

## Do you know who you are?

As a highly analytical person whose activities are based largely on my observation skills, I have learned one thing.

Many people don't know themselves.

The more overwhelmed they are, the more they struggle with problems (such as fluctuations in energy, productivity, etc.), and the further away they are from their true selves.

If you don't know what works for you and what doesn't, it's tough to improve and correct.

There are many ways to get to know yourself, your work and personality patterns.



## Inner work

It is the most challenging way of self-analysis. To put it simply, you ask yourself very deep questions (for example, in the form of diary entries) and try to answer them as honestly, broadly and objectively as possible. This in-depth analysis requires a certain amount of discipline, objectivity, and honesty with oneself, in order to find clues. This activity is called "shadow work" and here you can find a few [prompts](#) for productivity.

## Hiring a coach or consultant

On the other side of the spectrum, there is active work with a coach who de facto does part of the analysis for you and helps you to the right awareness. A coach can then also help you set the right steps to achieve the ideal setting in harmony with your personality.

## Combination of tools

Another option is to use external tools and modern technologies. The first step is to pass a wider range of tests ([16personalities](#), [archetype](#), [human design](#), [natal chart](#), [destiny matrix](#), [etc.](#)). The more diverse tests you take, the more puzzle pieces you will collect. Yes, I am also adding some of the more esoteric tests, because practice has taught me that they bring in the missing insight/aspect when combined with the right psychological tools.

Once you have a collection of results, there are two things you can do to figure out what personality and performance type you are:

1. Go through each result and look for common attributes and mentions related to productive rhythm, approach to tasks and challenges
2. You can use the following prompt for chatGPT (or any other similar AI you prefer) along with the test results (either passwords, links, or file attachments) to get a simple overview of what would suit you best, what your strengths and weaknesses are, what to focus on, and what to avoid.

You are the best profiler on the word with twenty years of experience in FBI, 40 years experience in NSA and now you are focusing on solo clients and consulting and coaching for their improvement and productivity.

1. I will give you mix of terms about person and you will create sophisticated and wide personal profile of this person
2. Description of possible energy needs and productivity patterns
3. Possible work patterns, or suggestion for workflow, work-life balance

Person:

*Here you will use basic characteristics about you, results from tests and main keywords about you and your features (like gender, age, skills, hobbies, passions, etc)*

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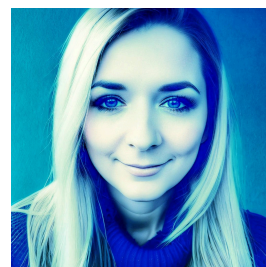
A creative person with the soul of a painter will have a harder time thriving in a strict, sterilely strict environment governed by the minute...

For example, I know that I like blocks of intense concentration interspersed with relaxation or a walk in nature (park).

When you find the right formula tailored to you and just for you, you will radically change your performance and well-being for the better.

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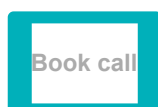
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