



LAB OF STILLNESS

Participant
P5 – Rahul

Cognitive Control
12/15

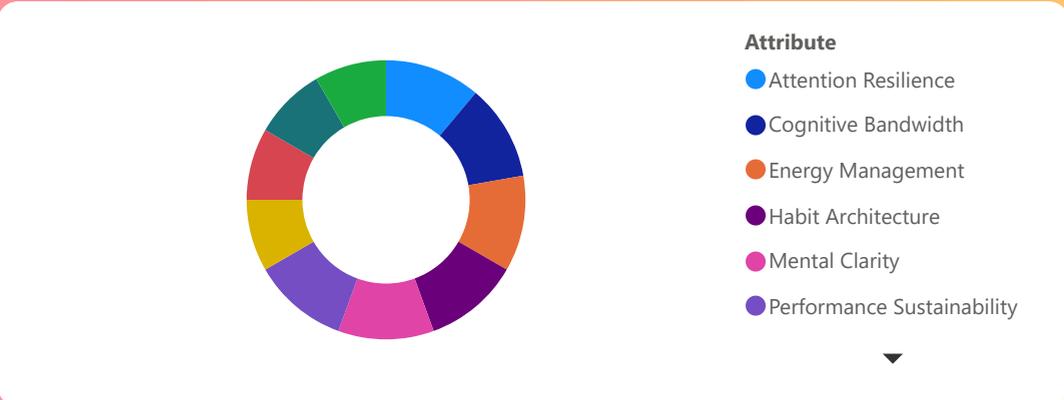
Sustainability
4/5

Productivity & Time Management
7/15

Self & Emotional Regulation
6/15

The Builder

Persona





Participant

P5 – Rahul

Feedback :

ABOUT YOUR PERSONA

Builder – Clear mental focus, moderate resilience, and some strong habits in place. Still vulnerable to distraction and noise.



WHAT'S NEXT

Reinforce good practices: strengthen habits, refine mindful presence, and use Deep Work Kits to protect focus.

