BOOKTRONAUT



THE MIRROR SERIES

Your Personality Map

A book that writes itself about you

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This book is a tool for self reflection. It is not a psychological test, a diagnosis or a replacement for professional help. If you are struggling, please talk to a doctor, a therapist or someone you trust. When you use AI with the prompts in this book, remember that what you share may be stored by the service you use, so leave out anything you would not want written down.

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HOW THIS WORKS

Before You Begin

Most personality books tell you who you are. This one asks.

There is no score at the end. No four letters, no animal, no color. Those things can be fun, but they put you in a box someone else built. This book does the opposite. You answer honest questions, in your own words, and slowly a picture forms that could only belong to you.

Think of it as a map. A map doesn't judge the land. It just shows where the rivers run, where the mountains are, and which roads you take without thinking.

Three ways to use it

With a pen. Write straight into the lines. Slow is good. The first answer that comes to mind is often the polite one. The second or third answer is usually the true one.

With AI. At the end of each part there is a prompt. Paste your answers in and let the assistant help you spot patterns you can't see from the inside. It's a mirror, not a judge. If something it says feels wrong, it probably is. You are the expert on you.

With a friend. Some questions are better answered by someone who knows you. Ask them. Then compare.

The rules

1. Be honest, not impressive. Nobody reads this but you.
2. Use real examples. "I'm patient" means nothing. "I waited three weeks for my brother to apologize" means everything.
3. Skip what hurts. You can always come back.
4. Don't rush to fix anything. First you see, then you decide.

> *Knowing yourself is the beginning of all wisdom. People have been saying some version of this for over two thousand years. They were right.*

PART ONE

Energy

Before values, before talents, there is energy. Some things fill you up. Some things drain you even when you're good at them. Most people never map this, so they build lives full of things that slowly empty them.

What fills you

Think about the last month. When did you lose track of time in a good way? What were you doing, who were you with, and where were you?

What kind of day leaves you tired but happy, rather than tired and empty?

What drains you

Which tasks do you put off even though they're easy? What's the real reason?

After which kind of conversation do you need to be alone for a while?

Your rhythm

At what time of day is your mind sharpest? When do you hit a wall?

Do you recharge with people, alone, or in some mix? Describe a perfect Saturday that would leave you fully charged.

#1 The Energy Reader

Use after part one

```
Here are my answers about what gives me energy and what drains me.
Find three patterns I might not notice myself. Then suggest two
small changes to my week that would protect my energy.
Don't flatter me. If my answers contradict each other, point it
out.

[My answers]
```

PART TWO

Values

Values aren't the words on a poster. They're what you actually protect when you have to choose. The fastest way to find them is to look at what makes you angry, what makes you proud, and what you refuse to do even when nobody is watching.

Anger as a compass

Describe a time you were truly angry about something that wasn't about you. What rule had been broken?

What kind of behavior in others makes you lose respect for them fast?

Pride as a compass

Name three moments in your life you are quietly proud of. Not the ones that look good on paper. The ones that feel good to remember.

What do those three moments have in common?

The hard choice

Describe a time you chose something difficult over something easy. What did you protect by doing that?

If you had to pick five words that you would like people to use about you when you're not in the room, what would they be?

#2 The Values Finder

Use after part two

```
Here are my answers about anger, pride and hard choices.
Name the five values that seem to drive me, with one example from
my answers for each.
Then tell me where my daily life might be out of line with those
values. Be kind, but be honest.

[My answers]
```

PART THREE

Strengths

Your strengths are often invisible to you because they feel easy. That's the trick. If something comes naturally, you assume everyone can do it. They can't.

The easy things

What do people ask you for help with, again and again?

What have you been complimented on so often that you've stopped hearing it?

What did you love doing at ten years old, before anyone told you what you should be good at?

Under pressure

Think of a crisis, small or big, where you were useful. What exactly did you do that others didn't?

Ask someone

Send this message to three people who know you well. "Quick question for a project I'm doing. What do you think I'm unusually good at? One sentence is fine." Write their answers here.

#3 The Strength Spotter

Use after part three

```
Here are my answers about what comes easily to me, plus what three
friends said.
Describe my top four strengths in plain language, not corporate
words.
For each, suggest one place in my life where I'm not using it yet.

[My answers]
```

PART FOUR

Patterns

Everyone has loops. The same argument with different people. The same way of quitting. The same moment where you hold back. These loops aren't flaws. They're habits your younger self built to stay safe. Seeing them is the first step to choosing something else.

Under stress

When things go wrong, what's your first move? Do you fight, freeze, fix, flee or something else?

What do you tell yourself in your head when you fail at something?

The repeat button

What's a situation that keeps showing up in your life, with different people or in different places?

What do you usually do right before you give up on something?

Hidden rules

Finish these sentences quickly, without thinking too much.

I'm only allowed to rest when

People will like me if

If I ask for help, people will think

Good people always

#4 The Pattern Spotter

Use after part four

```
Here are my answers about stress, repeating situations and my
hidden rules.
Gently point out two or three patterns, where they might come
from, and what they might be protecting me from.
Suggest one small experiment for each that would let me try a
different response this week.
Do not diagnose me. Talk to me like a wise friend, not a doctor.

[My answers]
```

PART FIVE

People

You can't map yourself without mapping the people around you. Who you become depends a lot on who you spend your time with, and how you show up with them.

Your circle

Write down the five people you spend the most time with. Next to each name, write how you usually feel after seeing them.

How you love

How do you show people you care? Words, time, help, gifts, touch, or something else entirely?

How do you most like to be cared for? Is it the same thing you give?

Conflict

When someone hurts you, what do you do? Say it right away, wait, go quiet or something else?

What would the people closest to you say is the hardest thing about being close to you?

#5 The Relationship Lens

Use after part five

```
Here are my answers about the people in my life and how I give and
receive care.
What do I seem to need most in relationships? Where might I be
giving people what I would want, instead of what they need?
Suggest one conversation I could have this month that would make
an important relationship stronger.

[My answers]
```

PART SIX

Work

Work takes a third of your life. It's worth knowing what kind of work fits the person you've mapped so far, instead of the person you think you should be.

Best and worst

Describe the best working day you've ever had. What were you doing and why did it feel good?

Describe the worst. What exactly made it bad? The task, the people, the pace or something else?

Your style

Do you prefer to start things, finish things, improve things or keep things running? Explain with an example.

Do you work better with clear rules or with freedom? With deadlines or without? Alone or in a team?

The question nobody asks

If money were not a problem for one year, what would you spend most of your days doing?

#6 The Work Fit

Use after part six

```
Here are my answers about my best and worst work, my style, and
what I'd do if money weren't an issue.
Based on this and my energy, values and strengths from earlier,
describe the kind of work environment where I'd do my best work.
Then list five roles or projects that might fit, including at
least one I probably haven't considered.
Be realistic. Don't promise me anything.

[My answers from all parts so far]
```

PART SEVEN

Drawing the Map

Now you have pieces. This part puts them together. Go back through your answers with a highlighter, or just with fresh eyes, and fill in the summary below. Use your own words. Short is fine.

Your map at a glance

What fills me up

What drains me

My five core values

My four strengths

My loop to watch

What I need from people

Where I do my best work

One sentence

If you had to describe yourself in one honest sentence, without a single job title, what would it say?

#7 The Map Maker

Use after filling in your summary

```
Here is my personality map summary, built from my own answers.
Write a one page portrait of me in the second person, as if a
close friend who really sees me were describing me back to myself.
Include my contradictions. Keep it honest and warm, and don't make
me sound better than my answers do.

[My summary]
```

PART EIGHT

Using the Map

A map you never look at is just paper. Here's how to actually use what you found.

Three decisions

Think of three decisions coming up in your life. A job, a move, a relationship, a project, a habit. Check each one against your map. Does it fit your energy, your values, your strengths?

One thing to protect

What is one thing on your map that your current life doesn't protect enough? What could you change this month?

One thing to grow

Which pattern would you most like to change? What would the first tiny step look like?

#8 The Next Ninety Days

Use when you're ready to act

```
Here is my personality map and what I want to protect and grow.
Help me design a simple 90 day plan with one weekly habit, one
monthly check in, and one bigger change.
Make it small enough that I'll actually do it.

[My map and goals]
```

The yearly check up

- [ ] Put a reminder in your calendar one year from today.
- [ ] When it comes, answer the questions in this book again on fresh paper.

- [ ] Compare the two maps. Notice what changed and what didn't.
- [ ] Write down one thing your future self should know.

> *You are not a finished thing. You are a place still being drawn.*



Thank you for reading

You were never a type. You were always a map, and maps can be redrawn. Come back to these pages in a year and see which roads you built.

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