

# Your Mindset Quotient Test Full Analysis

## DEFENDER/5TH REALM

**Universal Law (L)**  
Operation / Application of Success Principles

<b>5</b>	Defender / 5th Realm D5R	Achiever / 5th Realm A5R	Exemplar / 5th Realm E5R	Vessel / 5th Realm V5R	<b>5RC</b>
<b>5</b> Sage (S)	Defender / Sage DS	Achiever / Sage AS	Exemplar / Sage ES	Vessel / Sage VS	5th Realm / Sage 5RS
<b>4</b> Optimist (O)	Defender / Optimist DO	Achiever / Optimist AO	Exemplar / Optimist EO	Vessel / Optimist VO	5th Realm / Optimist 5RO
<b>3</b> Sentry (N)	Defender / Sentry DN	Achiever / Sentry AN	Exemplar / Sentry EN	Vessel / Sentry VN	5th Realm / Sentry 5RN
<b>2</b> Realist (R)	Defender / Realist DR	Achiever / Realist AR	Exemplar / Realist ER	Vessel / Realist VR	5th Realm / Realist 5RR
<b>1</b>	<b>1</b> Defender (D)	<b>2</b> Achiever (A)	<b>3</b> Exemplar (E)	<b>4</b> Vessel (V)	<b>5</b>

Motivation / Ideals in Relationships  
**Humanity (H)**

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### Defender/5th Realm (D5R):

Points (H) 0.00-1.99, (L) 5.00

Protector, reactor, successful, powerful

**Overview** - This mindset type is rare. Your understanding of and relationship with the universal laws of success is off the charts, but your skill with people and fulfillment in relationships is lacking. This is the mindset type that, without correction, is headed for a wealthy but lonely demise. Your motivations may be selfish or materialistic. You may appear outwardly successful but may have very few close relationships with whom to enjoy your success.

**Strengths** - Street smart, resourceful, confident, clever.

**Driven by** - Personal emotional needs, self-preservation, long term security, a desire to enjoy life's best experiences, focused on power.

**Combination Analysis** - The Defender in you has a sixth-sense about others' intentions, and you may be sensitive, sometimes to a fault. Your keen observation skills sometimes get in the way of seeing what's possible, and you may resist change, especially when it is imposed by someone else. The struggle with fear may be running in the background - a fear of loss, fear of falling short, or fear of change. You value stability and predictability in relationships.

When threatened, you are quick to react, either by going quiet to de-escalate a conflict, or by fighting to end the conflict as soon as possible. In either case, you need things to be resolved quickly. There is no in-between for the Defender. It's your deep need for things to be the way they should be that keeps you from responding only half-way.

The retreator version of the Defender may be accused of being too sensitive, or for playing the role of a martyr. The fighter version of the Defender may be criticized for being brash, blunt, or too demanding. In either case, it is the potential threat to your identity and safety in your relationships that may cause you to retreat, deflect, deny, or blame an accuser. Both responses show a deep need to protect who you are and what's yours, because you've worked too hard to survive this far.

Because you often find yourself living in survival mode, your default objective may be to preserve the status quo, even if it's undesirable.

You have moved beyond intentional goal achievement to a place of being at one with God's purposes, and only employing those skills when your life's purpose or divine mission assignment calls for it. The skill is not used for self-gratification beyond meeting your own needs, but it is readily utilized for serving others in their needs. You're still conscious of where you fall short in the consistent application of

true principles, but have learned how to rely on a power bigger than yourself to fill in the gaps and make up for your shortcomings.

No goal is too big, no cause too impossible to keep you from doing what you were put here to do. You learn from your mistakes more quickly than in the past, and forge ahead with both patience, temperance, and courage. You know that you've participated in miracles.

At this stage of development, you no longer measure success in influence and legacy, but in the real impact and improvement enjoyed by those you serve. You're now more interested in *their* influence, and in *their* legacy. You experience a oneness with God or Nature which guides your thoughts and actions to align with His will or the most Elevated Purpose in all things.

As for yourself, you are less focused now on what you can gain on the path; you've shifted to a place where you are more interested in what you can release both materially and emotionally, and in the experiences through which you pass for how they change you. Needs are few for a person in this realm, but all needs are naturally met with ease for those who live here.

You are a compassionate and patient wellspring of healing for others who are inspired and changed by your confidence in true principles. You are generous yet wise in your interactions with others, long-suffering in outcomes, and trust that ultimate good can be realized out of any circumstance. You participate in causes but are inclined to avoid recognition. You know your place in the grand scheme of things. You have become so others-focused that even the thrill of making a difference is no longer needed nor expected. The good news is that in living life unfettered in this way: clear in spirit and pure in heart, you will always have access to the rare rewards of true joy and serenity. You dwell in calmness beneath the tempests, and soar above the storms in stillness.

You consistently rely on the laws, unseen help, and divine power to help you overcome every obstacle. You are more consciously aware now when you experience its assistance, and despite the natural ups and downs that continue to give life meaning, your existence in general feels more purposeful, fulfilling, and joyful than ever.

### **Other Common Attributes of the Defender/5th Realm:**

- Observant and aware of other's reactions and feelings.
- Excellent/detailed memory for what is important to others.
- Quick to adjust to any surrounding with a sense of the environment's functions and how to best use them.
- Reliable for follow through and completion of tasks.
- Grounded, practical, and dependable.
- Does not like working with abstract thought or theory.
- Finds it difficult to do things that don't make sense to you.
- Appreciates tradition, security, and living a peaceful life.
- Naturally focuses on what people need and want.
- Considerate, kind, and thoughtful.
- Inclined to put the needs of others above your own.
- Learns best in environments where people are supportive of one another.
- Takes responsibilities seriously.
- When others are attacked, you feel the need to protect.
- Feels that values and principles are more important than ideals and standards.
- Willing to do almost anything necessary to deliver on a promise.
- Tries to be as generous as possible with loved ones but is sometimes left feeling taken for granted.
- Friendly, affirming atmospheres fill the soul with meaning and happiness.

**Possible Blind Spots** - Your personality and demeanor is peaceful and self-assured, but you may be more reactive and demanding than you think. You're smart, but that doesn't make everyone else stupid. Discover the unique qualities in each of the important people in your life, and value them for the variety and differences they possess. Playing the martyr in conflicts does not serve you, and you'll find greater fulfillment in your relationships if you will show more vulnerability. This mindset type can be materialistic, self-centered and pretentious. While your career may flourish, your relationships may be stunted, and you will find greater balance and fulfillment by giving a higher priority to discovering what you don't know about your fellow human beings. You're too evolved and too wise in other things to miss this piece. Because you've come this far having grown so much, individuals at this stage of development may struggle with being teachable.

**One who grows beyond the Defender/5th Realm stage of development will attest to the following:**

*Change is painful. But nothing is as painful as staying stuck somewhere you don't belong. -Mandy Hale.*

*"There are no limits. There are only plateaus, and you must not stay there, you must go beyond them." - Bruce Lee*

Change your score, change your life!

Learn about the other mindset types [here](https://mindsetquotienttest.com/results-extended).  
(<https://mindsetquotienttest.com/results-extended>)

**"Where do I go from here?"** - Although you have the skills to make things go your way, you will enjoy greater life balance by including others in your success, and applying what you know about success principles to relationship goals. Find out how you can solve the immediate challenge right in front of you, and have more time to address the areas of your life that matter most. Return to the website and explore our [recommended resources](https://mindsetquotienttest.com/results-d5r) (<https://mindsetquotienttest.com/results-d5r>) or get the [FREE ebook here](http://www.jackrabbitfactor.com) ([www.jackrabbitfactor.com](http://www.jackrabbitfactor.com)).