

Which Plateau Are You On?

THE CLARITY CODE · A LIMITLESS SELF-ASSESSMENT

Most people are driven by motivations they did not choose, haunted by shadows they cannot see, living by answers they never examined. The 5 Plateaus map exactly where you are — across four dimensions. Answer honestly.

NAME: _____

DATE: _____

HOW TO SCORE

For each question, circle the letter (A-E) that best reflects your current reality.

SECTION 1 OF 4 · WHAT DRIVES YOU · YOUR MOTIVATIONS

MOTIVATION

01 When you are honest with yourself — what most drives your daily decisions and actions?

- ☐ A Survival and self-preservation. I am driven by fear of losing what little I have.
- ☐ B Security and loyalty. I protect my family, my group, and what I believe in.
- ☐ C Achievement and recognition. I am driven to succeed, build, and be respected.
- ☐ D Meaning and connection. I want to contribute to something beyond personal success.
- ☐ E Integration and wholeness. I am driven by a deep alignment with who I truly am.

MOTIVATION

02 Which statement most accurately describes what success means to you right now?

- ☐ A Making it through. Survival and basic security feel like success to me.
- ☐ B Stability and order. Success means things are under control and people are safe.
- ☐ C Achievement and status. Success is measured by results, titles, and recognition.
- ☐ D Impact and fairness. Success means contributing to a better, more equal world.
- ☐ E Alignment and peace. Success is living in complete integrity with who I am.

SPHERE OF CONCERN

03 When you think about who you genuinely care about and feel responsible for — it is primarily:

- ☐ A Myself and my immediate survival. I am focused on my own needs right now.
- ☐ B My family, tribe, and community. Those close to me are my primary concern.
- ☐ C My team, organisation, and country. I care about the groups I belong to and lead.
- ☐ D All people equally. I feel a responsibility to humanity regardless of nationality.
- ☐ E All life — human, natural, and beyond. My concern extends to the earth and cosmos.

SPHERE OF CONCERN

04 When a major world problem appears in the news — your honest internal response is:

- ☐ A How does this affect my own safety and survival?
- ☐ B How does this affect my family and the people I am responsible for?
- ☐ C How does this affect my country or organisation?
- ☐ D This affects all of us equally — we must work together to solve it.
- ☐ E This is part of a complex interdependent system — I consider all dimensions.

SECTION 2 OF 4 · WHAT BLINDS YOU · YOUR SHADOW ASPECTS

SHADOW

05 Which of these negative patterns do you most recognise in yourself under pressure?

- ☐ A Shame and excessive fear. I shrink, freeze, or act recklessly when threatened.
- ☐ B Guilt and jealousy. I judge others harshly and feel threatened by their success.
- ☐ C Carelessness and greed. I can be reckless in pursuit of goals and overlook impact.
- ☐ D Spiritual superiority. I can be self-righteous about my values and judge those below.
- ☐ E Over-complexity. I can lose sight of the simple truth while managing big systems.

SHADOW

06 Which statement most honestly describes a blind spot you know you carry?

- ☐ A I act out of self-interest even when I know it harms others.
- ☐ B I enforce rules and tradition rigidly — even when they no longer serve anyone.
- ☐ C I pursue success at the expense of relationships, ethics, or my own wellbeing.
- ☐ D I can be so focused on fairness and cause that I lose practical effectiveness.
- ☐ E I sometimes mistake complexity for wisdom and miss the simple, obvious truth.

SHADOW

07 When things do not go your way — your most honest negative reaction is:

- ☐ A Fear-driven aggression or complete shutdown. I either fight or disappear.
- ☐ B Resentment and blame. I feel betrayed by the system or the people around me.
- ☐ C Ruthlessness. I become focused on winning regardless of the cost to others.
- ☐ D Self-righteousness. I feel morally superior to those causing the problem.
- ☐ E Detachment. I intellectualise rather than feeling and can disconnect from others.

HEALTHY EMOTIONS

08 Which group of emotions do you experience most frequently when life is going well?

- ☐ A Pride, boldness, and a fierce love for those in my immediate circle.
- ☐ B Courage and a deep love for my community, tradition, and sense of belonging.
- ☐ C Ambition, drive, creativity, and the satisfaction of getting things done.
- ☐ D Care, connection, a desire to give and heal, and love for all people equally.
- ☐ E Wholeness, peace, presence, and a quiet love that extends to everything.

SECTION 3 OF 4 · YOUR IDENTITY · WHO YOU ARE

IDENTITY

09 If someone asked you right now — "Who are you?" — your most honest answer would be:

- ☐ A I am not sure. I am too consumed by survival to examine that question.
- ☐ B I am what I protect — my loyalty, my values, my family, my tradition.
- ☐ C I am what I have achieved — my title, my results, my track record.
- ☐ D I used to think I knew. Now I am genuinely questioning the answer.
- ☐ E I have a clear, examined answer that does not depend on any external role.

IDENTITY

10 Which statement best describes how you make your most important life decisions?

- ☐ A Reactively. I respond to threats and whatever the situation demands.
- ☐ B By the rules. I follow tradition, authority, and what my group expects.
- ☐ C Strategically. I optimise for the best personal and professional outcome.
- ☐ D Reflectively. I try to align decisions with what genuinely matters to all.
- ☐ E Intuitively. Decisions flow naturally from a deep sense of who I am.

SECTION 4 OF 4 · YOUR CURRENT REALITY · LIFE RIGHT NOW

CURRENT REALITY

- 11 Which statement most accurately describes your inner life on a typical day?
- A Fearful and scarce. I am operating from anxiety and survival most of the time.
 - B Guarded and rule-bound. I stay within safe boundaries and resist change.
 - C Driven but hollow. The engine is running — but something essential is missing.
 - D Searching and questioning. I am examining what I truly believe and value.
 - E Clear and grounded. Clarity is my default state — not something I chase.

CURRENT REALITY

- 12 When you think about your life as a whole right now — which feels most true?
- A I am just trying to make it. Life feels like something happening to me.
 - B I am protecting what I have built. Stability is my primary concern.
 - C I have achieved a great deal — but the question "is this it?" haunts me.
 - D I am questioning the scoreboard entirely. I want depth, not just achievement.
 - E I am living from genuine clarity. My life reflects who I truly am.

Your Score Sheet

Circle the letter you chose for each question. Then count your totals at the bottom.

Q	A	B	C	D	E
Q1					
Q2					
Q3					
Q4					
Q5					
Q6					
Q7					
Q8					
Q9					
Q10					
Q11					
Q12					
TOTAL	A	B	C	D	E

HOW TO FIND YOUR PLATEAU

The letter with the highest total is your dominant plateau.
If two letters tie — you are transitioning between those plateaus. Turn over for full results.

Your Results

Each plateau is a complete worldview — not a rank. Every level has its gifts and its shadows.
The work is not to judge where you are — but to see it clearly. Clarity is always the first step.

01
A

The Survivor

Life is happening to you.

MOTIVATION

Survival · Self-preservation · Power

SHADOW ASPECTS

Shame · Excessive fear · Reckless aggression

SPHERE OF CONCERN

Self — primary concern is personal survival

YOUR GIFT

Resilience, boldness, raw courage under pressure

YOUR IMMEDIATE NEXT STEP

02
B

The Protector

You are defending what you have built.

MOTIVATION

Security · Loyalty · Tradition · Order

SHADOW ASPECTS

Guilt · Jealousy · Rigid rule-enforcement

SPHERE OF CONCERN

Family, tribe, and community

YOUR GIFT

Loyalty, courage, the ability to hold ground and keep order

YOUR IMMEDIATE NEXT STEP

03
C

The Achiever

You are successful — and something is missing.

MOTIVATION

Achievement · Independence · Recognition · Success

SHADOW ASPECTS

Carelessness · Recklessness · Greed · The hollow feeling

SPHERE OF CONCERN

Organisation, team, and country

YOUR GIFT

Drive, creativity, entrepreneurship, getting things done at scale

YOUR IMMEDIATE NEXT STEP

04
D

The Equalizer

You are questioning the scoreboard.

MOTIVATION

Meaning · Fairness · Connection · Contribution

SHADOW ASPECTS

Spiritual superiority · Class envy · Self-righteousness

SPHERE OF CONCERN

Humanity — care extends to all people equally

YOUR GIFT

Empathy, relationship-building, genuine care for the collective

YOUR IMMEDIATE NEXT STEP

05
E

The Integrator

You are living from genuine clarity.

MOTIVATION

Integration · Wholeness · Interdependence · Service

SHADOW ASPECTS

Over-complexity · Detachment · Missing the simple truth

SPHERE OF CONCERN

World, earth, and cosmos — all life

YOUR GIFT

Systems thinking, multiple perspectives, managing complexity with grace

YOUR IMMEDIATE NEXT STEP

Serve. The highest expression of the Integrator is guiding others up the mountain.

Understanding Your Plateau

Every plateau is a complete way of seeing the world. Read yours carefully.

Then read the one above it — that is where you are going.

PLATEAU 01 · A

The Survivor

The question driving your life: How do I make it through this?

You are operating from a place of fear and scarcity. Identity is built around endurance. Most energy goes toward simply getting through each day. Your shadow is shame and excessive fear — under pressure you may act recklessly or shut down entirely.

Your unrecognised gift is raw resilience and a boldness those who have never truly struggled cannot access. The work here is safety — one stable foundation, one area of genuine security. From there you can begin to look upward.

YOUR IMMEDIATE NEXT STEP

Begin building one area of genuine stability. Safety precedes growth.

PLATEAU 02 · B

The Protector

The question driving your life: How do I keep what I have?

You have achieved stability and are fully focused on protecting it. You are loyal to your family, tribe, tradition, and beliefs. Rules matter deeply. Vulnerability feels dangerous. Your shadow is guilt and jealousy — you can be rigid, resisting change because change feels like threat.

Your gift is the ability to hold ground and keep order when others cannot. The work here is trust — genuine growth requires releasing control. Find one rule protecting fear rather than values. That is where to begin.

YOUR IMMEDIATE NEXT STEP

Identify one area where your rules are protecting fear rather than values.

Understanding Your Plateau — continued

PLATEAU 03 · C *The Achiever*

The question haunting your life: Is this it?

The most common plateau for high-performing professionals. You have built the career, the income, and the recognition. And yet a persistent void remains that no achievement can fill. Your shadow is carelessness — pursuing success regardless of the cost to health, relationships, or integrity.

Your gift is extraordinary: drive, creativity, entrepreneurship, getting things done at scale. The void you feel is a sign you are ready — ready to stop borrowing answers and find your own. This is where the Clarity Code does its most important work.

YOUR IMMEDIATE NEXT STEP

Sit with the question: Who are you — beyond your achievements and your title?

PLATEAU 04 · D *The Equalizer*

The question living in you: What actually matters?

You have begun questioning whether the goals you have been chasing are genuinely yours. Conventional success no longer satisfies. You feel a pull toward meaning and contribution. Your shadow is spiritual superiority — feeling morally elevated because your concerns have expanded beyond personal achievement.

Your gift is genuine empathy and the ability to build relationships across difference. You are close. The final work is inward — examining whether your care for others is genuine, or partly a way of avoiding the deeper question: who are you, really?

YOUR IMMEDIATE NEXT STEP

Examine where your care for others may be avoiding the deeper inward work.

Understanding Your Plateau — continued

PLATEAU 05 · E *The Integrator*

The question you live from: How do I express who I truly am?

You have done the work. Your identity is examined and chosen — not inherited from parents, religion, culture, or career. Clarity is your default state. You lead yourself and others from genuine wholeness. You have reached the Mountaintop. Your shadow is over-complexity — seeing systems within systems until you lose sight of the simple truth.

The work here is depth and service — guiding others up the mountains you have already climbed. The highest expression of the Integrator is not more personal development. It is contribution.

YOUR IMMEDIATE NEXT STEP

Serve. The highest expression of the Integrator is guiding others up the mountain.

WHATEVER YOUR PLATEAU — THE MOUNTAINTOP IS REACHABLE.

Book a complimentary 45-minute Clarity Conversation.

cal.com/jimmygathage/30min

No pitch. No pressure. Just the question: Who are you?