SHAKER-JEWEL

NATURE

- Do you keep pushing until you reach your goals?
- Do you prefer forging your own path rather than following others?
- Do you stand firm in your decisions even when challenged?
- Do you analyze situations thoroughly before taking action?
- Do you actively seek new and better ways to do things?
- Do you feel energized by tackling unmet challenges?
- Do you trust your own judgment over common practices?
- Do you enjoy breaking new ground instead of sticking to tradition?
- Do you use logic and data to drive your choices?
- Do you create strategies to navigate uncharted territory?

COMMUNICATION

- Do you combine bold language with striking visuals to make your point?
- Do you seek feedback on both what you say and what you show?
- Do you pair charts or diagrams with your verbal explanations?
- Do you match your vocal intensity to the strength of your images?
- Do you invite others to add their voice and ideas to your visuals?
- Do you weave stories and graphics together to engage your audience?
- Do you adjust your words and visuals based on how people react?
- Do you aim for a collaborative energy when presenting ideas?
- Do you use vivid imagery to reinforce your spoken points?
- Do you integrate verbal insights and visual tools to drive action?

GIFTS

- Do you prefer working on your own to develop new ideas?
- Do you rely on your own skills and judgment to solve problems?
- Do you step up to lead when you see an opportunity for progress?
- Do you challenge conventional thinking with fresh, innovative concepts?
- Do you enjoy diving into complex questions in science or philosophy?
- Do you approach problems with analytical depth and self-confidence?
- Do you trust your insights even when others disagree?
- Do you inspire others with your forward-looking vision?
- Do you feel energized when you pioneer new methods or solutions?
- Do you take initiative to turn ideas into concrete action?

FEARS

- Do you dread negative feedback or judgment?
- Do you avoid situations where you might be criticized?
- Do you feel anxious when someone points out your mistakes?
- Do you resist being told how to do things?
- Do you feel uncomfortable when others try to direct your choices?
- Do you push back if someone sets rules for you?
- Do you avoid commitments that might limit your options?
- Do you worry about losing control over your own life?
- Do you fear that obligations will strip away your independence?
- Do you become uneasy when your autonomy feels threatened?

LESSONS

- Do you pause to understand others' feelings before reacting?
- Do you imagine yourself in someone else's situation to guide your actions?
- Do you adjust your approach to meet people's emotional needs?
- Can you step back and let others take the lead when appropriate?
- Are you able to allow ideas and processes to unfold naturally?
- Do you look for straightforward solutions instead of overcomplicating things?
- Do you break down complex tasks into simple, clear steps?
- Do you stay grounded in the present moment when plans change?
- Can you adapt smoothly without forcing outcomes?
- Do you maintain a steady, flowing pace under pressure?

SHAKER-FLOWER

NATURE

- Do you often generate bold, imaginative ideas that stand out?
- Are your insights frequently unconventional or ahead of their time?
- Do you feel a surge of energy that keeps you active and engaged?
- Do you trust your intuition when forming opinions or plans?
- Do you enjoy showcasing your creativity or talents in public?
- Do you find it easy to envision radical possibilities for the future?
- Do you sustain high enthusiasm even during challenging projects?
- Do you share your intuitive flashes openly, even if they seem outlandish?
- Do you rely on gut instincts rather than step-by-step logic?
- Do you embrace attention and flair when presenting your ideas?

COMMUNICATION

- Do you merge spoken words and visuals to strengthen your message?
- Do you use lively gestures and an expressive tone to animate your presentations?
- Do you pair charts, images, or videos with your speech for greater impact?
- Do you invite others to build on your ideas both verbally and visually?
- Do you adapt your visuals on the fly based on audience reactions?
- Do you mirror your listeners' energy in your body language and graphics?
- Do you combine dynamic storytelling with visual effects to captivate attention?
- Do you ensure your gestures align with your verbal points for clarity?
- Do you collaborate with others to integrate their visuals and voices?
- Do you switch between speech and imagery to keep your audience engaged?

GIFTS

- Do you naturally draw people in with your energy and presence?
- Do you inspire enthusiasm and confidence in groups?
- Do you lead with charisma that motivates others to act?
- Do you use expressive gestures or stories to make ideas memorable?
- Do you trust your intuitive insights when guiding a team?
- Do you sense what an audience needs and adjust your style on the spot?
- Do you lift others' spirits simply by sharing your vision?
- Do you spark new possibilities for people through your demonstrations?
- Do you communicate complex ideas through vivid examples?
- Do you energize collaborative efforts with your passion and drive?

FEARS

- Do you dread being left alone or abandoned by those you care about?
- Do you feel anxious at the thought of being separated from loved ones?
- Do you worry that people will emotionally distance themselves from you?
- Do you feel overwhelmed or “suffocated” when others rely on you too much?
- Do you resist relationships that seem too demanding or close?
- Does uncertainty about what lies ahead make you uneasy?
- Do you avoid new situations because you can’t predict the outcome?
- Do you fear losing your sense of freedom or independence?
- Does the idea of being trapped—by expectations or obligations—stress you out?
- Do you hold back from committing fully because you’re afraid of abandonment?

LESSONS

- Do you keep your body aligned and steady to remain in control?
- Do you use your strength or authority responsibly to support rather than overpower?
- Do you pause to consider the impact before exercising your power?
- Do you focus all your attention on one task at a time?
- Do you maintain mental focus on your top priorities throughout the day?
- Can you say no to requests that drain your energy or conflict with your goals?
- Do you set clear boundaries around your time and energy?
- Do you notice signs of fatigue and take breaks before you exhaust yourself?
- Are you able to rest or pause before pushing yourself past your limit?
- Do you honor your physical and mental limits by stopping before you burn out?

STREAM-JEWEL

NATURE

- Are you highly attuned to subtle shifts in your environment or others' moods?
- Do you notice small details that go unnoticed by most people?
- Do you gather and examine information thoroughly before deciding?
- Do you trust sudden insights or gut feelings when they arise?
- Do you tend to hold onto items or information "just in case" you'll need them?
- Do you feel more secure when you have reserves—material or informational—on hand?
- Do you analyze situations from multiple angles before taking action?
- Do you sense hidden motives or unspoken feelings in conversations?
- Do you keep track of minor facts and data to feel prepared?
- Do you balance logical reasoning with intuitive hunches when problem-solving?

COMMUNICATION

- Do you choose kind, reassuring words when speaking?
- Do you use a calm, warm tone to convey empathy?
- Do you employ gentle, deliberate gestures to support your message?
- Do you maintain an open, relaxed posture to invite trust?
- Do you lean in slightly to show you're fully listening?
- Do you nod or mirror subtle movements to demonstrate understanding?
- Do you use controlled hand touches (e.g., on the arm) when offering comfort?
- Do you pace your speech slowly to ensure clarity and connection?
- Do you vary your vocal inflection to express genuine caring?
- Do you moderate your body language to avoid overwhelming others?

GIFTS

- Do you clarify complex issues so that everyone feels grounded?
- Do you guide groups toward balanced, stable solutions?
- Do you express genuine concern for each person's well-being?
- Do you offer support in a gentle, understanding way?
- Do you use clear, unifying ideas to bring people together?
- Do you foster cohesiveness by highlighting shared values?
- Do you help others feel secure through thoughtful guidance?
- Do you propose solutions that consider everyone's needs?
- Do you maintain calm clarity when tensions arise?
- Do you encourage collaboration with supportive insights?

FEARS

- Do you dread criticism from your father or other authority figures?
- Do you worry that one mistake will define you in your dad's eyes?
- Do you feel anxious at the thought of disappointing your father?
- Do you avoid taking risks for fear of making errors?
- Do you fear that any change will lead to mistakes you can't fix?
- Do you hesitate to start something new because you worry about failing?
- Do you resist altering routines because it feels unsafe or error-prone?
- Do you find criticism—especially from male mentors—hard to accept?
- Do you worry that a single slip-up will cost you respect or trust?
- Do you feel unsettled when expectations or plans suddenly change?

LESSONS

- Do you practice surrendering outcomes and trusting the natural flow?
- Do you consciously let go of the need to micromanage every detail?
- Do you allow others the space to lead or contribute without stepping in?
- Do you release fixed ideas about how things "should" happen?
- Do you open yourself to receiving help, guidance, or appreciation?
- Do you accept support and resources from others without guilt?
- Do you permit emotions and experiences to unfold without resistance?
- Do you step back and observe rather than feel compelled to intervene?
- Do you cultivate trust in yourself and circumstances by relinquishing control?
- Do you remind yourself to receive abundance—joy, feedback, opportunity—freely?

STREAM-FLOWER

NATURE

- Do you feel bursts of physical vitality that fuel your day?
- Do you notice subtle shifts in your body—tension, relaxation, or energy—instantly?
- Do you rely on your bodily sensations to gauge your overall well-being?
- Do you instinctively adjust your posture or movement to feel more balanced?
- Do you quickly sense and respond to others' emotional cues with compassion?
- Do you feel emotionally affected by changes in your physical environment?
- Do you respond swiftly when someone needs physical or emotional support?
- Do you use body-centered practices (breathing, stretching) to manage stress?
- Do you honor your body's signals as essential guides for self-care?
- Do you integrate emotional sensitivity and physical awareness in your daily life?

COMMUNICATION

- Do you use deliberate gestures and touch to convey empathy and understanding?
- Do you complement your words with vivid images or sketches to deepen meaning?
- Do you guide others' focus by tracing ideas in the air or pointing to visual anchors?
- Do you invite people to physically engage with props or demonstrations to feel the concept?
- Do you mirror subtle body language cues to build a sense of shared experience?
- Do you adjust your movements—pace, pressure, flow—to match the emotional tone of the moment?
- Do you layer visual metaphors (photos, colors, symbols) into your storytelling for greater resonance?
- Do you create immersive, hands-on moments that tap into others' sensory memories?
- Do you use your own somatic signals (breath, posture shifts) to invite deep attunement?
- Do you blend gesture, imagery, and presence to foster connections beneath the surface?

GIFTS

- Do you intuitively sense and respond to others' emotional needs?
- Do you comfort people through gentle touch or supportive movements?
- Can your calm presence alone create a reassuring atmosphere?
- Do you awaken positive energy in a group with just the right gesture?
- Do you use subtle, nurturing actions to ease tension?
- Do you bring a tender-hearted sensitivity that makes others feel truly seen?
- Can you stimulate excitement or creativity with a quiet nod or glance?
- Do you offer compassionate support that feels grounding and restorative?
- Do you balance emotional depth and physical awareness to guide group dynamics?
- Do you uplift and inspire others through your serene, caring embodiment?

FEARS

- Do you feel uneasy when familiar routines or surroundings change?
- Do you find yourself resisting new experiences because of fear of the unknown?
- Do you worry that any disruption in your life might undermine your stability?
- Do you hoard resources or money to protect yourself from potential poverty?
- Do you frequently check your finances to ensure you won't be left destitute?
- Do you feel anxious at the thought of losing financial security?
- Do you doubt others' motives, worrying they might manipulate you?
- Do you resist asking for help because you fear others will take advantage?
- Do you set rigid boundaries to guard against possible manipulation?
- Do you scrutinize social interactions for hidden agendas to keep yourself safe?

LESSONS

- Do you observe your thoughts and emotions as passing events rather than identifying with them?
- Do you release attachments to specific outcomes and allow life's flow to unfold?
- Do you speak your truth with clarity and kindness, even when it feels challenging?
- Do you seek honest self-assessment before passing judgment on others?
- Do you maintain a calm, balanced demeanor when facing criticism or praise?
- Do you pause and center yourself before reacting in tense situations?
- Do you uphold your principles with quiet confidence instead of force?
- Do you allow experiences to come and go without clinging to them?
- Do you carry yourself with steady poise—tone, posture, and presence—when sharing your views?
- Do you cultivate inner stillness that supports genuine, unhurried expression?