

PEPPER TIME 11: MAP YOUR PATHWAYS

Timing: 15–20 minutes, once this week (and revisit monthly).

What you’ll need: Two blank journal pages and a pen.

What it’s about: Your brain runs on six pathways: Physicality, Emotions, Intuition, Logic, Motivation, and Creativity. Some are strong, others underused. Seeing the balance makes the invisible visible—and reveals where growth is waiting.

How to do it:

- 1. Set up one page. Draw a circle in the center and write “Brain.” From the circle, draw six spokes like a wheel and label them: Physicality, Emotions, Intuition, Logic, Motivation, Creativity.
- 2. Recall key moments. Think of three recent situations where you had to use your full brain power (For example: a high-stakes work meeting, a family crisis, or a big life decision).
- 3. Allocate percentages. For each situation, assign a % to each pathway showing how much you relied on it. Be brutally honest—not how you wish you acted, but how you actually operated.
- 4. Spot your patterns. Look at the six spokes: Which pathways are barely activated? Do certain ones always dominate? Are you leaning mostly on one side— e.g., Logic + Motivation
- 5. while ignoring Intuition or Creativity?
- 6. Reflect and note. On the second page, write a few lines on what you notice: the balance (or imbalance), surprises, or any recurring themes.

What to expect: Patterns jump out fast. Some pathways carry the load, others barely show up. This isn’t about fixing overnight—it’s about awareness. Awareness is growth’s ignition. Over time, balance shifts: emotions support instead of overwhelm, gut instincts get trusted, logic clarifies without dominating, and creativity sparks again.

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