

Discover the Arjuna in You

RST Personality Report

Report prepared for	
Name:	Your Name
Date:	DD-MM-YYYY
Email:	XXXX

Using a revolutionary tool based on **TRIGUNA** concept of Bhagavad Gita

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About your RST Personality Report

Many of us, who take personality tests more than once, receive dissimilar results each time. It is because human behavior is situation specific. We reveal different facets of our personalities in different situations. Our personality is not static - we change as we learn and grow.

The Rajasic Sattvic Tamasic (RST) Personality Report takes care of some of these issues. Our personality is different when we are guided by goodness within us. Our personality is different when we are overcome by our desires. Also, our personality is different when we face changes in our life and work environment.

The RST Personality Report is based on the concept of Gunas mentioned in the Indian Knowledge System (Samkhya and Bhagavad Gita). Guna means the 'inherent energy or tendency' with which your mind functions. These three Gunas are Sattvic (goodness), Rajasic (driven by desires and emotions) and Tamasic (inertia or resistance to change). The composition of these three Gunas influences the uniqueness of our thought and behavior. Your personality report indicates how these three Gunas and their composition influence your physical, mental and intellectual competence. This report is indicative of the distinct flavors of your personality.

The RST Personality assessment is not a measure of your abilities in any particular field. It is a way to help you become aware of your own self and help you to better understand others.

This report can help you in:

- **Your self-development**
- **Your career choice**
- **Your dominant leadership styles**
- **Understanding other people**
- **Your inter-personal relationship with family and friends**
- **Your inter-personal relationship at work place**

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Your RST Personality Types

Following table describes your personality types based on the Rajasic, Sattvic and Tamasic Guna and their combinations. Your personality type is indicated in bold letters.

Energy	TYPE 1	TYPE 2	TYPE 3	TYPE 4	TYPE 5
Sattva (Spiritual Energy) (S)	Mindful	Caring	Systematic	Wise	Humanitarian
Rajas (Emotional Energy) (R)	Initiator	Entrepreneur	Managerial	Passionate	Aspirational
Tamas (Resistance to Change) (T)	Due to self-image	Due to memories	Due to intellect	Due to likes & dislikes	Due to indolence
Sattva-Rajas (Transcendental Energy) (S/R)	Traditional faith	Faith with reason	Faith with devotion	Faith with renunciation	Total surrender
Sattva-Tamas (Intellectual Energy) (S/T)	Scholar	Philosopher	Analytical	Creative	Innovative
Rajas-Tamas (Active Energy) (R/T)	Trained skills	Experienced skills	Competent skills	Proficient skills	Complex skills
Sattva-Rajas-Tamas (Attitude) (R/S/T)	Committed	Assertive	Flexible	Cooperative	Compromising

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Interpretation of Your Personality Types

Spiritual energy (S)

Spiritual energy relates to feelings of goodness, compassion, patience, tolerance, forgiveness, contentment, accountability, harmony, and a concern for others and the welfare of the society. Spiritual energy drives a person to incorporate these values and beliefs into all matters of life. This energy reflects whether the person is Mindful, Caring, Systematic, Wise, and Humanitarian in their approach – in the ascending order of scores.

Your Score is :

65%

S4 : [Wise]

Personality Type Distribution in the General Population (46.59 %)

You are wise and you have a good understanding of your surroundings. You have the ability to assess a situation rationally and find the most ideal way to respond and react. You are intent on making the world a better place for everyone around. You are generally very active for the public good, and often give all you have to relieve the distress of others. Your ambition is to do something important and meaningful. You are able to use your experience and knowledge to make right decisions. You are able to exercise self-control. You are able to admit your mistakes and learn from them. You are ready to help others even if it brings discomfort to you. You are able to feel the pain of others. You will not abandon people you care about. You are often called upon to settle disputes, something you do with a keen sense of justice.

Emotional energy (R)

Emotional energy is the most basic form of energy. It is the energy for actions which we source from our desires and emotions. Some of these emotions are anger, fear, sadness, shame, greed, attachment, passion, satisfaction, and enjoyment. These emotions propel a person to engage with people and achieve desired results. This energy reflects whether a person is Initiator, Entrepreneur, Managerial, Passionate or Aspirational – in the ascending order of scores.

Your Score is :

35%

R2 : [Entrepreneur]

Personality Type Distribution in the General Population (25.24 %)

You are enterprising, sharp, spontaneous, active, courageous and energetic. Your underlying energy here is to complete the projects you started using all the resource at your command. You pursue them relentlessly. You take risks, which are sometimes necessary, and sometimes not. You shape your own destiny by dint of struggle and hard work. You do not display your strength, passion and enthusiasm easily. You have the capacity to step back and disconnect from a situation. You have good situational awareness. This helps in using optimum energy and effort. The standards you set for yourself are high, perhaps too high. You are focused on getting what you want.

Resistance to Change (T)

Change is constant and inevitable. Resistance to change reflects the resistance with which a person is not willing to go out of a comfort zone. This resistance to change is reflected in a person's inaction, objection, or disagreement. Resistance to change occurs due to higher perception of threat arising from change, be it real or imaginary. It could be due to the self-image, memories of the past, intellectual disagreements, likes or dislikes, or just inaction – in the ascending order of scores.

Your Score is :

30%



T2 : [Inertia Due to Memories]

Personality Type Distribution in the General Population (37.49 %)

You are resistant to change due to your lifestyle, customs and traditions. You resist change because of certain values and belief systems of the religion or culture you are a part of. You resist change due to your predetermined reaction to certain situations, or emotions. You resist change because it is difficult to change your habits. Your resistance to change is due to the memories of the past. If memories are good you are willing to change, but if not, you resist any changes.

Transcendental energy (SR)

Faith plays an important role in the process of self-realization. Transcendental energy influences actions that lead to a continuous process of exploring, analyzing and searching the real-self with faith and devotion. It encourages us to move beyond fulfilment of our basic desires – arising out of the body, the mind and the intellect. It helps us to move away from the limited identity of "I" to the inclusive identity of "Us". This energy explains differing levels of faithful actions – traditional faith, faith with reason, faith with devotion, faith with renunciation and total surrender to the Divine.

Your Score is :

20%



RS1 : [Traditional Faith]**Personality Type Distribution in the General Population (83.77 %)**

You believe in traditions and customs that have existed in your immediate environment while growing up. Even when you do not follow these practices in your daily life you believe in them. You exhibit a healthy respect for traditional authority. You do not challenge them. You tend to follow the rules of the society. You believe that by following these traditions you are maintaining the balance and harmony in the society. Fairness and justice always prevail in your decision-making.

You tend to avoid indulging in all types of conflicts and prefer to keep the peace, whenever it is possible. You are very engrossed in rising above the challenges of your life. You try to use informal, formal and legitimate rules of engagement to your own advantage. You are always inspired by good books, discussions of insurmountable scope, and interesting people. Your actions are influenced by your religious beliefs.

Intellectual energy (ST)

Intellectual energy relates to our ability to think and understand things. It influences our competence for learning, thinking, analyzing, understanding and imagining. Higher levels of intellectual energy indicate a capacity to adopt new thoughts, new technology and new rules and regulations. Variations in intellectual energy make a person a Scholar, Philosopher, Analytical, Creative, or Innovative in their approach – in the ascending order of scores.

Your Score is :

10%

**ST1 : [Scholar]****Personality Type Distribution in the General Population (70.52 %)**

You have a strong intellectual curiosity. You are a keen observer. You learn things easily by observing your environment keenly. You like to get to the bottom of things - curiosity is one of your strongest motives. You see the world in new and unique ways. You have an overwhelming desire to understand how the world works. You want to know why things are the way they are. You love being considered an “investigator”. You do not form opinions easily and take things at their face value. You do not blindly accept the opinions and insights of others as well. You make spontaneous comments without any bias. You are not interested in the right or wrong responses but look for the forms and patterns.

Active energy (RT)

Active energy helps in honing talents and acquiring skills through education, practice and experience. These talents and skills are necessary for an activity, whether physical, conceptual, or interpersonal. These skills are transferable, personal, knowledge-based, soft skills and hard skills. This energy explains whether the person has Trained skills, Experienced skills, Competent skills, Proficient skills or Complex skills – in the ascending order of scores.

Your Score is :

70%



RT4 : [Proficient skills]**Personality Type Distribution in the General Population (16.03 %)**

You have developed the proficiency and dexterity required to do something well. You can meet complex demands by drawing on and mobilizing complex resources in the areas of your competency. You have such proficiency in these skills that you can perform them even while doing another task. You have the ability to teach such skills to others. You believe that when you teach, you have to break the material down into simple, understandable chunks for yourself and others. That allows you to examine the topic more critically and thoroughly, helping you to understand it better.

Attitude (RST)

Attitudes can be understood as an acquired tendency to evaluate things in a certain way. One may evaluate people, issues, objects, or events, in either positive or negative way, or even be undecided at times. One important attitude is the flexibility in our approach. It is the ability to listen to and understand the viewpoint of others. The flexibility may determine whether we have the capacity to absorb dissent, or whether we have the capacity to welcome viewpoints that challenge our own. In extreme cases, we may also consider the possibility whether we succumb to the opinions of others just to cooperate or to reach a compromise. This factor explains whether we are Committed, Assertive, Flexible, Cooperative or Accommodating in our attitude – in the ascending order of scores.

Your Score is :



60%

RST3 : [Flexible]**Personality Type Distribution in the General Population (18.09 %)**

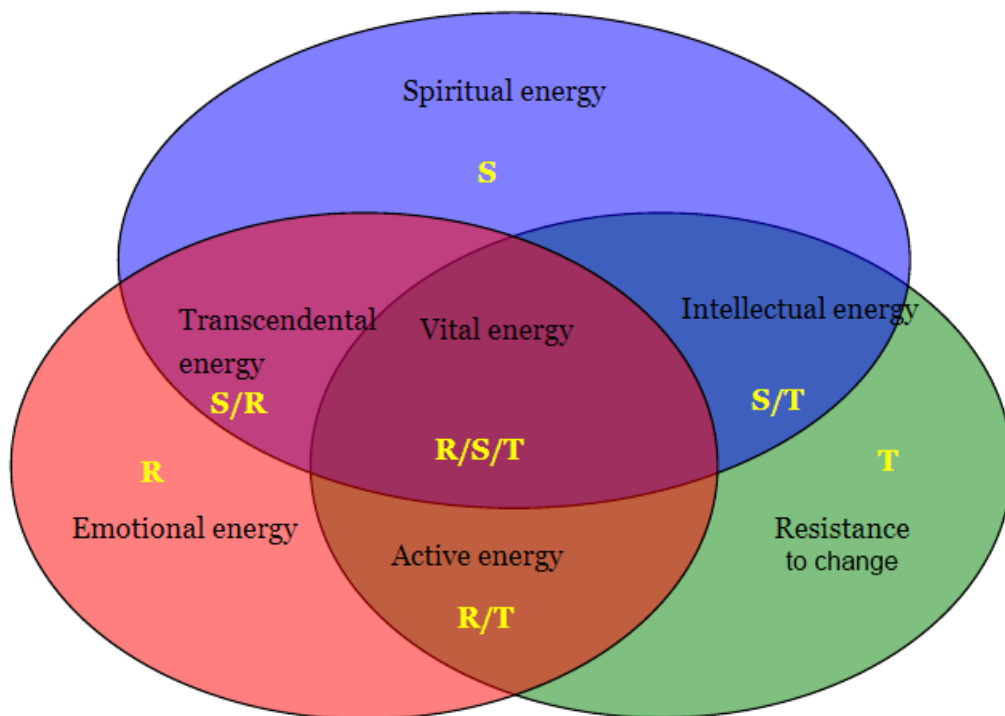
You have the ability to have a good balance between your ideological leanings, your work and your personal life. You want to avoid disputes and conflicts. You have the ability to adjust your reactions to the specific circumstances of each situation. You are open to various interpretation of theories and concepts based on a given situation or circumstance. You want to focus on here and now “this moment. You are more focused on solving a problem at hand. You do not force your ideas or values on others. You desire an organized and cordial environment at work and at home. You are down-to-earth, practical and reasonable.

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Your RST Personality Map

The triguna energy map displays the interaction of these three gunas and resultant combinations. At any point of time only one Guna is dominant

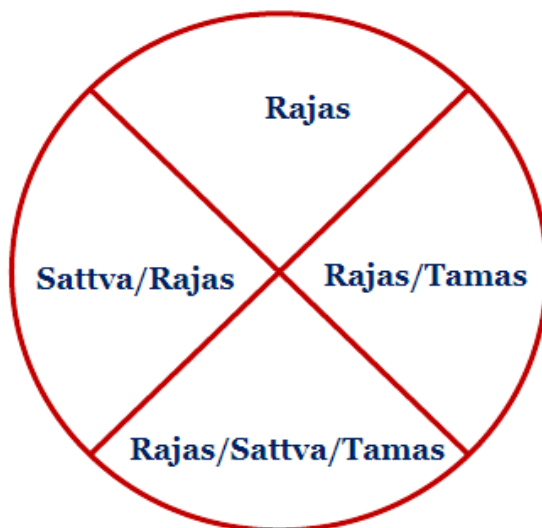
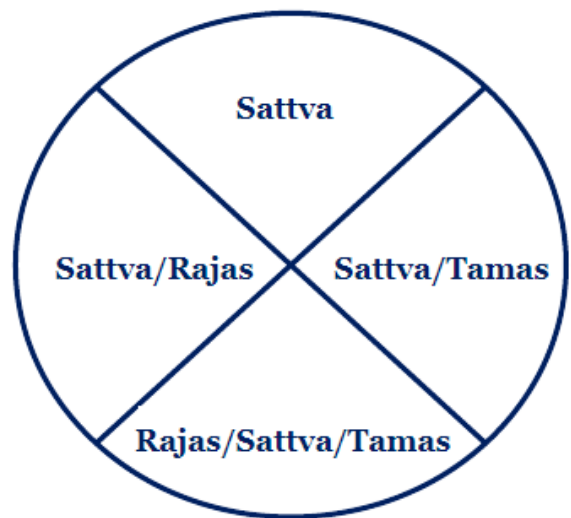
Therefore, only one of the three circles – S, R or T is operative at any given time and influencing your personality.



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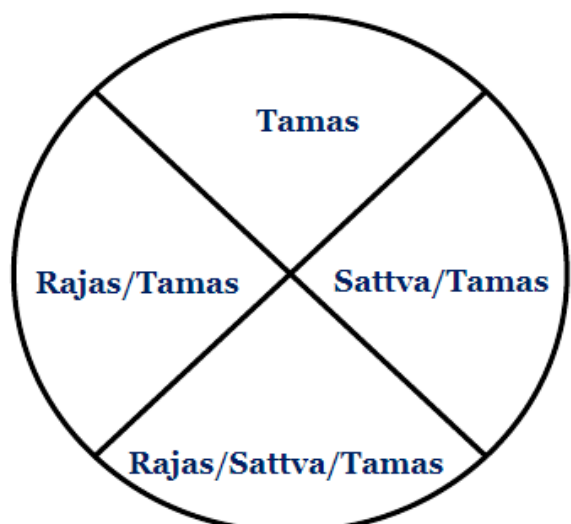
When Sattva is dominant (Contemplative):

Your inherent goodness is the driver and focus of your true nature. Your actions are influenced by following attributes of your persona based on your SCORES.



When Rajasic dominant (Active): Your emotional energy is dominant. Goal achievement is the driver and focus of your actions. Your actions are influenced by following attributes of your persona based on your SCORES.

When Tamasic dominant (Capacity Building): Resistance to change is dominant. Capacity building is the driver and focus of your actions. Your actions are influenced by following attributes of your persona based on your SCORES.



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“Let man advance himself by his own Self;

Let him not humiliate himself.

Certainly Self is a friend to the Self and

Self is also the enemy of the Self.” (BG: 6.5)