

# Overall Commentary and Personal Advice regarding Career, Relationship and Wellbeing.

At this stage we take a closer look at your results, by comparing your genetic profile with your psychological one, and making some hypotheses using psychological assumptions. You are likely to get various recommendations, with respect to how specific groups of your traits have evolved. The aim is to introduce you to some strategies, which would enable you to better know yourself. This will be further explained in the well-being section.

To begin with, we need to review your all-inclusive swiftness /operation level, which is to determine how effectively you adjust to the latest changing conditions. We rate your scores in terms of the following distributions: spontaneous, decisive, optimist, risk-taker, innovative. Your DNA, combined with your personality's transparency as obtained from your psychology profile, help in spotting any conceivable barriers to your progress.

Swiftness is the ability to rapidly get accustomed to new and unusual circumstances.

However, to keep on the right track, we require some supervision. Our simulational and affectional coordination, reflecting our intellect and emotions, is continuously watching, reacting, and acting like a switchboard. It's important to observe how its parts are configured, so let us first consider the Neuroticism category of OCEAN traits.

How do you cope with stress? Stress tolerance is somehow the capacity of handling stressful situation without losing focus. Being different to calm, a stress tolerant person evaluates the situation as stressful but is able to carry on with actual tasks. This capacity has surely its limit and needs some recreational compensation afterwards.

Calm is the category of keeping cool and relaxed even if there is much trouble around you.

In contrast to stress tolerance, a calm personality doesn't evaluate things around as stressful.

Calmness implicates a higher cap on evaluating things as stressful, but if things are rated stressful it has the same impact on the person as it has to others.

How accurately do you examine your emotions? For you to maintain your level of motivation, you will need to adhere to one thing: have positive emotions. In doing so, seeking the pleasures of life and your right to delight indifferent varieties of bliss, are known to be associated with increased levels of motivation. How do you make use of your own exposure? We seek to only examine this in terms of profession, alliance and well-being.



Based on your DNA scores and your psychological profile, you should consider taking a leading position in your career. You show an impressive potential on your DNA profile, which may justify a bigger step and a new focus in your career. You may also wish to follow our description of the swiftness level in business below, for some suggestions. Regarding your capability of working in a team setting, both of your profiles show that you seem to work best within a team. Innovation doesn't stand on its own. How many patents have eventually made their way to a successful product? Innovation is linked to the rest of your traits and depending on the business field you are in, its relevance may vary. Having similar scores on both your genetic and psychological profiles, you seem to have realised that you have an unstoppable innovative power. You should therefore focus to have sufficient space and chances, to allow what you have in mind to materialize. Regarding career, spontaneity refers to how rapidly you are willing to adapt to a new workflow or task. You are showing equal scores on both profiles. You may need to remind yourself to slow down your own impulsiveness, and this is also true regarding your career.

Spontaneity is just to be interrupted by a low acceptance to take risks. Being a risk taker doesn't mean that you are suicidal, it is rather the ability to accept the possibility of facing losses. Take care that this trait is connected wisely with the rest of your traits. Then it's a great resource. According to your psychological profile you are prepared to take risks, while your DNA profile would be a little more careful. Use your willingness to take on risks as a resource, but don't let that be the only deciding factor. The evaluation of risks is strongly connected to the optimism category. Would you expect from a pessimist to start a new business? Or would an optimist withdraw from an investment performing below expectations? Optimism as measured on your psychological profile is lower compared to your DNA, which shows a high score. Being average in optimism is usually a sign of a realistic approach. You may have received some bad hits, but you have also kept your belief in fortune.

We did analyze the aspects of having an idea, making a decision, thinking about the outcome and the risk evaluation. Now let's see how your capability to execute a decision is working with that. Your DNA would claim that you are above average decisive while your psychological profile would call you about average decisive. Well, you have the potential to make solid decisions and push them through. In business a desired capability, ask yourself what could possibly slow you down? You may want to discover this aspect of your inborn personality. Following immediately after aptitude, self-reliance and self-mastery are also significant. Confidence in terms of business and career is nearly a must have. You should however be certain that it has a solid basis. You can work both on your feeling and the supporting arguments to fully realize it. It will work even though your profiles do not show equal scores. Your psychological profile's score is slightly lower. Keep in mind that you are confident

You have a high degree of inborn self-awareness. This is important in business because it makes you capable of sensing your own and others' intentions. Further improvement could be made by explicitly analyzing the others' intentions and trying to switch perspectives frequently. So, what else could be analyzed regarding career? Let's see. You should keep focus on strategic approach, it is an inborn talent of yours, apparently not yet fully discovered. Being strategic in business includes largely the ability to formulate and implement a plan, which is successful in the long run. Quick, random shots aren't that useful when it comes to growing a business. You will moreover need to be capable of executing this plan, even if you are occasionally running against bad luck.



Your DNA supplied you with a high emotional intelligence/ quotient (EI) confirmed by your psychological profile, which is of course something very useful in an alliance. The quality of your alignment can be upgraded when you zoom into the ensuing characteristics: Emotional, self-aware and social. We shall observe these carefully. Being emotional is obviously a useful trait in a partnership. You should find a partner who is able to sense your emotions well and to be patient enough to help you get good access to them. This is true even if you have improved your emotional access. We often tend to quickly consult our emotions when things are getting in the way. This is connected to our social attitude.

Being social sounds very nice, since it is the basic orientation for being kind to others, sensing their needs, avoiding to harm people and so on. It moreover implies a skillful handling of interpersonal situations without messing things up. On the other hand, you tend to underestimate your own needs and well-being especially when you don't have access to your motivational system. The score on your genetic profile is higher than your psychological profile's. This might be due to the experiences you had so far. You should look for a partner that is patient as well as social.

You are self-aware on both your profiles. In partnership as in any other social setting, this refers to an ability to keep moods, thoughts, pressure, and dynamics apart, and manage to cool down a tricky conflict or to identify the main issue. Moreover, in creating a harmonic situation it is good to know how much we can influence and what is out of our range. Keep in mind that the more self-aware a person is, the more he/she engages in the creative and administrative parts. Just as we see in dancing, the one directs, while the other shines. We do not mean to say that you don't shine, but you are skilled in directing. We need to add sex driven, though we are aware that it may be a sensitive distribution to talk about. Nevertheless, sex driven is the primary distribution of affiliation.

Surely? You can't express such words with some extra intentions. Sexual addiction is the classification of a distinct strength necessary to obtain a sexual partner. It is only the strength, nothing more. This strength is needed in accessing different routes to follow. Some clash could arise if the difference between your score and the score of your mate is too big.

It looks like that you got a little push up in this category. Your psychological profile shows a higher score. So you can use this energy, but note that this is not an endless resource.



We would prefer to sum up the critical variation in your genetic data as a psychological idea. Wellbeing is associated with our personality roots. We are more likely to feel ill if we back away from ourselves. Psychologists call this estrangement. Our ability to accomplish our desires is vital to our level of wellbeing.

We now compare the differences between the profiles, to see how far you are apart from yourself and what effect this could have:

Being emotional helps a lot to improve well being. It is connected to our motivational system and helps us respond very quickly when something is going wrong. You have improved here, but it would be very helpful to listen carefully to your emotions.

As far as your optimism is concerned we found a remarkable difference. Your DNA seems to be less optimistic as the expectation from your psychological profile. This shouldn't worry you at all since you seem to have a good run and you have learned to expect that from life. The better explanation would be that your personal development is a perfect adaption to your environment.

Have you fully realized your strategic potential? According to your profiles you could greatly rely on your strategic approach.

There is some innovation potential in your DNA, to which you should give some space to fully develop. You will be able to see that it will highly improve your well being.

Stress tolerance is an important category and it seems that you have gained some resources here. However, your life's layout might be so stressful that is preventing you from realizing your capacity. If that is the case, you should aim to reduce your stress level.

Did you notice that your DNA score in the category bon vivant is significantly higher than your psychological score? This could be an issue regarding well-being. Maybe you should celebrate this with a good glass of wine.