source files.

- Translate to Bahasa Malaysia
- Document formal psychometric properties once validation study publishes (Part 6 → Psychometric Properties)

Product Roadmap (features to build)

These are real engineering / research investments — not documentation tasks.

- Conduct formal psychometric validation study (Cronbach's α , test-retest stability, discriminant validity) — then document results in Part 6

This document is the source of truth for archetype content. When in-app copy and this document disagree, the app should be updated to match — not the other way around.

Life Design — Product Documentation

The 7-step studio that turns your archetype blueprint into an actionable life plan.

Version 1.0 · Last updated April 2026 Route: /life-design · Page: [DesignMyLifePage.tsx](#)
Gate: requires Personality Assessment (discoveryCompleted === true) Unlocks: Growth Loop
· People Blueprint · Relationship Lens

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-

1. What Is Life Design?

Life Design is the second stage of the MindMeditate Personality System.

The Personality Test tells you *who you are*. Life Design asks the harder question:

“Given who you are — what life do you actually want to build, and what would it take?”

It's a structured 7-step studio where you translate your archetype blueprint into:

- A **baseline** of where you are in every major life area
- A **chosen direction** (Acceleration / Mastery / Contribution)
- A **meaning statement** (your Ikigai)
- A **vision + mission + 6 pillars** (your Life Blueprint)
- A **strategic map** of what's helping you and what's quietly sabotaging you

The output is a personal plan anchored to your archetype — not borrowed from someone else's life.

2. How It Fits the Journey

Personality Test (Who) → Self Mastery (Insight) → Life Design (Direction) → Growth Loop (Execution) → People Blueprint (Relationships)

Stage	Output
Personality Test	Archetype + Force + Secondary
Self Mastery	Coach-style reflection on your profile
Life Design	Your blueprint: vision, ikigai, pillars, strategic plan
Growth Loop	Habits, streaks, monthly reviews against your blueprint
People Blueprint	How you show up with partners, teams, family

Life Design is the **direction-setting** stage. Without it, Growth Loop has nothing to track against.

3. The 7 Steps

The steps are ordered deliberately: each builds on what came before.

#	Step	Purpose	Icon	Output field
1	Identity Foundation	Emotional baseline per life area	☐ Brain	identityBaseline
2	Assessment Status	Confirms archetype is set	☐ FileText	(gate check)
3	Future Path	Choose one of 3 life trajectories	☐ Rocket	selectedPath
4	Life Wheel	Rate current reality 1–10 per pillar	☐ Layers	lifeWheel
5	Guided Ikigai	Synthesize your meaning statement	☐ Compass	ikigai
6	Life Blueprint	Vision, mission, per-pillar goals	☐ Target	vision, mission, pillars
7	Strategic Audit	Threats, habits, capability gap	☐ ShieldAlert	swot, strategicHabits, strategicThre

Step 1 — Identity Foundation

Purpose. Before you assess *how life is going*, you measure *how connected you feel* to each area. This is the subjective, emotional baseline.

What the user does. Rate each of the 6 life areas on a 5-point identity scale:

Score	Label	Meaning
1	Disconnected	"This isn't me right now."
2	Uncertain	"I don't know where I stand here."
3	Aware	"I see it, but I'm not living it."
4	Aligned	"This reflects who I am."
5	Embodied	"I <i>am</i> this — it shows up in my daily life."

Plus an optional **core statement** — one line that captures how they want to see themselves.

Why it's first. This score gap (Identity Foundation vs Life Wheel later) is one of the most powerful diagnostics in the system. It reveals **belief gaps** — areas where your outer life may look fine but you feel disconnected, or areas you deeply identify with but haven't built yet.

Output. identityBaseline: { scores: [{id, score}], coreStatement }

Step 2 — Assessment Status

Purpose. A lightweight gate-check that confirms the user's Personality Test is completed and the archetype + force are available. All later steps consume these fields.

What the user sees.

- Archetype + force badges if complete
- A prompt to complete the test if not (with direct link)

This step has **no input** — it's a progress marker and safety net.

Step 3 — Future Path

Purpose. Commit to **one** of three life trajectories. This becomes the lens every later step is viewed through.

The three paths:

Path	Core drive	Typical goals
<input type="checkbox"/> Acceleration	Speed, growth, impact, scale	Career advancement, starting a business, leadership, high performance
<input type="checkbox"/> Mastery	Depth, skill, craft, expertise	Choosing a major, deep learning, career pivot, strength discovery
<input type="checkbox"/> Contribution	Meaning, service, relationships	Personal growth, community work, teamwork, social impact

How it's recommended. The LifePathSimulator component reads:

- The user's **current status** (student / working / business owner / etc.)
- The user's **current goal** (e.g. "Advance my career / get promoted")
- The archetype + force combination

... and suggests the best-fit path via the GOAL_PATH_AFFINITY map in [LifePathSimulator.tsx](#). The user can override.

Commitment moment. After selection, a modal asks the user to confirm:

"This becomes the direction your blueprint will build. Every step ahead — your Ikigai, life pillars, and strategic audit — will be shaped by this trajectory."

Output. `selectedPath: 'acceleration' | 'mastery' | 'contribution'`

Step 4 — Life Wheel

Purpose. Rate current reality in each of the 6 pillars on a 1–10 scale. This is the **objective** view that pairs with Step 1's subjective Identity Foundation.

The 6 pillars (from [lifeWheel1.json](#)):

Pillar	Definition	Hint
<input type="checkbox"/> Faith & Purpose	Meaning, spiritual foundation, inner peace	<i>How connected are you to something bigger than you?</i>
<input type="checkbox"/> Health & Vitality	Physical energy, sleep, stress	<i>How well are you really taking care of your body?</i>
<input type="checkbox"/> Family & Relationships	Love, presence, connection at home	<i>How present are you with the people who matter most?</i>
<input type="checkbox"/> Career & Impact	Work fulfillment, growth, significance	<i>How meaningful is your work right now?</i>
<input type="checkbox"/> Financial Freedom	Money, security, freedom of choice	<i>Are your finances giving you options or limiting them?</i>
<input type="checkbox"/> Growth & Mindset	Learning, self-development, mindset	<i>Are you becoming who you want to be?</i>

What the user does.

1. Slider score (1–10) per pillar
2. Select pillars that are **most important** to them
3. Select pillars they want to **improve**
4. Declare **focus zones** — usually 2–3 pillars to work on first

Diagnostic. Comparing this score to Step 1 surfaces four gap types:

Identity	Life Wheel	Type	Meaning
High	High	Strength Zone	You live in alignment here — protect it
High	Low	Belief Gap	You identify with this but haven't built it yet
Low	High	Performance Gap	You deliver here but don't feel it's you
Low	Low	Hidden Risk	You've stopped investing; fragile

Output. `lifewheel: { scores, important, improve, focusZones }`

Step 5 — Guided Ikigai

Purpose. Turn the Japanese concept of Ikigai into a personal meaning statement. Ikigai = *reason for being*; it sits at the overlap of four circles.

The 4 circles:

Dimension	Question
<input type="checkbox"/> Passion	What do you <i>love</i> doing?
<input type="checkbox"/> Profession	What are you <i>good at</i> ?
<input type="checkbox"/> Mission	What does the <i>world need</i> that you care about?
<input type="checkbox"/> Vocation	What can you get <i>paid for</i> or build value from?

The statement. After filling the 4 circles, the user writes a single-line Ikigai statement:

"I use my [strengths] to solve [problem / mission] for [audience], and it lights me up."

Archetype-aware assistance. The ikigaiEngine service (services/ikigaiEngine.ts) pre-fills each circle based on the user's archetype + force combination, using patterns seeded in `framework.json`. The user can accept, edit, or replace — but they never start from a blank page.

Output. `ikigai: { passion, profession, mission, vocation, statement }`

Step 6 — Life Blueprint

Purpose. Translate direction (Step 3) + meaning (Step 5) into a **concrete plan** across all 6 pillars.

Three layers:

6a. Vision

"In 10 years, my life looks like..." One paragraph. The long horizon picture.

6b. Mission

"Every day, I show up to..." One sentence. The daily operating purpose.

6c. Per-Pillar Goals For **each of the 6 pillars**, define three layers:

Layer	Example (Career pillar)
Goal	"Become a technical lead at a product-led company."
Anchor	"A team that ships fast and values craft."
Time-bound	"Lead a feature squad by December 2026."

The **anchor** is the *principle* — the thing that matters even if the specific goal changes. It's what keeps the goal honest.

Output.

```
{
  vision: string,
  mission: string,
  pillars: {
    faith, health, career, finances, family, growth, // goal text
    anchors: { ... per pillar ... }, // principle
    timeBound: { ... per pillar ... }, // deadline
  }
}
```

Step 7 — Strategic Audit

Purpose. Stress-test the blueprint. Before execution, surface what could silently break it.

4 inputs:

7a. SWOT (Opportunities + Threats) External-facing:

- **Opportunities** — "What's in my favour right now?"
- **Threats** — "What forces outside my control could derail this?"

(Strengths + Weaknesses are already covered by the archetype profile, so they're not re-asked.)

7b. Strategic Threats Internal-facing. For each perceived gap, the user captures:

Field	Meaning
area	Which pillar it lives in (or custom)
description	What the threat actually is
emotion	How it feels (fear / shame / stuck / fatigue...)
type	strength_zone · performance_gap · belief_gap · hidden_risk · developing
source	auto_identity · auto_wheel · auto_both · manual

Auto-detection logic From `StrategicAuditStep.tsx` → `computeGapType()` and `buildAutoSuggestions()`:

For each pillar, two scores are compared:

- **Identity score** (Step 1) on a 1–5 scale — “*does this feel like me?*”
- **Life Wheel score** (Step 4) on a 1–10 scale — “*how is it actually going?*”

Thresholds:

- `idHigh` = identity score ≥ 4
- `idLow` = identity score in [1, 2]
- `wHigh` = wheel score ≥ 7
- `wLow` = wheel score in [1, 5]

Mapping (the core diagnostic table):

Identity	Life Wheel	Gap type	What it means
High (≥ 4)	High (≥ 7)	<code>strength_zone</code>	Identity <i>and</i> results are aligned — protect and leverage (no threat)
High (≥ 4)	Low (1–5)	<code>performance_gap</code>	You know who you want to be — the real-world results are lagging
Low (1–2)	Low (1–5)	<code>belief_gap</code>	Inner identity block — self-concept work must come before results
Low (1–2)	High (≥ 7)	<code>hidden_risk</code>	Life looks good but identity is fragile — at risk of sliding back
anything else (partial / mid)		<code>developing</code>	Still forming — keep rating and re-assess as you grow (no threat)

Source attribution for auto-generated suggestions:

- `auto_both` — both Identity and Wheel are scored
- `auto_identity` — only Identity is scored
- `auto_wheel` — only Life Wheel is scored
- `manual` — user-added, not system-detected

What the user sees. `buildAutoSuggestions()` produces pre-populated threat cards for every pillar whose gap type is `performance_gap`, `belief_gap`, or `hidden_risk`. `strength_zone` and `developing` are deliberately **skipped** — strength zones don't need a threat, and developing pillars don't have enough signal yet.

The user then confirms, edits, or dismisses each suggestion — so the AI pre-fills the audit, but the human owns it.

Auto-detected threats pull from the Step 1 vs Step 4 gap analysis — the user gets a pre-populated list and confirms/edits.

7c. Strategic Habits For each threat, a **paired habit** that directly defuses it.

Threat: “I lose weekends to scrolling instead of my business.” Habit: “Phone in drawer 9pm–9am on Saturday.”

This creates a direct threat → habit linkage (`StrategicHabit.threatId` references the threat), which Growth Loop later turns into streaks.

7d. Capability Gap One field. Free text.

“What's the one capability I'd need to build to unlock everything else?”

This becomes the **master learning objective** carried into Growth Loop.

Output. `swot`, `strategicThreats[]`, `strategicHabits[]`, `capabilityGap`

4. The 6 Life Pillars

The same 6 pillars are used in Steps 1, 4, and 6. This consistency is deliberate — it lets us diagnose gaps by comparing the same user across subjective identity, objective reality, and forward plan.

Pillar	Colour	Canonical source
Faith & Purpose	violet	lifewheel.json
Health & Vitality	emerald	...
Family & Relationships	rose	...
Career & Impact	blue	...
Financial Freedom	amber	...
Growth & Mindset	indigo	...

Each pillar also ships with 4 **starter tips** (e.g. *“Weekly family dinners”*, *“Move more — 10,000 steps/day”*) used throughout the UI as soft suggestions.

5. Data Model

Life Design writes to `profile.lifeDesign` in MongoDB. Shape (from [LifeDesignTypes.ts](#)):

```
interface LifeDesignData {
  identityBaseline: { scores: [{id, score}], coreStatement: string };
  selectedPath: 'acceleration' | 'mastery' | 'contribution' | null;
  ikigai: { passion, profession, mission, vocation, statement };
  vision: string;
  mission: string;
  pillars: {
    faith, health, career, finances, family, growth, // goal strings
    anchors: { ...same keys... },
    timeBound: { ...same keys... },
  };
  swot: { opportunities: string, threats: string };
  strategicThreats: StrategicThreat[];
  strategicHabits: StrategicHabit[]; // linked to threats via threatId
  capabilityGap: string;
}
```

Profile-level flags set on completion:

- `profile.lifeDesignCompleted = true`
- `profile.lifeDesignCompletedAt = <timestamp>`
- Triggers: XP award + new badges via `applyXp()` / `computeNewBadges()`

6. Completion & What Unlocks Next

Completing Life Design unlocks:

Feature	Route	Additional requirement
Growth Loop	<code>/growth-loop</code>	—
People Blueprint	<code>/people-blueprint</code>	Paid plan

Feature	Route	Additional requirement
Relationship Lens	/compare	Growth Loop started + paid plan

See [access-control.md](#) for the full gating rules.

7. Coaching & AI Support

Every step is accompanied by the **AI Guide** (AiGuide component) with a life-design coach persona:

"You are a direct, honest life-design coach inside the Mind Meditate Personality System. You do not flatter. You do not rescue. You ask the question that gets them unstuck." — system prompt excerpt from [DesignMyLifePage.tsx](#)

The coach is scoped to Life Design context only — it reads the user's archetype + current step + entered data, and returns focused prompts like:

- *"Which area of my Life Wheel feels most out of alignment with who I want to be?"*
- *"Does my Ikigai actually reflect the life I want — or the life I think I should want?"*
- *"Where is the biggest gap between my Identity Foundation and my Life Wheel scores?"*
- *"Am I choosing my Future Path from genuine excitement, or from what feels safe?"*
- *"What is the one strategic threat I keep pretending is not there?"*

Tone rules come from COACHING_VOICE_RULES in [selfInquiryService.ts](#) — shared with Self Mastery for consistency.

8. Design Principles

1. **Archetype-anchored.** Every step pre-fills intelligently based on archetype + force. The user is never asked to fill a blank page.
2. **Subjective before objective.** Identity Foundation (feel) is measured *before* Life Wheel (fact). The gap between them is the most useful diagnostic.
3. **One direction, not many.** Step 3 forces a single path. You cannot be everywhere at once.
4. **Plan before execution.** The Strategic Audit deliberately comes *last* — you audit the plan you just made, not a vague idea.
5. **Threat → habit coupling.** Every strategic threat must pair with a concrete habit. No orphan fears.
6. **Pillars are consistent.** Same 6 pillars, same colour codes, across all steps and downstream products (Growth Loop, People Blueprint).
7. **Coach is direct.** The Life Design coach doesn't flatter or rescue. It asks the question the user is avoiding.

9. Glossary & FAQ

Glossary

- **Identity Foundation** — subjective 1–5 rating of *how connected* you feel to each pillar
- **Life Wheel** — objective 1–10 rating of *current reality* in each pillar
- **Future Path** — your chosen direction: Acceleration / Mastery / Contribution
- **Ikigai** — your meaning statement synthesising Passion / Profession / Mission / Vocation
- **Vision** — your 10-year picture (one paragraph)
- **Mission** — your daily operating purpose (one sentence)

- **Anchor** — the principle behind a pillar goal (survives when the goal changes)
- **SWOT** — Opportunities + Threats (external forces)
- **Strategic Threat** — an internal gap with emotional weight, paired to a habit
- **Capability Gap** — the one skill that unlocks everything else
- **Gap types** — strength_zone · performance_gap · belief_gap · hidden_risk · developing

FAQ

Q: Can I skip Life Design and go straight to Growth Loop? No. Growth Loop needs pillar goals, strategic habits, and a capability gap to track against.

Q: Can I change my Future Path later? Yes — you can re-enter Life Design anytime and re-select. Growth Loop will update its tracking focus accordingly.

Q: Do I have to fill all 6 pillars? Steps 1 and 4 let you rate partial (with a warning). Step 6 strongly encourages all 6 — incomplete pillars will simply have empty goals in Growth Loop.

Q: Why ask Identity and Life Wheel separately? Isn't that the same thing? No — and this is the most valuable diagnostic in the product. Identity asks *"does this feel like you?"*. Life Wheel asks *"how's it actually going?"*. Two high-income earners can have identical Career scores (9/10) but completely different Identity scores (4 vs 9) — and their growth paths are opposite.

Q: What if I disagree with the AI-suggested Ikigai? Rewrite it. The AI seeds it so you don't start blank; it's not prescriptive.

Q: How often should I redo Life Design? Every 6–12 months, or after a major life transition (career change, moving, relationship change). The Growth Loop monthly review (stored in `profile.growthLoop.monthlyReviews`) catches smaller drifts between full re-designs.

Q: Is this public or private? Private by default. People Blueprint and Relationship Lens let you opt-in share selected parts with a partner or team.



10. Worked Examples

Three illustrative blueprints (not real user data) showing how the same 7-step process produces very different outputs for different archetype + force + path combinations.

10a. Driver + Catalyst choosing Acceleration

- **Step 1 · Identity Foundation** — Career 5/5, Finance 4/5, Health 3/5, Relationships 3/5, Growth 4/5, Environment 4/5
- **Step 2 · Assessment** — primary Driver, secondary Visionary, Catalyst force
- **Step 3 · Future Path** — *Acceleration*. Rationale: *"I'm done playing small."*
- **Step 4 · Life Wheel** — Career 8/10, Finance 7/10, Health 4/10, Relationships 5/10, Growth 7/10, Environment 7/10
- **Step 5 · Ikigai** — *"I bring decisive leadership to early-stage operators who want to ship faster without breaking their people."*
- **Step 6 · Blueprint** — Vision: *"By 2035 I operate at the edge of the market I serve."* · Mission: *"Ship one high-leverage thing every week."* · Career goal: *launch the new service line by Q3* · Health goal: *re-establish 4x/week training*
- **Step 7 · Strategic Audit** — Auto-detected threats:
 - Health · hidden_risk (Identity 3, Wheel 4) → habit: *"Monday / Wednesday / Friday / Saturday training windows, non-negotiable"*
 - Relationships · belief_gap (Identity 3, Wheel 5) → habit: *"Friday 45-min dinner, no phones"*

- Capability gap: *"delegation I actually trust"*

The Driver+Catalyst's real risk is not effort \u2014 it's velocity pointed at the wrong target. The audit catches Health before burnout, not after.

10b. Specialist + Anchor choosing Mastery

- **Step 1 · Identity Foundation** — Growth 5/5, Career 5/5, Finance 3/5, Health 4/5, Relationships 2/5, Environment 4/5
- **Step 2 · Assessment** — primary Specialist, secondary Stabilizer, Anchor force
- **Step 3 · Future Path** — *Mastery*. Rationale: *"I want to be the reference in my field."*
- **Step 4 · Life Wheel** — Growth 8/10, Career 8/10, Finance 6/10, Health 7/10, Relationships 3/10, Environment 7/10
- **Step 5 · Ikigai** — *"I bring deep technical rigour to a narrow problem where the standard answers are wrong."*
- **Step 6 · Blueprint** — Vision: *"A body of work that outlasts me."* · Mission: *"Advance one core question every quarter."* · Growth goal: *publish three peer-reviewed pieces this year* · Relationships goal: *one deep collaboration per year*
- **Step 7 · Strategic Audit** — Auto-detected threats:
 - Relationships · belief_gap (Identity 2, Wheel 3) → habit: *"One genuine 1:1 per week, no agenda"*
 - Finance · belief_gap (Identity 3, Wheel 6) → habit: *"Quarterly rate review against senior benchmark"*
 - Capability gap: *"shipping before it feels ready"*

The Master Specialist's risk isn't quality \u2014 it's invisibility. The audit forces them to protect the one relationship and one financial habit that prevent their depth from becoming isolation.

10c. Integrator + Flow choosing Contribution

- **Step 1 · Identity Foundation** — Relationships 5/5, Growth 4/5, Environment 4/5, Health 3/5, Career 3/5, Finance 3/5
- **Step 2 · Assessment** — primary Integrator, secondary Visionary, Flow force
- **Step 3 · Future Path** — *Contribution*. Rationale: *"I want the work to serve more people."*
- **Step 4 · Life Wheel** — Relationships 8/10, Growth 7/10, Environment 8/10, Health 6/10, Career 6/10, Finance 4/10
- **Step 5 · Ikigai** — *"I bring warmth and clarity to teams navigating the messy middle of scaling."*
- **Step 6 · Blueprint** — Vision: *"A community of 1,000 people who feel seen and stretched."* · Mission: *"One useful conversation per day."* · Career goal: *move from IC coach to group programs* · Finance goal: *stabilise income with recurring cohort fees*
- **Step 7 · Strategic Audit** — Auto-detected threats:
 - Finance · performance_gap (Identity 3, Wheel 4) → habit: *"Weekly 30-min money review, alone, no avoidance"*
 - Career · performance_gap (Identity 3, Wheel 6) → habit: *"Monday pricing decisions before 10am \u2014 no consulting three friends first"*
 - Capability gap: *"charging what the work is worth"*

The Expressive Integrator's risk is under-pricing their own contribution to keep relationships comfortable. The audit makes that pattern visible in two pillars simultaneously, which is the signature of a belief, not a skill gap.

□ Content Backlog (documentation edits only)

These are gaps in this .md file. No engineering work — just writing / pulling from existing source files.

- Add per-path deep-dive sections (Acceleration / Mastery / Contribution in full detail)
- Add screenshots of each step
- Translate to Bahasa Malaysia

□ Product Roadmap (features to build)

No pending engineering items — Life Design v3.0 shipped complete. Future feature ideas (e.g. collaborative Life Design with a partner, quarterly auto-review prompts) belong here if/when scoped.

This document describes the production behaviour of [DesignMyLifePage.tsx](#) and its step components under [LifeDesign/](#). When in-product behaviour and this document disagree, the app is the source of truth and this doc should be updated.

Growth Loop — Product Documentation

The execution engine that turns your Life Blueprint into daily habits, weekly reflections, and 90-day sprints.

Version 1.0 · Last updated April 2026 Route: /growth-loop · Page: [DailyGrowthPage.tsx](#) Gate: requires Discovery + Life Design completed + paid plan Unlocks: Relationship Lens (with extra conditions)

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1. What Is the Growth Loop?

The Growth Loop is the third stage of the MindMeditate Personality System — where your plan becomes your behaviour.

The Personality Test tells you *who you are*. Life Design tells you *where you're going*. **Growth Loop is how you actually get there.**

It's a self-reinforcing cycle:

Daily Habit Check-ins → Weekly Reflection → 90-Day Cycle Review → Recalibrate

Each layer feeds the next: today's habit ticks feed this week's reflection; this week's reflection feeds this month's habit score; this month's score feeds the 90-day audit; the audit recalibrates the habits — and the loop restarts.

2. Where It Sits in the Journey

Personality Test (Who) → Self Mastery (Insight) → Life Design (Direction) → Growth Loop (Execution) → People Blueprint (Relationships)

Stage	Output
Personality Test	Archetype + Force + Secondary
Self Mastery	Coach-style reflection on your profile
Life Design	Vision, Ikigai, pillars, strategic habits, capability gap
Growth Loop	Streaks, weekly intentions, cycle reviews, habit mastery
People Blueprint	How you show up with partners, teams, family

Growth Loop consumes everything Life Design produced:

- `strategicHabits` → auto-seeded into the Habit Tracker
- `strategicThreats` → revisited in each sprint phase
- `pillars.anchors` → shown as "Alignment Anchors" during weekly reflection
- `vision + mission` → shown as the "North Star" banner
- `capabilityGap` → tracked across the 60-Day Capability Review

3. The Four Tabs

#	Tab	Purpose	Icon
1	Overview	Dashboard view — streak, SMART goal progress, weekly challenge, trends	☐ BarChart3
2	Habit Tracker	Daily check-in grid for strategic + freeform habits	☐ CheckCircle2
3	Weekly Reflection	3-question review + alignment score	☐ Activity
4	Cycle Reviews	90-day sprint with 3 phased check-ins (Day 30/60/90)	☐ RefreshCw

Tab 1 — Overview

Purpose. The command centre. Everything you need to see at a glance: *am I on track?*

What it shows:

- **Streak banner** — current streak count + freezes available (see §5)
- **Weekly intention** — focus, why, and 3 actions for this ISO week (see §4)
- **Weekly challenge** — one archetype-tailored challenge per week, seeded from `weeklyChallenges.json`. Resets each ISO week.
- **SMART goal progress per pillar** — slider (0–100%) + note per pillar, pulling goal text from `profile.lifeDesign.pillars[*]`

- **Alignment trend chart** — last 10 weekly reflections plotted (alignment + habit scores)
- **Day-in-cycle counter** — where you are in the current 90-day sprint (0–89)

Why it's tab 1. It forces the user to see the state before they log anything — no ambiguity about how they're doing.

Tab 2 — Habit Tracker

Purpose. Daily check-in of all active habits. The mechanism that produces the streak.

Habit sources:

Source	Origin	Label
Strategic	Auto-imported from <code>lifeDesign.strategicHabits</code> — each paired to a threat	<input type="checkbox"/> "Strategic" badge
Freeform	User-added from within the tracker	<input type="checkbox"/> (no badge)

Every strategic habit carries its parent threat with it — the user sees *"Phone in drawer 9pm–9am"* alongside *"Threat: Weekend scrolling kills my business momentum."* This pairing (from Life Design) is what makes the habit feel non-negotiable.

Daily interaction:

- 7-day grid per habit (today + previous 6 days)
- Click a day → toggles `completedDates` for that habit
- Optional why field per habit — shown as a reminder when checking in

Habit mastery: When a habit has been held long enough, the user clicks "Mastered". The habit moves to a separate *Mastered Habits* section (archived but visible), freeing mental load. `masteredAt` timestamp is stored.

Streak logic: A day counts as "active" if **at least one habit** was completed that day. Streaks are computed via `computeStreak()` in `utils/gamification.ts`.

Tab 3 — Weekly Reflection

Purpose. Convert 7 days of doing into 1 moment of seeing. Qualitative + quantitative.

The 3 questions (fixed):

#	Question	Function
1	What went well this week? (Achievements)	Evidence collection — trains the user to notice wins
2	What was challenging? (Obstacles)	Honest diagnosis — surfaces what's in the way
3	What is your primary focus for next week?	Forward commitment — seeds next week's intention

Two sliders:

Metric	Range	What it means
Alignment Score	0–100%	<i>"How aligned did this week feel with my 5-year vision and chosen path?"</i>
Habit Score	auto-calculated	Derived from habit completion ratio across the week

North Star banner. Before writing, the user sees their Life Design **vision** and **mission** quoted at the top. No writing in a vacuum.

Alignment Anchors. If Life Design pillar anchors exist, they're shown as a reminder grid — “*Career: a team that ships fast and values craft*” — grounding the alignment slider in something concrete.

Gating. All 3 questions must be filled to save. No empty reflections.

Output. Appends to `profile.growthLoop.weeklyReflections[]` with:

```
{ date, weekKey, q1, q2, q3, alignmentScore, habitScore }
```

Tab 4 — Cycle Reviews (90-Day Sprint)

Purpose. The long-horizon audit. Weeks can lie; quarters don't.

See §6 for the full sprint mechanic.

Summary:

- 3 phases in a sprint — Day 30 / Day 60 / Day 90
 - Each phase is a different *lens* on the same habits
 - Phase 3 (Day 90) forces a full recalibration — threats reviewed, habits graded, capability gap assessed
-

4. The Weekly Intention

Set at the start of each ISO week (e.g. 2026-W15) and stored in `profile.currentWeekIntention`.

Fields:

Field	Meaning
<code>focus</code>	The single thing that matters this week
<code>why</code>	Why it matters <i>this</i> week (ties back to vision)
<code>actions[3]</code>	Three concrete actions that would make it real
<code>weekKey</code>	ISO week identifier (auto-computed)

Lifecycle:

- Appears editable at week start
- Locks (display-only) once saved — user can explicitly “Edit” to change
- Auto-resets to empty when `weekKey` changes (new week)

Why three actions, not one: One action is too binary (did it / didn't). Three creates a pattern — you almost always hit 1 or 2, which is the *signal of a real week*, not the pass/fail of a perfectionist week.

5. Streaks, Milestones & Gamification

Streak definition. A day counts if at least one habit was checked. The streak counter increments for consecutive active days. Computed by `computeStreak()`.

Streak freezes. Limited “get out of jail” tokens. A missed day consumes a freeze instead of breaking the streak — but freezes are capped.

Milestones. `isStreakMilestone(n)` fires on 7, 14, 21, 30, 60, 90 days. Each milestone:

- Awards XP via `applyXp()`
- Computes new badges via `computeNewBadges()`
- Triggers a celebration modal (`showCelebration: 'streak' | 'map'`)

XP & badges. Feed the shared gamification system used across Personality Test, Life Design, and Growth Loop. Non-mandatory — users can ignore and still benefit from the loop.

6. The 90-Day Sprint in Depth

The core insight: **the same habit means something different at Day 30, Day 60, and Day 90.** A sprint walks the user through all three lenses.

Phase timeline

Day	Phase	Colour	What the user does
30	Habit Check-in	Indigo	Rate consistency per habit. Mostly quantitative. <i>"Did I do it?"</i>
60	Capability Review	Emerald	Same habits, deeper lens. Assess skill growth + capability gap progress. <i>"Am I getting better?"</i>
90	Alignment Audit	Orange	Full recalibration. Did each habit actually neutralise the threat it was designed for? <i>"Did I align?"</i>

Per-phase inputs

Every phase captures:

Field	Type	Phase 30	Phase 60	Phase 90
<code>habitConsistency</code>	0–100% slider	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<code>habitReviews[]</code>	per-habit 1–5 rating + note + mastered flag	"Did I do it?"	"Am I getting better?"	"Did I align?"
<code>capabilityGapStatus</code>	not_started / in_progress / mastered	—	<input type="checkbox"/> focus	<input type="checkbox"/>
<code>capabilityGapNote</code>	free text	—	<input type="checkbox"/>	<input type="checkbox"/>
<code>alignmentRecalibration</code>	free text	—	—	<input type="checkbox"/>
<code>trend</code>	upward / stable / downward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<code>smartGoalChecks</code>	per-pillar checkbox	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Day 90 special layers

At Day 90, the **Threat Watchlist** from `lifeDesign.swot.threats` is re-displayed. The user must ask: *"For each strategic habit — did it successfully mitigate its paired threat, or is the threat still active?"*

This is the point where ineffective habits are retired, and new threats (that surfaced in the last 90 days) get new paired habits.

Output

Each completed phase is stored in `profile.growthLoop.monthlyReviews[]`:

```
{
  date, phase: 30|60|90,
  habitConsistency, habitReviews[],
  capabilityGapStatus, capabilityGapNote,
  alignmentRecalibration, trend,
  smartGoalChecks
}
```

7. Data Model

Growth Loop writes to `profile.growthLoop` (MongoDB). Key shapes (from `GrowthLoopTypes.ts` and `api/db`):

```
interface Habit {
  id: string;
  name: string;
  frequency: string;           // 'daily' for strategic imports
  completedDates: string[];   // ISO dates 'YYYY-MM-DD'
  masteredAt?: string;       // ISO date when user marked mastered
  why?: string;              // optional reminder text
}

interface WeeklyReflection {
  date: Timestamp;
  weekKey: string;           // e.g. '2026-W15'
  q1: string; q2: string; q3: string;
  alignmentScore: number;   // 0-100
  habitScore: number;       // 0-100, auto-computed
}

interface MonthlyReview {    // "sprint phase review"
  date: Timestamp;
  phase: 30 | 60 | 90;
  habitConsistency: number;
  habitReviews: HabitReviewEntry[];
  capabilityGapStatus: 'not_started' | 'in_progress' | 'mastered';
  capabilityGapNote: string;
  alignmentRecalibration: string;
  trend: 'upward' | 'stable' | 'downward';
  smartGoalChecks: Record<string, boolean>;
}

// on the profile root:
profile.growthLoop = {
  habits: Habit[],
  weeklyReflections: WeeklyReflection[],
  monthlyReviews: MonthlyReview[],
  weeklyChallenge: { weekKey, completed: boolean },
  smartGoalProgress: Record<pillar, { progress: number; note: string; updatedAt }>,
  streak: { count, lastActiveDate, freezesUsed, ... },
  xp: number,
  badges: string[],
};

profile.currentWeekIntention = {
  weekKey: string,
  focus: string,
  why: string,
  actions: [string, string, string],
};
```

8. Coaching & AI Support

The **AI Guide** (AiGuide component) runs inside Growth Loop with a coach persona focused on execution honesty — not motivation.

Seeded questions (from `DailyGrowthPage.tsx`):

- “Which habit do I keep skipping — and what am I avoiding by not doing it?”
- “Where are my weekly reflections staying on the safe side of the truth?”
- “Am I building habits that actually move me forward, or ones that just look good?”
- “What pattern from my last cycle review am I about to repeat if I change nothing?”
- “Which habit did I pick to impress myself — and which one would actually change my life?”

The coach has access to:

- Archetype + force (shapes tone)
- Current habits + recent completion ratios (spots skipped habits)
- Last 1–3 weekly reflections (spots patterns)
- Latest sprint review (spots repeated cycles)

Voice rules shared with Self Mastery + Life Design via `COACHING_VOICE_RULES` in `selfInquiryService.ts`.

9. Design Principles

1. **Consumes Life Design, never duplicates it.** Every strategic habit, every threat, every pillar goal is inherited. Growth Loop never asks the user to re-define direction — only to execute it.
 2. **See before you log.** Overview is tab 1 for a reason. The user sees state first, then acts.
 3. **Three time horizons, one loop.** Daily (habits) → Weekly (reflection) → 90-Day (sprint). Each horizon is a different truth.
 4. **The same habit means different things over time.** Day 30 asks *consistency*. Day 60 asks *growth*. Day 90 asks *effectiveness*. Same habit, three lenses.
 5. **Three actions, not one.** Binary goals are brittle; trios produce signal-rich weeks.
 6. **Streaks are evidence, not the point.** Milestones celebrate, but the real output is the alignment trend.
 7. **Mastery is an exit, not a graveyard.** Mastered habits leave the active grid — keeping cognitive load low and signalling real progress.
 8. **Retire what doesn't work.** Day 90 audits whether each habit defused its threat. If not, retire it. No ritual for its own sake.
-

10. Glossary & FAQ

Glossary

- **Active day** — any day with at least one habit check-in
- **Strategic habit** — a habit imported from Life Design, paired to a specific threat
- **Alignment Score** — weekly self-rating of how aligned the week was with vision + path
- **Habit Score** — auto-computed % of habit check-ins for the week
- **ISO week key** — year + week number (2026-W15) used to bucket intentions & reflections
- **Sprint** — a 90-day cycle with 3 phased reviews
- **Sprint phase** — Day 30 (Habit Check-in) · Day 60 (Capability Review) · Day 90 (Alignment Audit)
- **Mastered** — habit archived after the user judges it internalised
- **Streak freeze** — a token that absorbs one missed day without breaking the streak
- **Weekly intention** — the single focus + why + 3 actions committed to at the start of a week
- **Weekly challenge** — an archetype-tailored task rotated weekly from `weeklyChallenges.json`

- **SMART goal progress** — per-pillar 0–100% slider + note, tied to Life Design pillar goals

FAQ

Q: Do I have to do all four tabs every day? No. Only **Habit Tracker** is daily. Weekly Reflection is weekly. Cycle Reviews is every 30/60/90 days. Overview is for scanning anytime.

Q: What happens if I break my streak? If you have a streak freeze available, it absorbs the miss silently. If not, the streak resets — but your historical reflections, reviews, and mastered habits remain untouched.

Q: Can I add habits that aren't strategic? Yes — freeform habits added in the Habit Tracker are first-class. They just don't have the "Strategic" badge or a threat pairing.

Q: Why is Weekly Reflection only 3 questions? Other apps have more. Because friction kills reflection. Three questions is the minimum that still captures: evidence, obstacles, forward intent. More questions lead to unfilled reviews — which means no data.

Q: What if I disagree with the weekly challenge? Skip it. It's a nudge, not a requirement. `weeklyChallenge.completed` stays false; your streak and score are unaffected.

Q: Can I run multiple sprints in parallel? No — the system assumes one sprint at a time, tied to the current 90-day window. `Day-in-cycle` is computed from `profile.createdAt`.

Q: What's the difference between Alignment Score and Habit Score? Habit Score is a **fact** (did you do the habits). Alignment Score is a **judgement** (did the week feel like it was heading where you want). They often disagree — which is itself the most useful signal in the product.

Q: Does Growth Loop ever push notifications? Not in v1.0 — it's pull-based (the user opens it). Push is on the v1.1 roadmap.

Q: What happens at the end of a 90-day sprint? You review, recalibrate (retire / add / edit habits based on Day 90 findings), then start a new sprint. Life Design doesn't need re-doing unless direction itself has changed.

11. Appendix — Reference Data

11a. XP Rewards

From `XP_REWARDS` in `utils/gamification.ts`:

Action	XP	When awarded
<code>ASSESSMENT_COMPLETE</code>	500	First completion of the Personality Test
<code>WELLNESS_COMPLETE</code>	200	First completion of the Wellness Profile
<code>LIFE_DESIGN_COMPLETE</code>	400	First completion of all 7 Life Design steps
<code>FINANCIAL_PLAN_COMPLETE</code>	300	First completion of the Financial Plan
<code>WEEKLY_REFLECTION_SAVED</code>	100	Each weekly reflection (capped at 10 in totals calc)
<code>STREAK_MILESTONE</code>	150	At each milestone day (7/14/21/30/60/90)
<code>WEEKLY_CHALLENGE_DONE</code>	75	Each completed weekly challenge
<code>SELF_MASTERY_SESSION</code>	250	First Inner Mirror (Self Mastery) session

11b. Level Thresholds

From `LEVEL_THRESHOLDS` in `utils/gamification.ts`:

Level	XP required
☐ Stardust	0
☐ Comet	500
☐ Nova	1,200
☐ Supernova	2,100

levelProgress(xp) returns 0–100% toward the next level.

11c. Badge Definitions

From BADGE_DEFINITIONS in [utils/gamification.ts](#):

ID	Badge	Trigger
archetype_unlocked ☐	Archetype Unlocked	Completed the personality assessment
self_aware ☐	Self-Aware	Completed the Wellness Profile
life_designer ☐	Life Designer	Completed all Life Design steps
week1_warrior ☐	Week 1 Warrior	Saved first weekly reflection
habit_builder ☐	Habit Builder	Maintained a 7-day streak
30day_champion ☐	30-Day Champion	Completed first 30-day cycle review
full_spectrum ☐	Full Spectrum	Completed all 5 stages (Discover → Fund)
inner_mirror ☐	Inner Mirror	Completed first Self Mastery session
sharer ☐	Sharer	Exported Identity Card or PDF report
trailblazer ☐	Trailblazer	Joined before 2026-09-01 (founding cohort)

11d. Weekly Challenges by Archetype

12 challenges per archetype (60 total) from [weeklyChallenges.json](#). A random one is shown each week, filtered to the user's archetype.

Driver

1. Block 90 minutes this week for one high-leverage project — no multitasking allowed.
2. Identify your single most important goal this week and say no to one request that doesn't serve it.
3. Delegate one recurring task to free up strategic thinking time.
4. Write down three quick wins you want to hit by Friday morning.
5. Schedule a 10-minute end-of-day review every day this week to track progress.
6. Define 'done' for your top priority before you start working on it.
7. Cut a meeting from your calendar this week and replace it with focused execution time.
8. Set a personal deadline that is 20% tighter than what feels comfortable.
9. Share your weekly scorecard with someone who will hold you accountable.
10. Identify one bottleneck slowing you down and take one concrete action to clear it.
11. Start your most important task before checking messages today.
12. Review last week's results and note one thing you will do differently this week.

Visionary

1. Spend 30 minutes journaling about where you want to be in 3 years — go beyond the obvious.
2. Read or listen to one piece of content from a field completely outside your own.
3. Sketch a 'possibility map' — brainstorm 10 ideas without judging any of them.
4. Share one bold idea with a trusted person and invite honest feedback.
5. Identify one assumption you hold about your work and challenge it.
6. Find a problem you care about deeply and write a one-paragraph vision for solving it.
7. Replace 30 minutes of news consumption with reflective thinking this week.

8. Write a letter from your future self (5 years from now) to your present self.
9. Connect two unrelated concepts you've been thinking about and explore the intersection.
10. Pitch your biggest current idea to someone in a different field and see what they notice.
11. Create a mind map of a challenge you're facing — include at least 20 branches.
12. Set aside one 'free thinking' block with no agenda — just explore.

Integrator

1. Reach out to one person in your network you haven't spoken to in over a month.
2. Identify a conflict or misalignment on your team and take one step to bridge it.
3. Schedule a check-in with someone who might need support this week.
4. Offer specific, constructive feedback to one person who would benefit from it.
5. Host or facilitate a brief collaborative session — even an informal one.
6. Write down three people who have influenced you and reflect on one lesson each taught you.
7. Find one place where two teams or people are working in parallel and help them connect.
8. Share credit publicly for a recent win that involved someone else's effort.
9. Ask a colleague one genuinely curious question about their work this week.
10. Create a simple shared resource that makes life easier for your team.
11. Identify a relationship that needs repair and take one small step toward it.
12. Volunteer to be the connector in a conversation where two people could benefit from meeting.

Stabilizer

1. Review one area of your life where systems are weak and build one simple process to strengthen it.
2. Create or update a checklist for a task you repeat weekly.
3. Identify your top three non-negotiable routines and protect them from disruption this week.
4. Spend 20 minutes decluttering one physical or digital space.
5. Document a process you do from memory so someone else could follow it.
6. Reflect on a recent decision you made on instinct — what evidence supported or challenged it?
7. Review your commitments and remove or defer at least one you cannot realistically complete.
8. Build in a 15-minute buffer between your two biggest tasks each day this week.
9. Identify one risk you've been avoiding thinking about and write a one-step mitigation.
10. Complete one task you've been putting off for more than two weeks.
11. Review your goals weekly and note where reality matches your plan — and where it doesn't.
12. Establish a simple end-of-week ritual that signals closure and prepares you for the next week.

Specialist

1. Go deeper this week — choose one skill and spend one focused hour improving just that.
2. Read one chapter, paper, or long-form article directly related to your area of expertise.
3. Teach one concept you know well to someone else, even briefly.
4. Find one flaw in your own work from last week and plan how to address it.
5. Set up a deliberate practice session with immediate feedback built in.
6. Identify the next certification, technique, or knowledge area in your field worth pursuing.
7. Document one best practice or hard-won lesson from your experience.
8. Ask an expert in your field one specific question you've been curious about.
9. Do a deep-dive audit of one output from last month — what would make it 10% better?
10. Reduce distraction for one 90-minute block and commit to deep work on your craft.
11. Compare two approaches to a problem you regularly face — which is more rigorous and why?
12. Create a 'knowledge gap' list — things you know you don't know yet — and pick one to close.

12. Worked Example — Driver + Catalyst on the Acceleration Path

A 90-day sprint walkthrough to make the model concrete. This is an illustrative sketch, not real user data.

Setup (Day 0)

Coming out of Life Design:

- **Pillar goals** — Career: launch the new service line · Finance: 20% revenue lift · Health: reclaim training 4x/week
- **Strategic habits** — morning deep-work block · end-of-day review · Saturday no-phone window
- **Capability gap** — “delegation I actually trust”
- **Future Path** — Acceleration

Day 1–30 · Phase 1 · Consistency

The job: just show up. The Commanding Driver's instinct is to optimise day 1; Consistency phase says *don't*. Earn the habit_builder □ badge at day 7.

Typical week (Day 10):

- Habit Tracker — 6 of 7 days active, streak = 10
- Weekly Reflection — *“I kept pushing past my morning block into meetings. Habit Score 60, Alignment Score 55.”*
- AI Guide nudge — *“You wrote 'just this once' three times this week. What did 'just this once' actually cost you by Friday?”*

Day 30 Cycle Review triggers. Celebration modal fires (showCelebration: 'map'), 30-Day Champion □ badge awarded. Output: habitsToRetire = *“optional stretch goal”*; habitsToKeep = the three strategic habits.

Day 31–60 · Phase 2 · Capability

The job: start closing the capability gap (delegation). This is where the Driver often fails by adding more output rather than building leverage.

Mid-phase check (Day 45):

- Habit Score 80 · Alignment Score 75
- Weekly Challenge this week: *“Delegate one recurring task to free up strategic thinking time.”* (from Driver set, §11d)
- First real delegation test. Integrator-secondary would soften this; pure Driver+Catalyst has to deliberately slow down.

Day 60 Cycle Review. Capability self-rating jumps from 3/10 to 6/10. Output: one new habit added — *“Friday 1:1 with delegate, 20 min”*.

Day 61–90 · Phase 3 · Alignment

The job: check whether the velocity is pointing at the right target. Most Driver burnouts happen here — not from effort, from *mis-aimed* effort.

Day 90 Cycle Review special layers:

- **Direction Check** — is the Acceleration path still the path? (*User answer: “yes, but Health pillar drifted”*)
- **Life Wheel re-rating** — Career 9 · Finance 8 · Health 6 (down from 7) · Relationships 7 · Growth 8 · Environment 8
- **Recalibration** — next sprint elevates Health to primary habit focus; Career habits move to maintenance mode

End of sprint. XP totals: ASSESSMENT_COMPLETE 500 + LIFE_DESIGN_COMPLETE 400 + ~13 reflections × 100 (capped at 10) = 1,000 + three milestones × 150 = 450 → **2,350 XP** → **Supernova level** □. \nBadges

earned across the sprint: `habit_builder`, `30day_champion`, `full_spectrum` (assuming wellness + financial plan also done).
□ Content Backlog (documentation edits only)

These are gaps in this `.md` file. No engineering work — just writing / pulling from existing source files.

- Document streak freeze earning logic (source: `utils/gamification.ts`)
- Add screenshots of each tab
- Translate to Bahasa Malaysia

□ Product Roadmap (features to build)

These are real engineering investments — not documentation tasks.

- Push-notification system (daily habit reminder, weekly reflection prompt, sprint-phase triggers) — requires backend + service worker work
- Email digest of weekly alignment trend
- Team/accountability mode — opt-in shared streaks with a Life Design partner

This document describes the production behaviour of `DailyGrowthPage.tsx` and its tab components under `growthLoop/`. When in-product behaviour and this document disagree, the app is the source of truth and this doc should be updated.

Self Mastery — Product Documentation

A guided 5-phase inquiry that helps you see the inner patterns running your life, and choose a new one.

Version 1.0 · Last updated April 2026 Route: `/self-mastery` · Page: `SelfMasteryPage.tsx`
Service: `selfInquiryService.ts` Gate: requires Personality Assessment completed

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1. What Is Self Mastery?

Self Mastery is the reflective layer of the MindMeditate Personality System.

If the Personality Test is “*who am I?*”, Self Mastery is “*what is running me right now?*”

It's a structured **5-phase inquiry** that walks a user from an uncomfortable moment in their life → to the inner pattern driving it → to a concrete new move they're committing to make in the next 48 hours.

Unlike Life Design (which plans direction) or Growth Loop (which tracks execution), Self Mastery is **diagnostic and restorative** — it surfaces the story running underneath the behaviour, and lets the user consciously choose a different one.

Sessions can be **repeated** — users build up a history of inquiries over time, tracking which patterns keep returning and which principles they keep choosing.

2. Where It Sits in the Journey

Personality Test (Who) → Self Mastery (Insight) → Life Design (Direction) → Growth Loop (Execution) → People Blueprint (Relationships)

Stage	Output
Personality Test	Archetype + Force + Secondary
Self Mastery	A 5-phase session: pattern named, principle chosen, 48-hour commitment
Life Design	Vision, Ikigai, pillars, strategic habits
Growth Loop	Streaks, weekly reflections, sprint reviews
People Blueprint	Team/manager/peer compatibility

Self Mastery is **session-based, not plan-based** — users come back when they feel stuck, not on a schedule. Growth Loop is the daily engine; Self Mastery is the recalibration room.

3. The 5 Phases of Inquiry

Each session walks through **5 phases**, each with its own colour, icon, and focus. The user can see their progress via the PhaseStrip component at the top of the page.

#	Phase	Subtitle	Icon	Colour
1	Your Data	<i>Where old patterns are showing up in your life right now</i>	□ Eye	Indigo
2	Your Reactions	<i>What set you off — and what that feeling was trying to do for you</i>	□ Zap	Violet
3	Your Patterns	<i>The story you keep telling yourself — and where it started</i>	□ Grid	Rose
4	Reality Check	<i>Where that story is quietly getting in the way of what you want</i>	□ CheckCircle	Amber
5	Your Next Move	<i>Choose a new story — and take one real step toward it</i>	□ ChevronRight	Emerald

Phase 1 — Your Data □ (Indigo)

Purpose. Ground the inquiry in *recent, specific* evidence — not abstractions.

What the user does. Answer two questions (dataSurprise, dataHabitAvoid):

1. “**Which area has felt stuck the longest — and what old pattern might be keeping it there?**”
2. “**What do you keep telling yourself about the habit you haven't started — and when did you first start believing that?**”

Why these two. The first locates the stuck place in *life*. The second locates the story in *time* — the belief that predates the problem. Together they frame the rest of the session.

Context injected into AI. `buildDataPhaseContext()` seeds the AI guide with the user's profile snapshot, recent habits, and growth-loop data so the coach can reference real specifics if invited.

Phase 2 — Your Reactions □ (Violet)

Purpose. Locate the emotional spike. Reactions are where the old pattern leaks through most visibly.

What the user does. Three questions (`reactionEvent`, `reactionDrain`, `reactionAlt`):

1. **“What set off your strongest reaction this week — and what do you think that reaction was trying to protect you from?”**
2. **“Which relationship keeps bringing up big feelings in you — and does that feeling remind you of something from earlier in your life?”**
3. **“What would have needed to feel different inside you to respond calmly — not what you should have done, but what you were missing in that moment?”**

Why this phase matters. Question 3 in particular is a reframe: instead of asking “*what should I have done differently?*” (shame), it asks “*what was I missing internally?*” (information). The answer usually points directly at the pattern — which is what Phase 3 names.

Phase 3 — Your Patterns □ (Rose)

Purpose. Name the pattern. Until it has a name, the user can't step outside of it.

What the user does:

1. **Select one of the Six Inner Patterns** from a card picker (`selectedPattern`).
2. **Describe a recent example** — “*Describe the last time this pattern showed up — not a choice, just something that happened automatically*” (`patternSituation`).
3. **Locate the origin** — “*What does this pattern say about who you are — and when did you first start believing that about yourself?*” (`patternWhoYouWant`).

Why a fixed list of 6 patterns. Open-ended “*what's your pattern?*” produces vague fog. A forced-choice from 6 well-defined archetypal patterns produces clarity within seconds — and scales consistently across thousands of users for longitudinal analysis.

Phase 4 — Reality Check □ (Amber)

Purpose. Link the named pattern to the actual cost it's creating right now.

What the user does. Three reflections (`realityGap`, `realityPatternLink`, `realityPossible`):

1. **“What story about yourself is quietly keeping this gap in place — not what you are doing wrong, but what you believe about who you are?”**
2. **“The pattern you identified — what was it originally trying to do for you? Is that protection still helping you — or just getting in the way?”**
3. **“If you let go of the story keeping this gap alive — what new version of yourself becomes possible?”**

Why this phase exists. Question 2 is deliberate — most patterns *were once useful* (a kid who learned to people-please had a reason). Acknowledging that before trying to change it is what makes change stick. Shame-based change collapses; compassion-based change holds.

Context. `buildRealityPhaseContext()` feeds the AI the selected pattern + previous phase answers so the coach can mirror the user's own language back rather than generic advice.

Phase 5 — Your Next Move □ (Emerald)

Purpose. Convert insight into behaviour. An unacted-on insight is just entertainment.

What the user does:

1. **Choose a principle** from the [Ten Personal Principles](#) (`selectedPrinciple`).
2. **Name a new way of being** — “Name ONE way you are choosing to show up differently — not just what you will do, but who you are deciding to be” (act1).
3. **Name a concrete 48-hour step** — “What is the smallest, most concrete step you can take in the next 48 hours?” (act2).

The 48-hour constraint. Anything longer lets the pattern re-assert itself before the new choice gets tested. 48 hours forces the commitment into the user's actual life before the insight fades.

Output. A single `SelfInquirySession` document stored in the user's profile (see §8).

4. The Six Inner Patterns

From `SIX_PATTERNS` in [selfInquiryService.ts](#):

ID	Label	What it is
anger	Anger / Frustration	Fires up when something feels unfair or like you're being ignored. Underneath: a
craving	Craving / Chasing	Always chasing the next thing — more likes, more success, more stimulation — b
greed	Holding On / Scarcity	Holding tightly to what you have because losing it once felt scary. Sharing or let
attachment	Clinging / Too Tight	Gripping a person, goal, or version of yourself so hard that your whole identity g
pride	Pride / Needing to Win	Needing to be right, to win, or to be seen as the best — because underneath the
comparison	Comparison / Envy	Constantly measuring yourself against others because somewhere along the way

Why these six. They're rooted in classical inner-science traditions (the *kleshas* of yoga/Buddhism and the capital vices of Western tradition), translated into modern plain language. Together they cover the vast majority of recurring emotional loops a user will face.

5. The Ten Personal Principles

From `PERSONAL_PRINCIPLES` in [selfInquiryService.ts](#):

How I treat others

ID	Principle	Meaning
nonharm	Non-harm	Do no harm — in thought, word, or action
honesty	Honesty	Tell the truth, especially to yourself
fairness	Fairness	Don't take what isn't yours — time, credit, energy
energy	Use Energy Well	Put your time and energy into what actually matters
release	Let Go	Stop forcing outcomes — release the grip

How I manage myself

ID	Principle	Meaning
clarity	Clarity	Keep your mind and environment clean and clear
contentment	Contentment	Find peace in what is, not only what could be
discipline	Discipline	Do the right thing consistently, not just when easy
selfstudy	Know Yourself	Keep observing yourself honestly — without judgment
surrender	Trust the Process	Do your best, then let go of the result

Why two groups. "How I treat others" and "How I manage myself" is the oldest split in applied ethics (the *yamas* and *niyamas* of yoga). It forces a meta-question on the user: *is the thing I need to change relational, or internal?*

6. Archetype-Aware Coaching

The AI Guide inside Self Mastery isn't generic. It reads the user's archetype and adapts its voice via the ARCHETYPE_COACHING map in [selfInquiryService.ts](#).

Each archetype has four coaching fields (full values from [selfInquiryService.ts](#)):

Field	Purpose
blindSpot	What this archetype doesn't see in themselves
avoidance	What this archetype habitually avoids
growthEdge	The single growth instruction that would move them most
challengeLine	The one question designed to cut through — injected directly into the coach's vocabulary

Full ARCHETYPE_COACHING table

Driver

- **Blind spot:** *Treats vulnerability as weakness; confuses being busy with being effective.*
- **Avoidance:** *Slowing down, sitting with feelings, admitting they do not know.*
- **Growth edge:** *Lead with steadiness instead of speed — let the pace serve the outcome, not the ego.*
- **Challenge line:** *"Is this pace serving the mission, or protecting you from what slowing down would reveal?"*

Visionary

- **Blind spot:** *Falls in love with the idea and escapes when it turns into unglamorous work.*
- **Avoidance:** *Boring middles, repetition, finishing what has lost its excitement.*
- **Growth edge:** *Stay with one thing past the thrill — mastery lives past the excitement phase.*
- **Challenge line:** *"Are you chasing a new idea because it is better, or because this one is asking you to grow?"*

Integrator

- **Blind spot:** *Outsources their own needs to keep others comfortable; confuses peacekeeping with peace.*
- **Avoidance:** *Conflict, disappointing people, naming the thing no one wants to name.*
- **Growth edge:** *Speak the uncomfortable truth first — your clarity is a gift, not an attack.*
- **Challenge line:** *"Whose comfort are you protecting right now — and what is it costing you?"*

Stabilizer

- **Blind spot:** *Mistakes the familiar for the safe; stays loyal to systems and people past their expiry date.*
- **Avoidance:** *Change, unknowns, breaking rules even when the rules no longer fit.*
- **Growth edge:** *Loyalty to your growth comes before loyalty to the old version of your life.*
- **Challenge line:** *"Is this stability keeping you safe, or keeping you small?"*

Specialist

- **Blind spot:** *Hides behind expertise; waits until they "know enough" before acting.*
- **Avoidance:** *Looking foolish, being a beginner; acting on incomplete information.*
- **Growth edge:** *Act before the research is complete — movement reveals what thinking cannot.*
- **Challenge line:** *"Are you still studying this because you need to — or because moving on it feels exposing?"*

The system prompt is built dynamically by `buildSelfInquirySystemPrompt()` — per-archetype, per-phase, per-session — so the coach's leverage is specific to the human in the chair, not a one-size-fits-all script.

7. Session History & Completion

Completion

When a user finishes all 5 phases, the session is saved via `saveSelfInquirySession()` and a **Completion-Card** renders:

- The commitment text (short-form summary of `act1 + act2`)
- **Inner Mirror badge** unlocked on first completion
- **+XP earned** via `applyXp()` + `computeNewBadges()`
- The full session becomes a reviewable entry in history

Session History

Past sessions appear as expandable `SessionHistoryCards` showing:

- Date
- **Pattern** badge (rose) — which of the 6 patterns was named
- **Principle** badge (emerald) — which principle was chosen
- Full commitment text + the two action fields when expanded

Why history matters. The **pattern frequency** across sessions is the single most valuable longitudinal metric in the system. A user seeing *"I have picked 'comparison' 4 of my last 5 sessions"* is a revelation most journaling apps can't deliver.

8. Data Model

A completed session writes to `profile.selfInquirySessions[]` with this shape:

```
interface SelfInquirySession {
  id: string;
  date: Timestamp;

  // Phase 1 – Your Data
  dataSurprise: string;
  dataHabitAvoid: string;

  // Phase 2 – Your Reactions
```

```

reactionEvent: string;
reactionDrain: string;
reactionAlt: string;

// Phase 3 – Your Patterns
selectedPattern: string;           // one of SIX_PATTERNS[].id
patternLabel: string;             // display label
patternSituation: string;
patternWhoYouWant: string;

// Phase 4 – Reality Check
realityGap: string;
realityPatternLink: string;
realityPossible: string;

// Phase 5 – Your Next Move
selectedPrinciple: string;        // one of PERSONAL_PRINCIPLES[].id
principleLabel: string;
principleGroup: 'How I treat others' | 'How I manage myself';
act1: string;                     // new way of being
act2: string;                     // 48-hour step
commitment: string;              // synthesized summary
}

```

Plus profile-level effects:

- First completion awards the **Inner Mirror** badge
- `xp += XP_REWARDS.selfInquiryComplete`
- Full session retained in `profile.selfInquirySessions` (append-only)

9. Design Principles

1. **Name, don't analyse.** The Six Patterns are a forced-choice picker, not an essay prompt. Naming is the change-vector — elaborate analysis is the avoidance.
 2. **Every pattern was once useful.** Phase 4 explicitly surfaces the pattern's original protective function. Shame-based change collapses; compassion-based change holds.
 3. **48 hours or it didn't happen.** Phase 5 Action 2 is deliberately small + time-bound. Insight without action is entertainment.
 4. **Archetype voice, not generic voice.** The AI coach speaks with archetype-specific leverage — a Driver is challenged on pace, an Integrator on comfort-protection.
 5. **Repeatable, not linear.** Users aren't "done" with Self Mastery. They return when stuck. Session history builds longitudinal self-knowledge.
 6. **Pattern before action.** The order matters. No Next Move before the pattern is named. No pattern-naming before the reaction is located. No reaction work before the stuck place is identified.
 7. **Two-axis principles.** Forcing "How I treat others" vs "How I manage myself" surfaces whether the work is relational or internal — most users get this wrong on their own.
-

10. Glossary & FAQ

Glossary

- **Inquiry session** — one complete walk through all 5 phases, saved as a single record

- **Inner pattern** — one of the Six Patterns (anger / craving / greed / attachment / pride / comparison)
- **Personal principle** — one of the Ten Principles the user commits to align with
- **Challenge line** — the archetype-specific cut-through question injected into the coach persona
- **48-hour step** — the smallest concrete action the user commits to before the insight fades
- **Inner Mirror badge** — awarded on first session completion
- **Phase strip** — the horizontal progress indicator at the top of the page (PhaseStrip component)

FAQ

Q: How long does a session take? Typically 20–40 minutes. Users can save progress and return — fields auto-persist.

Q: Can I skip a phase? No. The phases are sequenced deliberately. Skipping Phase 3 (pattern naming) is the single most common way users short-circuit the inquiry.

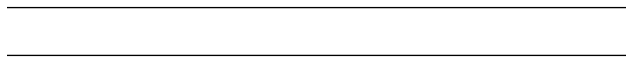
Q: What if none of the Six Patterns fit my situation? They will. The six map to virtually every recurring emotional loop. If you feel the urge to write *"mine is different"* — that's usually **pride** or **attachment** speaking, which are two of the six.

Q: Can I do multiple sessions in a week? Yes. Some users run one per day during an intense period. Session frequency is not gated.

Q: Is my session data private? Yes. Sessions are stored only on your profile and are never exposed via share links, People Blueprint, or team features.

Q: How is this different from Life Design's "coach" prompts? Life Design coaches *direction* ("are you choosing the right path?"). Self Mastery coaches *self* ("what inside you is choosing that path?"). They complement each other — running a Self Mastery session *before* redoing Life Design often produces a very different plan.

Q: What happens to my commitment after 48 hours? Nothing automatic — the system doesn't check in. The commitment lives in your session history for you to review. Some users pair it with a Growth Loop habit for tracking; others keep it as a one-off.



11. Worked Examples — One Session Per Pattern

Six illustrative sessions (not real user data) showing how each of the six inner patterns moves through the 5 phases. Each example is compressed; real sessions are longer.

11a. Anger — Driver, Career pillar

- **Phase 1 · Data** — Trigger: a peer skipped the architecture review and shipped anyway. Emotion: rage + dismissal.
- **Phase 2 · Reactions** — *"I wanted to override the deploy. I drafted a three-paragraph message and didn't send it."*
- **Phase 3 · Patterns** — Selected: **anger**. Underneath: *"I am not valued. My process is not valued."*
- **Phase 4 · Reality Check** — *"Is the anger actually about this deploy, or about the last six times I felt invisible here?"*
- **Phase 5 · Next Move** — act1: send the peer a direct 1:1 invite with one question: *"What made you skip the review?"* · act2 (48 h): raise the pattern with my manager, not just this instance.

11b. Craving — Visionary, Growth pillar

- **Phase 1 · Data** — Scrolling job listings for the 4th time this month. Emotion: restless, dissatisfied.

- **Phase 2 · Reactions** — *"I spent 90 minutes fantasising about a career switch I can't actually afford this quarter."*
- **Phase 3 · Patterns** — Selected: **craving**. The new job is standing in for *not wanting to do the hard part of the current one*.
- **Phase 4 · Reality Check** — *"Is the new thing actually better, or is it just not-this?"*
- **Phase 5 · Next Move** — act1: delete job-board bookmarks for 14 days · act2: do the avoided work (the boring launch doc) before Friday.

11c. Greed — Specialist, Finance pillar

- **Phase 1 · Data** — Took a third client slot this month despite already being at capacity. Emotion: low-grade panic dressed as *"I can handle it."*
- **Phase 2 · Reactions** — *"Said yes in 4 seconds. Didn't check the calendar."*
- **Phase 3 · Patterns** — Selected: **greed**. Underneath: fear of the well running dry.
- **Phase 4 · Reality Check** — *"If I were operating from abundance, would I still have said yes?"*
- **Phase 5 · Next Move** — act1: email the new client and push start date by 3 weeks · act2: set a per-quarter capacity ceiling and write it somewhere visible.

11d. Attachment — Stabilizer, Career pillar

- **Phase 1 · Data** — Organisation restructured; old workflow is being retired. Emotion: grief mixed with resistance.
- **Phase 2 · Reactions** — *"I've been pointing out everything wrong with the new system. Even when I see it has advantages."*
- **Phase 3 · Patterns** — Selected: **attachment**. Loyalty to the system I built is becoming loyalty to a version of me that no longer serves me.
- **Phase 4 · Reality Check** — *"Is the old system actually better, or is it just mine?"*
- **Phase 5 · Next Move** — act1: champion one concrete improvement in the new system this week · act2: stop critiquing for 7 days — observe only.

11e. Pride — Integrator, Relationships pillar

- **Phase 1 · Data** — Team mentioned the project succeeded *"because of everyone."* I felt a jab of resentment. Emotion: wounded.
- **Phase 2 · Reactions** — *"I added a comment in the retro listing the things only I did."*
- **Phase 3 · Patterns** — Selected: **pride**. Underneath: unspoken fear that my contribution will be erased if I don't enforce it.
- **Phase 4 · Reality Check** — *"Did anyone actually dispute my contribution, or am I fighting a ghost?"*
- **Phase 5 · Next Move** — act1: edit the retro comment, remove the tally · act2: tell my manager what I'd like recognition for — directly, not via public posturing.

11f. Comparison — Visionary, Growth pillar

- **Phase 1 · Data** — Saw a peer's launch on LinkedIn. Spent the evening feeling small. Emotion: shame + defeat.
- **Phase 2 · Reactions** — *"I rage-opened my own project. Made no real progress. Stayed up till 2am."*
- **Phase 3 · Patterns** — Selected: **comparison**. Their win made my pace feel like failure, even though our timelines aren't the same.
- **Phase 4 · Reality Check** — *"If this person didn't exist, would I consider where I am a failure?"*
- **Phase 5 · Next Move** — act1: mute the peer for 30 days (not unfollow — mute) · act2: write down where I actually am vs where I was 6 months ago; use that as the benchmark.

□ Content Backlog (documentation edits only)

These are gaps in this .md file. No engineering work — just writing / pulling from existing source files.

- Add screenshots of each phase
- Translate to Bahasa Malaysia

□ Product Roadmap (features to build)

These are real engineering investments — not documentation tasks.

- Session-history analytics UI (most-common pattern, most-common principle over time)
- Automated follow-up: 48-hour nudge (push / email) reminding the user of the act2 commitment
- Cross-product integration: convert act2 into a tracked Growth Loop habit with one click

This document describes the production behaviour of [SelfMasteryPage.tsx](#) and its backing service [self-InquiryService.ts](#). When in-product behaviour and this document disagree, the app is the source of truth and this doc should be updated.

People Blueprint — Product Documentation

Manager-grade team intelligence: see every person's archetype, how they pair with you, and where your team's friction lives.

Version 1.0 · Last updated April 2026 Route: /people-blueprint · Page: [PeopleBlueprint-Page.tsx](#) Service: [corporateEngine.ts](#) Gate: `canAccessCorporate(profile)` — requires Discovery + Life Design + paid plan

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-

1. What Is People Blueprint?

People Blueprint is the relational intelligence layer of the MindMeditate Personality System.

It answers three questions a manager or collaborator never has structured answers for:

Question	What People Blueprint returns
<i>"How should I work with this one person?"</i>	A per-person compatibility guide with dos/don'ts, approach
<i>"How does my team actually function together?"</i>	Team-wide chemistry, coverage gaps, collective strengths and

Question	What People Blueprint returns
"What is the one thing I should do differently as a leader? "	An AI-generated team narrative with one specific recommendation

Unlike Relationship Lens (which compares exactly two people), People Blueprint is **N-person and directional** — it knows who's your manager, who's your peer, and who reports to you, and the advice is different for each.

2. Where It Sits in the Journey

Personality Test (Who) → Self Mastery (Insight) → Life Design (Direction) → Growth Loop (Execution) → People Blueprint (Relationships)

Stage	Output
Personality Test	Archetype + Force + Secondary
Self Mastery	Inner pattern + 48-hour commitment
Life Design	Vision, Ikigai, pillars, strategic habits
Growth Loop	Streaks, weekly reflections, sprint reviews
People Blueprint	Per-person guides + team intelligence + AI team coach

People Blueprint is the final stage — it's where everything the user has learned about *themselves* gets applied to the humans around them.

3. Adding People — Two Paths

Every person added is a `CorporateRelationship`. The user can add them in one of two ways:

Path A — Share Link (Linked)

The other person has taken the MindMeditate Personality Test and shared their profile link with you.

- Paste the `/share/:token` URL or bare token
- The system resolves the linked UID via `getShareLink()`
- Their **live archetype + secondary + force** is pulled — always in sync with their actual profile
- `isLinked = true` on the resulting `CorporateGuideResult`

Path B — Manual (Fallback)

The other person hasn't taken the test or hasn't shared their profile.

- Pick one of the 5 archetypes manually (`manualArchetype`)
- Optionally pick a secondary (`manualSecondary`)
- The system runs the same compatibility engine, but flags the result as `isLinked = false`

Manual entry is a deliberate escape hatch. It lets a manager map out a whole team even when most reports haven't taken the test — then those reports can be "upgraded" to linked profiles later.

The 5 selectable archetypes with descriptions (from `ARCHETYPE_DESCRIPTIONS`):

Archetype	Description
Driver	Results-driven, decisive, moves fast — thrives on ownership and winning
Visionary	Ideas-first, inspiring, sees the big picture — energised by possibility
Integrator	People-centred, collaborative, harmony-seeking — the connective tissue of teams
Stabilizer	Process-oriented, reliable, risk-aware — the dependable backbone of execution
Specialist	Deep expertise, quality-focused, domain-driven — masters of their craft

4. The Three Relationship Directions

Every relationship is one of three directions. **Direction changes the advice.**

Direction	Icon	Meaning	Tone of guidance
Manager □	ArrowUp	This person manages you	<i>How to be managed well by this archetype</i>
Peer □	ArrowRight	You work at the same level	<i>How to collaborate without stepping on each other</i>
Report □	ArrowDown	This person reports to you	<i>How to lead this archetype effectively</i>

Directional logic is encoded in the `DirectionalInsight` layer of `CorporateGuideResult`, which contains 8 direction-specific fields:

Field	Example (Manager direction)
<code>rapport</code>	How to build trust with this archetype when they're above you
<code>influence</code>	How to advocate for an idea upward to them
<code>conflictApproach</code>	How to disagree without wrecking the reporting relationship
<code>whatTheyValue</code>	Specific things this archetype values in a direct report
<code>yourGrowthEdge</code>	Your biggest growth area in this specific direction
<code>theirTrigger</code>	What silently frustrates this archetype in a report
<code>workflowStyle</code>	Day-to-day update / collaboration / delegation style
<code>keyValues</code>	Top values this direction pulls out of them

The same person, if they moved from being your manager to your peer, would produce a **different** guide — even though the underlying archetype pairing hasn't changed.

5. The Per-Person Guide

For each added person, `computeCorporateGuide()` returns a full `CorporateGuideResult`:

Header

- Name + direction badge + (if manual) archetype badge
- **Overall compatibility score** (0–100) with colour coding:

Score	Colour	Label
80–100	Emerald	Excellent chemistry
65–79	Indigo	Strong fit
50–64	Amber	Workable with care

Score	Colour	Label
0–49	Red	High friction risk

Core compatibility dimensions

A set of DimensionBar cards — each is a named axis (Communication, Trust, Pace, Decision-making, etc.) with a 0–100 score and an expandable note.

Green flags / Watch areas

- **Green flags** — what will naturally work
- **Watch areas** — where friction shows up
- **Collaboration tips** — concrete ways to lean into the strengths

Dos & Don'ts

Two lists: specific behaviours that will help you in this pairing (dosList) and behaviours to avoid (dentsList).

Archetype pair insight

A paragraph-length summary of what makes this specific pairing (e.g. *Driver* × *Specialist*) distinct — its signature strength and signature friction pattern.

Traits to watch / Conflict flashpoints

- traitsToWatchOut — behaviours the other person may display under stress that you'll find difficult
- conflictFlashpoints — predictable disagreement triggers

Approach guide

A set of short prescriptive rules shared with Relationship Lens — how to make first contact, how to frame requests, how to handle disagreement.

For you, personally

- adviceForYou — one paragraph focused on *you*, not the other person
- growthEdge — the single growth instruction for you in this specific pairing

Directional layer

All 8 DirectionalInsight fields rendered as contextual cards (rapport, influence, conflict, triggers, work-flow, etc.).

6. Team Intelligence

When a manager has added **2 or more reports**, computeTeamIntelligence() becomes available, returning a GroupCompatibilityResult.

What the team view shows

Field	Meaning
averageScore	0–100 overall team compatibility
overallLabel	Qualitative label for that score
collectiveStrength	What this exact archetype mix is uniquely good at
collectiveBlindSpot	What this mix systematically misses
coverageGaps	Archetypes <i>missing</i> from the team (e.g. “no Stabilizer — watch for execution gaps”)
pairResults[]	Every pairwise compatibility score within the team

Highest chemistry / Most friction risk

The UI automatically surfaces:

- The **top pair** — the two team members with the highest natural chemistry
- The **bottom pair** — the two most likely to friction

This is often the manager's most actionable insight: “I didn't realise X and Y had the lowest compatibility in the team”.

7. The AI Team Coach

generateTeamNarrative() calls Gemini with a pre-seeded team dossier and returns a 3-paragraph narrative:

1. **What makes this team naturally strong** given the archetype mix
2. **The key risks and friction points** this combination creates
3. **One specific, actionable recommendation** for this manager

The dossier injected into the prompt includes:

- Full team roster (manager + reports, each with archetype)
- Average score + overall label
- Collective strength + collective blind spot
- Coverage gaps
- Top pair (highest chemistry)
- Bottom pair (most friction)

Beyond the one-off narrative, users can open the **AI Team Coach** — a live chat built via buildTeamCoach-SystemPrompt() that has continuous access to the same team data. It ships with buildTeamSuggestedQuestions() which returns starter questions tailored to the user's archetype, such as:

- “Who on my team is likely to push back on my decisions — and why?”
- “Which two reports should I pair on the next stretch project?”
- “What's the best way for me as a Driver to lead this team?”

8. Data Model

People Blueprint writes to profile.corporateData in MongoDB. Key shapes (from [corporateEngine.ts](#)):

```
interface CorporateRelationship {
  id: string;
  relationshipType: 'manager' | 'peer' | 'subordinate';
  name: string;
```

```

linkedUid?: string; // set when using share-link path
shareToken?: string;
manualArchetype?: string; // fallback: one of the 5 archetypes
manualSecondary?: string;
addedAt: string;
}

interface CorporateReportConfig {
  includePersonalityReport: boolean;
  includeLifeDesign: boolean;
  includeGrowthLoop: boolean;
  includeFinancialPlan: boolean;
}

// Computed Live (not persisted) – one per added person
interface CorporateGuideResult {
  relationship: CorporateRelationship;
  otherName: string;
  otherArchetype: string;
  isLinked: boolean; // true = share-link, false = manual
  overallScore: number; // 0-100
  overallLabel: string;
  dimensions: {...}[]; // DimensionBar inputs
  greenFlags: string[];
  watchAreas: string[];
  collaborationTips: string[];
  dosList: string[];
  dontsList: string[];
  archetypePairInsight: string;
  traitsToWatchOut: string[];
  conflictFlashpoints: string[];
  approachGuide: {...};
  adviceForYou: string;
  growthEdge: string;
  directional: DirectionalInsight; // 8-field direction-aware layer
}

```

Archetype name mapping

Internally the engine uses detailed archetype names while the UI exposes the 5 user-facing ones. The mapping lives in ARCHETYPE_TO_ENGINE_NAME:

User-facing	Engine-facing
Driver	The Achiever
Visionary	The Visionary
Integrator	The Connector
Stabilizer	The Guardian
Specialist	The Architect

toEngineName() handles the translation so that pair-scoring works identically whether the profile came from a share link or a manual selection.

9. Design Principles

1. **Direction changes the advice.** Manager / Peer / Report produce different guidance for the same pairing. Role context matters more than raw archetype compatibility.
 2. **Manual fallback, not manual-only.** A manager can map a whole team in minutes via manual archetypes, then “upgrade” any report to a linked profile later.
 3. **Live over cached.** Linked profiles pull the other person's *current* archetype — if they retake the test and their profile shifts, your guide auto-updates.
 4. **Team = more than sum of pairs.** The collective strength / blind spot / coverage gap layer produces insights no individual pairing reveals.
 5. **Top pair + Bottom pair are the most actionable numbers.** Managers don't act on averages — they act on outliers.
 6. **Narrative, then chat.** The one-off 3-paragraph team narrative gives a first read; the AI Team Coach lets the manager interrogate it.
 7. **Privacy of manual entries.** Adding a manual person does **not** notify them. Linked profiles only share what the linked user explicitly made shareable.
-

10. Glossary & FAQ

Glossary

- **Relationship** — one entry in the user's corporate map: a person + a direction + an archetype source
- **Direction** — manager / peer / subordinate — determines which directional insights load
- **Linked** — archetype pulled live via share link (`isLinked: true`)
- **Manual** — archetype manually picked (`isLinked: false`)
- **Compatibility score** — 0–100 composite across all dimensions
- **Dimensions** — axes like Communication, Trust, Pace, Decision-making that compose the overall score
- **Green flag / Watch area** — what will naturally work / where friction shows up
- **Collective strength / blind spot** — emergent property of the team as a whole (not any one pair)
- **Coverage gap** — an archetype missing from the team (signalling a predictable weakness)
- **Top pair / Bottom pair** — highest-chemistry and highest-friction pairs in the team
- **AI Team Coach** — live chat with continuous access to team dossier

FAQ

Q: How many people can I add? No hard cap. Performance tested up to ~25 reports. Beyond that, consider segmenting by squad.

Q: Can I move someone from manual to linked later? Yes — delete the manual entry and re-add them via the share link path. Their history is per-relationship so name + direction carry over if you re-enter them.

Q: Does the person I add get notified? No. Adding is silent. Even linked profiles only reveal what the other person has chosen to make shareable.

Q: Why do Manager / Peer / Report produce different advice? Because the same archetype pairing plays out completely differently depending on power direction. A Driver managing a Specialist needs to respect depth; a Driver *reporting to* a Specialist needs to build patience. Same pair, opposite lesson.

Q: What if I don't know someone's archetype? Use your best guess from the 5-description list. The system will still produce useful advice — and you can refine it later, or invite them to take the test and upgrade to a linked profile.

Q: Why is Team Intelligence only for reports, not all directions? Because most managers have a defined team (reports), and team analysis assumes a single leader + group structure. Peer-group analysis is on the v1.1 roadmap.

Q: Can I export the team report? CorporateReportConfig has flags for including Personality / Life Design / Growth Loop / Financial Plan sections. Export format and sharing are v1.1.

Q: Is People Blueprint the same as Relationship Lens? No — Relationship Lens is a **1:1** tool (you vs one partner). People Blueprint is **1:N** with direction + team intelligence. They share the underlying compatibility engine but solve different problems.

Q: How does this respect the other person's privacy? Only via linked profiles, and only what they've marked shareable. Manual entries store only the name and archetype you typed — nothing is fetched from or about that person.



11. Appendix — Compatibility Dimensions & Weightings

From RELATIONSHIP_CONFIGS in `compatibilityEngine.ts`. Every overall compatibility score is a weighted sum of the dimensions for that relationship type. Weights sum to 1.00 per type.

Relationship type	Dimension (weight)	Dimension (weight)	Dimension (weight)
Friendship (friend)	Energy Match (0.25)	Openness to Experience (0.25)	Values Alignment (0.25)
Life Partner (life_partner)	Core Values Alignment (0.30)	Life Balance Harmony (0.25)	Decision Style Fit (0.25)
Family (family)	Communication Style (0.30)	Shared Values (0.25)	Energy Compatibility (0.25)
Team Member (team_member)	Work Orientation (0.30)	Work Style (0.25)	Decision Making (0.25)
Business Partner (business_partner)	Role Complementarity (0.30)	Decision Alignment (0.25)	Growth Vision (0.25)

Key patterns to notice:

- **Values / role-complementarity always carry 0.30.** Across every relationship type, the single heaviest axis is “are we pointed at the same thing?” — whether that’s values (personal relationships) or complementary roles (work relationships).
- **Energy / pace always carries 0.20.** Pace matters but doesn't outweigh values — a slow-and-steady and a fast-and-driven pair can still be strong if values and decision style align.
- **Decision style is 0.25 in every work context.** In business and team relationships, *how you decide* matters almost as much as *what you're deciding toward*.

Dimension scoring scale

Each dimension is scored 0–100 by its dedicated scorer function (energyCompatibility, opennessCompatibility, sharedFocusZones, decisionStyleCompatibility, structureCompatibility, lifeWheelAlignmentScore, selectedPathAlignment, orientationCompatibility). The **overall compatibility score** is $\sum (\text{dimensionScore} \times \text{weight})$, also 0–100.

Thresholds used in the note generators:

- ≥ 80 — strong complementarity / shared direction
- ≥ 75 — naturally compatible
- ≥ 65 — workable with some intentional work
- < 65 — predictable friction; requires explicit agreements



12. Appendix — 25-Pair Archetype Matrix

One-line signature for every archetype × archetype pairing (including same-type). Read as “row archetype relating to column archetype” — the advice reads differently in the other direction because the *role* differs even when the *pair* doesn't.

	+ Driver	+ Visionary
Driver	Twin engines — fast, aligned, burn out together unless one slows.	Idea plus execution
Visionary	Invention plus delivery — the classic founder pair; tension when roadmap changes mid-sprint.	Ideation spiral
Integrator	Warmth plus drive — healthy followership, strained when pace overrides care.	Connection point
Stabilizer	System plus push — keeps velocity safe; friction when Driver improvises.	Order plus improvement
Specialist	Depth plus action — rare shipping power; conflict over rigour cuts.	Mastery plus execution

Reading tip. For a report / subordinate relationship read the matrix *diagonally*: your archetype is the row, the other person's is the column. For a manager relationship, swap rows and columns — the same pair produces different advice depending on power direction.

☐ Content Backlog (documentation edits only)

These are gaps in this .md file. No engineering work — just writing / pulling from existing source files.

- Add screenshots of per-person guide + team intelligence views
- Translate to Bahasa Malaysia

☐ Product Roadmap (features to build)

These are real engineering investments — not documentation tasks.

- Peer-group analysis — team intelligence for groups without a single leader (not just manager + reports)
- Export team report (PDF / shareable link) per `CorporateReportConfig` flags
- Bulk-import team via CSV
- Push notification when a linked person's archetype shifts after a re-test

This document describes the production behaviour of [PeopleBlueprintPage.tsx](#) and its backing service [corporateEngine.ts](#). When in-product behaviour and this document disagree, the app is the source of truth and this doc should be updated.