WHO AM I — Combined Example A (Jordan, Mezzo)

This example shows WHO AM I 1.0 foundations followed by 2.0 extensions.

PART I — WHO AM I 1.0 (Foundations)

Quick Identity

```
Name: Jordan M. (mezzo) | Height: 5'6" | From: Cincinnati | Lives: Austin | Roles:
student, section leader, barista
```

Laundry List → Categories

```
Raw: loves harmony, hates being ignored, likes handwritten notes, messy bag,
perfectionist with calendars, smiles when nervous. Categories → Likes: harmony, notes;
Dislikes: being ignored; Social: smiles when nervous; Hopes: leadership role; Fears:
being left out; Work/Play: schedules everything.
```

MBTI Notes

```
ENFJ-ish phrases: 'organizes people,' 'encourages group,' 'drained by conflict.'
Behaviors: invite, organize, rescue.
```

Core Drives & Core Fears (initial)

```
Drives: Bond, Learn. Fears: Separation, Loss of Autonomy.
```

Three Defining Moments

```
1) Cut from a choir → over-prepares. 2) Grandma duets → warmth = music. 3) Missed
entrance → uses breath + gaze reset.
```

PART II — WHO AM I 2.0 (Motives, Body, Actions, Music)

One-Sentence Now-Summary

```
Right now, I'm someone who wants to belong and fears being left out, so I over■promise
to keep my spot.
```

Body-Map

```
Throat tight → Verb: soothe | Warm hands → Verb: push | Chest drop → Verb: seek
```

Top Drives & Behaviors

```
Bond → checks on colleagues | Learn → asks for one concrete note daily
```

Top Fears & Behaviors

```
Separation → stands too close in pictures | Loss of Autonomy → asks for reasons
before obeying
```

Love-Language Snapshot

```
Seeks quality time; offers acts of service. Beat use: lingers to listen; fixes
partner's collar.
```

Personality Triangulation

MBTI-style: ENFJ-ish behaviors; Enneagram read: helper/achiever blend; Big Five: high Agreeableness/Extraversion. Test behaviors: invite, organize, rescue.

Three Defining Moments — Updated Lens

1) Over-prepare → Verb: secure. 2) Warmth → Verb: soften. 3) Reset → Verb: steady.

Action Library (10)

invite, rally, reassure, shelter, claim, bargain, soften, steady, yield, spark

Music Alignment

Andante: align (open ribs, soft gaze). Allegro: counterpoint (polite face; feet angle to exit).

Practice Preference → Motivation Map

Default: talk-first → Drive hint: Bond; Fear: Separation. Verbs: appeal, invite, soften. Opposite: listen-first → Verbs: attune, calibrate.