

SELFTRACE for Personal Development

Practical clarity for people who want to grow without self-deception.



Vertical

Personal development, self-awareness, and habit change

Focus

SELFTRACE for Personal Development

Core

Scientific + actionable

SELFTRACE is built for people who want to understand why they repeat certain responses in relationships, work, energy, identity, health, finances, and growth. It reads real behavior rather than idealized self-image and offers a far more actionable route than a static test.

What makes this valuable

- Shows which pattern activated, what it protected, and what it cost.
- Builds tendencies from multiple decisions and contexts.
- Suggests small practical changes instead of abstract lectures.

Use cases

- Review recurring conflicts, blocks, or exhausting decisions.
- Spot blind spots in relationships, work, or personal energy.
- Map behavioral identity through accumulating cartography.

Relevant benefits for this sector

- More clarity to decide without reacting on autopilot.
- A stronger ability to notice patterns before they escalate.
- A private space to observe growth and coherence over time.

Sharing notes

- Easy to try, share, and recommend to other people.
- Works well as a first experience and as a recurring practice.
- Highly attractive for self-development and structured reflection.

Scientific and operational basis

SELFTRACE combines deterministic pattern reading grounded in psychological flexibility, traits, and attachment theory. AI only improves the output language; detection itself relies on reproducible rules.



Invite them to explore SELFTRACE

Share this brochure with people, teams, or institutions who may find it useful. SELFTRACE turns real micro-decisions into clear, actionable signals with scientific grounding.

Registration / access: <https://www.self-trace.com/Identity/Account/Register>

System guide: <https://www.self-trace.com/HowItWorks>

Entry page: <https://www.self-trace.com/>