



# Multidimensional Inventory for Personal Intelligence™ (MIPI)

# WAYFINDER REPORT

Report prepared especially for

*Geoff*

on 11/07/2025

as requested by Geoff Crane



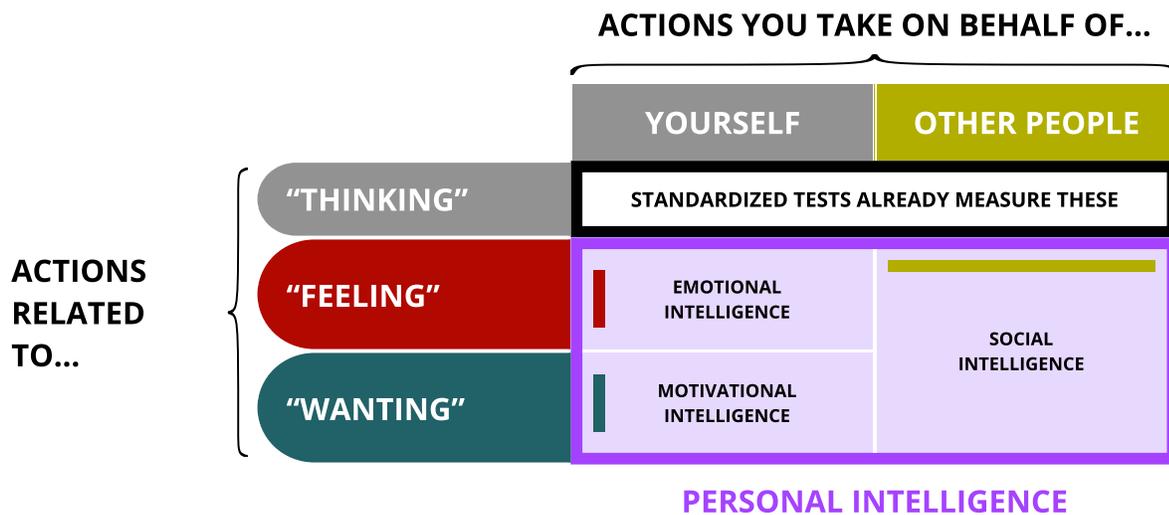
## What is Personal Intelligence?

**Personal Intelligence (PI)** is a set of three competency families that help you navigate your inner world, relate to others and move forward with intention. PI shows up in every action you take, whether they're rooted in emotions, connections or motivations.

Three important areas make up your PI:

- Emotional intelligence:* How you notice, make sense of, and work with your feelings.
- Social intelligence:* How you connect, cooperate and grow with other people.
- Motivational intelligence:* How you choose goals and help yourself and others achieve them.

PI reveals itself in everyday behaviours - like deciding whether to laugh or stay quiet, push forward or rest. You can think of it like this:



We already measure “thinking” skills through school-like performance tests. But emotional, social and motivational actions are harder to assess - so that's where the MIPI comes in.

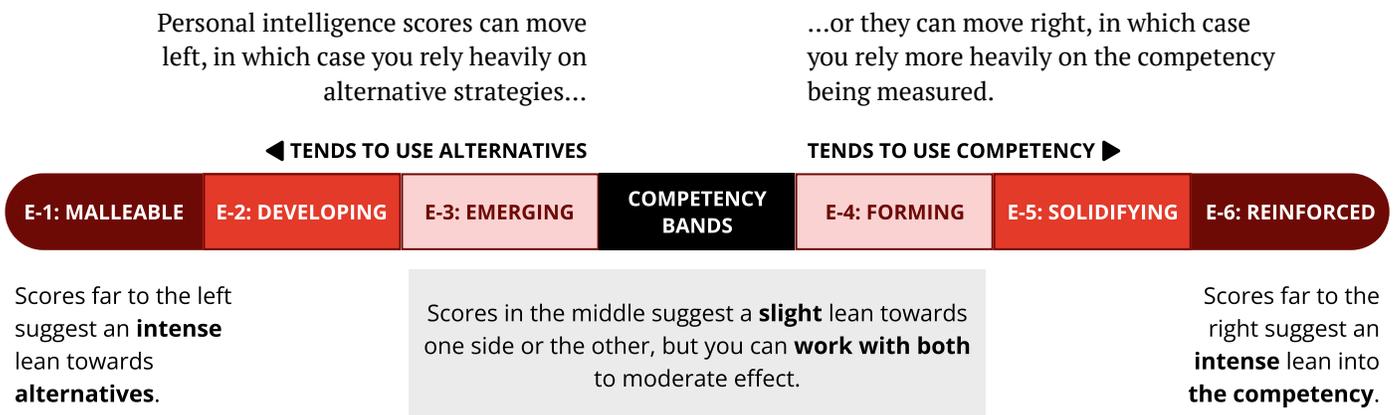
PI generally improves over time as you learn and grow, but not always in a straight line. Sometimes the smartest thing you can do is deliberately regress your PI scores so that you can heal and gather strength before tackling new challenges.

This report helps you make informed choices about where your PI scores are now, and where you'd like them to go next.

## Interpreting your scores

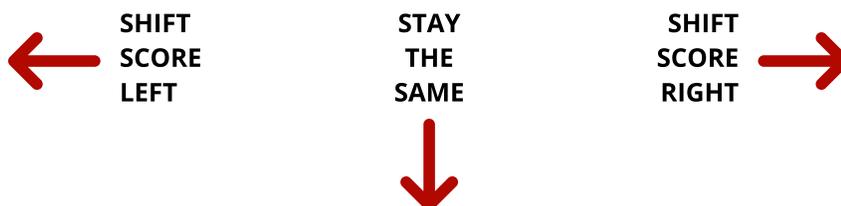
The more you use a competency, the more it becomes part of your natural way of responding to the world. But using a competency less often doesn't mean you have nothing to draw on when it's needed—it just means you're more likely to rely on alternative strategies or behaviours in those situations.

The graph below, included with every competency in this report, helps you to visualize where you fall on this continuum.



Your score is denoted by an arrow (indicating direction) and a colour (indicating degree of intensity). This makes for quick and easy interpretation.

All scores reflect a moment in time, not a fixed identity. With attention and practice, you can make any of the following choices for each one. Which you choose is up to you.



This page presents your emotional competencies based on your MIPI results. Every score has its strengths, but also its challenges.



### EMOTIONAL INTELLIGENCE

This family reflects how you experience, make sense of and work with your feelings.

*ALTERNATIVE: DETACHMENT  
PULLING BACK FROM FEELINGS TO STAY  
FOCUSED AND IN CONTROL.*



**YOU TEND TO USE THIS COMPETENCY** →  
**YOUR BAND IS E-5: SOLIDIFYING**

You listen to your emotions and use them to guide decisions. Even intense feelings rarely throw you off course. You process them with skill and bring emotional clarity to the people around you.

## WHAT IF YOU WANT TO WALK A DIFFERENT PATH?

Note: You don't have to change paths. If you're happy where you are, stay there!

← <b>NUDGE YOUR SCORE LEFT TOWARDS E-4: FORMING</b>	<b>KEEP YOUR SCORE WHERE IT IS E-5: SOLIDIFYING</b>	<b>NUDGE YOUR SCORE RIGHT TOWARDS E-6: REINFORCED</b> →
Try this if your emotional load has been feeling heavy or hard to carry. Easing back can offer breathing space.	Try this if you feel steady and fluent with emotions, able to lead or support others when needed.	Try this if you feel something deeper stirring and want to embrace it fully. This may be a time of emotional transformation.
Distancing too far from feelings you trust may dull your empathy or cause you to start doubting yourself.	If you lean too far in, emotional processing might become exhausting or overly self-focused.	Crossing into greater depth without pause may blur the line between insight and overload.
Rebalance by shifting your attention outward. Music, nature, or movement can lighten the load.*	Balance reflection with play, humour, or light conversation. This can help to keep things fresh.*	Pair feeling with meaning. Explore how each emotion connects to your values, not just your mood.*

\*These descriptions are highly simplified. Further training is available to explore these techniques more fully.

This page presents your social competencies based on your MIPI results. Every score has its strengths, but also its challenges.



### SOCIAL INTELLIGENCE

This family reflects how you interact with others and navigate relationships.

*ALTERNATIVE: SELF-RELIANCE  
WITHDRAWING FROM OTHERS TO WORK  
ALONE AND STAY SAFE.*



YOU TEND TO USE THIS COMPETENCY →

YOUR BAND IS **S-4: FORMING**

You can participate with ease and often find ways to support or collaborate with others. While some situations still feel a bit risky, your confidence in navigating relationships is growing.

**WHAT IF YOU WANT TO WALK A DIFFERENT PATH?**  
Note: You don't have to change paths. If you're happy where you are, stay there!

←	<b>NUDGE YOUR SCORE LEFT TOWARDS S-3: EMERGING</b>	<b>KEEP YOUR SCORE WHERE IT IS S-4: FORMING</b>	<b>NUDGE YOUR SCORE RIGHT TOWARDS S-5: SOLIDIFYING</b> →
Try this if your schedule feels socially crowded or you're losing time for yourself.	Try this if your presence feels welcome and not overextended. You're engaging with both joy and care.	Try this if you're ready to take a larger role in group settings or lead with your voice.	Try this if you're ready to take a larger role in group settings or lead with your voice.
Retreating too far may damage momentum and trust. People may misread your silence as disinterest.	Without reflection, you may over-function—always “on” without checking if it still fits.	Taking up more space too quickly may come off as dominating or forced.	Taking up more space too quickly may come off as dominating or forced.
Reset with clear signals. Say “I’m recharging” instead of disappearing. This preserves connection.*	Ask what energizes you. Lean into settings that give more than they take.*	Look for natural entry points: offering help, asking questions, or naming shared goals.*	Look for natural entry points: offering help, asking questions, or naming shared goals.*

\*These descriptions are highly simplified. Further training is available to explore these techniques more fully.

This page presents your motivational competencies based on your MIPI results. Every score has its strengths, but also its challenges.



### MOTIVATIONAL INTELLIGENCE

This family reflects how you set goals and push yourself and others to achieve them.

*ALTERNATIVE: ADAPTABILITY  
WAITING FOR THE RIGHT MOMENT INSTEAD  
OF PUSHING FORWARD.*



YOU TEND TO USE THIS COMPETENCY →

YOUR BAND IS **M-5: SOLIDIFYING**

You're working toward meaningful goals and making steady progress. Others may see you as focused and dependable, even if you still work behind the scenes more than you take the spotlight.

**WHAT IF YOU WANT TO WALK A DIFFERENT PATH?**  
Note: You don't have to change paths. If you're happy where you are, stay there!

←	<b>NUDGE YOUR SCORE LEFT TOWARDS M-4: FORMING</b>	<b>KEEP YOUR SCORE WHERE IT IS M-5: SOLIDIFYING</b>	<b>NUDGE YOUR SCORE RIGHT TOWARDS M-6: REINFORCED</b> →
Try this if your achievements are outpacing your joy. A step back may help you reset your pace and return to what matters.	Try this if your drive feels strong but manageable. You're accomplishing things without losing yourself in the chase.	Try this if you're producing results and want to level up. A challenge now could sharpen skills and deepen purpose.	
Pulling back too much may weaken consistency. Rebuilding trust in your abilities can take more effort than maintaining it.	If you run too long without breaks, burnout may sneak in. Rest matters, even when you're thriving.	Overreaching may strain your energy or lead you into burnout before your gains can stabilize.	
Take a break that honours your work so far. Let rest feel earned - not like quitting or giving up.*	Build rest into your routine. Let pauses become part of your rhythm, not just reactions to exhaustion.*	Set a stretch goal with built-in checkpoints. Reflect along the way, not just at the finish line.*	

\*These descriptions are highly simplified. Further training is available to explore these techniques more fully.

## You get to choose what comes next

This report is meant to help you see how you show up in the world. It's designed to reflect how you relate to your emotions, connect with others and pursue what matters most to you. You can use this information to lean into the things that are working for you, or away from things that no longer help.

Along the way, you've seen your strengths, your habits and where change might come with a little care and attention. If you are working with a coach, they can help you make sense of it all, one step at a time.

Whatever you decide is valid. And wherever you want to go next, you don't have to get there all at once.

### A few questions you might carry forward

- What part of this report surprised you?
- What did you feel was most accurate?
- What could you try that would feel kind to yourself?
- Who would you like to take with you as you grow?

Your answers to these questions will help you take your first steps in a new direction.

