

# MIW WEEKLY INTELLIGENCE GROWTH TRACKER

***A 7-day reflection tool aligned with the MIW 5-Step Pathway***

**Purpose:**

To help you track your weekly emotional, cognitive, bodily, and conscious states – and to see patterns in your intelligence, alignment, and growth.

This tool integrates:

- The 4-System Scan
- The 9 MIW Intelligences
- The 5-Step MIW Pathway
- Daily awareness + weekly reflection
- Micro-practices for alignment and intelligence expansion

## SECTION 1 – WEEKLY INTENTION SETTING

**Action: Do This Once Per Week**

**Complete this section once at the start of the week.**

This section is for setting your *weekly intention* and defining which intelligences you want to strengthen.

Everything here becomes the reference point for your daily tracking in Section 2.

**1. What is my intention for this week?**

(Example: clarity, resilience, emotional balance, confidence, creativity)

.....

**2. Which MIW sources/intelligence(s) do I want to strengthen this week?**

Check 1–3:

- Cognitive
- Emotional
- Self-awareness
- Perceptual Activities
- Creative
- Relational
- Existential Awareness
- Instinctive Drives and Hidden Energies

**3. What is my current level of alignment (1–5)?**

Mind clarity: 1 2 3 4 5

Brain focus: 1 2 3 4 5

Body grounding: 1 2 3 4 5

Awareness level: 1 2 3 4 5

## ■ SECTION 2 – DAILY MICRO-TRACKER (7 DAYS)

**Action:** For each day, track the following 6 items (items A to F below) *once per day* – morning or evening

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**DAY \_\_ (Mon / Tue / Wed / Thu / Fri / Sat / Sun)**

### **A) Four-Systems Micro Scan (1–5)**

Mind clarity: 1 2 3 4 5

Brain focus: 1 2 3 4 5

Emotional sensitivity: 1 2 3 4 5

Body sensations: 1 2 3 4 5

Stress level: 1 2 3 4 5

Awareness & self-control: 1 2 3 4 5

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### **B) Dominant Intelligence Today (choose 1–2)**

- Cognitive
  - Emotional
  - Self-awareness
  - Perceptual Activities
  - Creative
  - Relational
  - Existential Awareness
  - Instinctive Drives and Hidden Energies
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### **C) My Aligned Action Today**

What one aligned action did I take (or will I take)?

.....

### **D) Notable Patterns / Triggers**

What influenced my state today?

.....

### **E) Wins or Strengths Noticed**

Even the smallest wins count.

.....

**F) Micro-Reflection**

“What did I learn about myself today?”

.....

## SECTION 3 – WEEKLY INTELLIGENCE ANALYSIS

**Action:** Complete this section once at the end of week)

### 1. Which MIW intelligences were most active this week?

(Choose up to 3)

- Cognitive
- Emotional
- Self-awareness
- Perceptual Activities
- Creative
- Relational
- Existential Awareness
- Instinctive Drives and Hidden Energies

### 2. Which intelligences felt underused or blocked?

(Choose up to 2)

.....

### 3. Key patterns noticed from the 4-System Scan

Mind clarity patterns? .....

Emotional patterns? .....

Stress triggers? .....

Awareness shifts? .....

### 4. What supported my alignment?

(States, environments, behaviours, thoughts, people)

.....

### 5. What disturbed my alignment?

(Triggers, thoughts, behaviours, conditions)

.....

### 6. Identity Alignment Check

Which version of self did I operate from most this week?

- Current Self (reactive/uncertain patterns)
- True Self (authentic strengths active – feeling good about your ‘true/authentic self’)
- Best Self (aligned, intentional, stable – all working as thriving mind-set)

Why?

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## ■ SECTION 4 – NEXT WEEK GROWTH PLAN (MIW PATHWAY)

**Action:** Do once at the end of the week followed by section 3

### **Step 1 – Awareness**

What inner patterns do I want to stay conscious of?

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### **Step 2 – True & Best Self**

Who am I becoming?

.....

### **Step 3 – Transition Plan**

What micro-shifts will I implement next week?

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### **Step 4 – Re-Alignment Focus**

Which system needs more attention?

- Mind
- Brain
- Body
- Emotions
- Awareness

### **Step 5 – Resilience Building**

What will I practise to stay centred during emotional intensity?

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