



# GOLDEN

PERSONALITY PROFILER™

John P. Golden Ed.D.  
VERSION 5.1

## Self Development Report

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Administered by  
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Coral Gables, FL

# Introduction to The Golden Personality Profiler Model & Report

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Personality is the essence of who you are as a unique individual. It is reflected in what you say, how you feel about yourself, how you act, and how you choose to live your life. Knowing your personality characteristics will help you better understand your actions, goals, and relationships with others. Self-awareness is the foundation of personal development and growth. The Golden Personality Profiler originates from a synthesis of independent theories advanced by some of the worlds greatest philosophers, physicians and psychologists over the past two thousand five hundred years.

Providing clarity where other's placed limitations, the Golden Personality Profiler unites the most widely accepted theories and models of personality into a powerful tool designed to help you develop:

- a more accurate picture of who you are at your best
- a deeper understanding of your strengths and growth opportunities
- a clearer picture of your career, education and life goals
- effective strategies for managing stress and building your confidence, and
- a better understanding and appreciation for the important differences among the people you interact with.

In the pages that follow, you will explore your Global Personality Profile and the four scales used to create it, read a rich narrative portrait that describes your personality, examine your Global Personality Profile scales and scores, examine how you respond to stress and discover the unique set of traits that characterize your personality. Understanding your personality, as described in this report will help you to lead a more productive and satisfying life and have better relationships with the people around you.

## Table of Contents

A Portrait of Your Personality.....	2
Your Global Scale Results.....	4
Your Personality Portrait Continued.....	9
Map of Sixteen Profiles.....	11
A Deeper Look: Facet Results.....	12
Your Cardinal, Central and Coaching Traits.....	17
Summary Report.....	19

# A Portrait of Your Personality

The first four global dimensions of the Golden Personality Model are combined to yield Sixteen four letter Personality Profile. The resulting portraits provides a broad brush, yet rich narrative description that can be used to begin a more complete exploration of your personality. An understanding of the personality model and its application will lead to a better understanding of other personalities. The unique traits and the role of stress in connection with your personality will be explored later in the report.

### *Where you focus your energy*

Extraverting: energy directed externally toward people and things.

Introverting: energy directed inward toward thoughts and ideas.

### *How you gather and interpret information*

Sensing: process information in an exact, detailed, and literal manner.

Intuiting: process information in a symbolic and global fashion.

### *How you make decisions*

Thinking: make decisions based on logic and rationality.

Feeling: make value-based decisions based on empathy and compassion.

### *How you approach and control your life*

Organizing: planned, organized, and orderly approach.

Adapting: open-ended, flexible, and emergent approach.

### *How you respond to stress*

Tense: cautious, uncertain, worried, unsettled, and unconstrained.

Calm: optimistic, relaxed, confident, resilient and regulated

ISTA	ISFA	INFA	INFZ
ESTA	ESFA	ENFA	ENFZ
ESTZ	ESFZ	ENTA	ENTZ
ISTZ	ISFZ	INTA	INTZ

## Personality Profiles

There are 16 different personality profiles. You are an ENTZ.

## ENTZ - The Director

ENTZs are competitive, ambitious, commanding, and organized. You have an inquisitive and adventurous spirit. You do not like to be confined by strict rules or limitations on your freedom. As an ENTZ you pride yourself on being able to meet challenges by planning out activities in advance. Because of your gift for forethought, you always have a backup plan.

You bring strategic leadership to a group or team: you make plans, set them in motion, and motivate your friends, family, teammates, and colleagues to help you accomplish the goal. Although you like group work, you don't like being responsible for making sure that people follow through on their commitments.

You tend to become frustrated with people who are less motivated than you or who fail to accomplish what they say they will. You believe that power is earned through superior leadership and competence. Consequently, you dislike working on mundane or simple tasks and take pride in being ahead of everyone else in all you do.

You naturally find innovative ways to improve processes and outcomes. You are a driven, daring, and competitive learner, who enjoys determining how new concepts fit into an existing theory. You enthusiastically pursue new ideas and dreams. You are at your best when thinking out loud.

## PERSONAL NOTES

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# The Global Scales

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Your global results provide insight to how the four different dimensions of your personality work together to form your Global Personality Profile. The results indicate your level of preference for each Global Scale. The scores indicate how strongly you identified with certain behaviors versus others.

Your Global Personality Profile is identified as **ENTZ**

How you focus your energy: **Extraverting (E)**

How you gather information: **iNtuiting (N)**

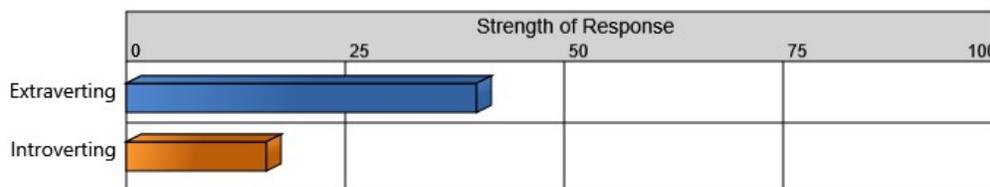
How you make decisions: **Thinking (T)**

How you approach life: **organiZing (Z)**

How you respond to Stress: **Calm**

## How You Focus Your Energy:

You have a Clear preference for Extraverting.



### Extraverting

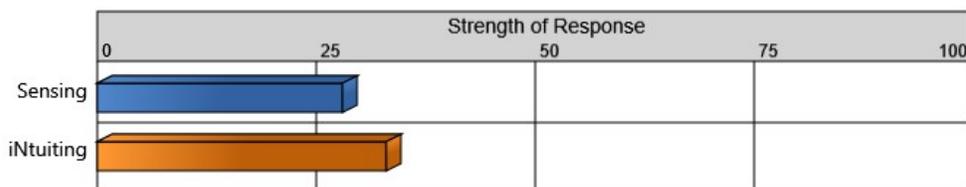
- focuses attention externally toward people and things
- enjoys being sociable, talkative, and gregarious
- enjoys discussions more than reading
- active rather than reflective

### Introverting

- focuses attention inward on thoughts and ideas
- prefers a few close friends to many acquaintances
- enjoys reading more than discussions
- needs quiet time away from action and noise

## How You Gather and Interpret Information:

You have a Slight preference for iNtuiting.



### Sensing

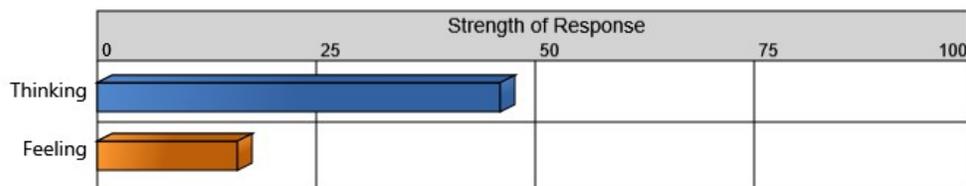
- processes information in an exact, detailed, and literal fashion
- lives in the present, prefers facts - what is known
- focuses on practical issues and topics

### iNtuiting

- processes information in a symbolic and global fashion
- lives for the future, prefers theory - what is possible
- focuses on big picture issues and topics

## How You Make Decisions:

You have a Clear preference for Thinking.



### Thinking

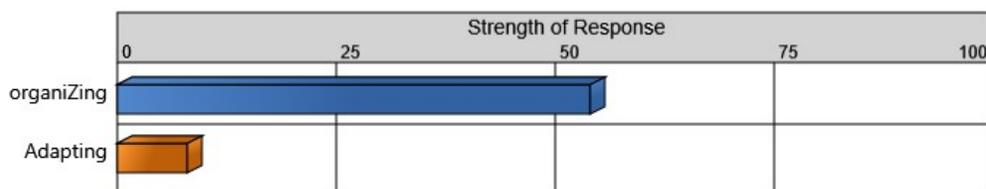
- makes decisions based on logic and rationality
- prefers to deal in objective reason and logic
- does not get personally involved in decisions

### Feeling

- focuses on how a decision will impact others
- makes decisions based on person-centered values
- gets personally involved in decisions

## How You Approach and Control Your Life:

You have a **Strong preference for organiZing.**



### organiZing

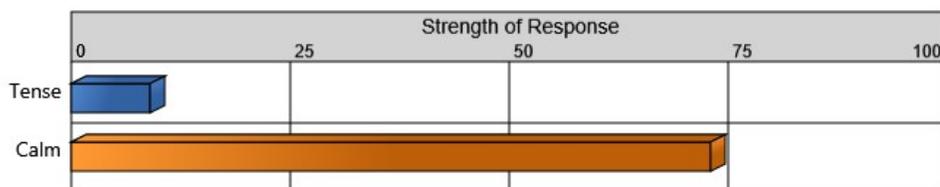
- prefers an orderly, organized and planned lifestyle
- likes to make decisions and reach closure
- prefers systematic approaches

### Adapting

- prefers a flexible, open-ended and emergent lifestyle
- holds off deciding until there is more information
- prefers spontaneity and limited structure

## Response to Daily Stressors:

You have a **Very Strong preference for Calm.**



### Tense

- unsure and cautious
- uncertain about the likely consequences of actions
- worries about things that cannot be changed
- concerned about what others think of them
- confused about values and priorities
- experience self-doubt, fear, defensiveness, anger
- unaware of and unconcerned about other's beliefs
- Act on their own self interests and needs

### Calm

- optimistic and self-confident
- unconcerned about what others think of them
- calm and relaxed where others might be worried
- does not dwell on things that cannot be changed
- clear about values, priorities and sees beyond the present moment
- works through adversity and conflict towards set goals
- considers beliefs taught early in life by important others
- make decisions and take actions based on moral goodness and rightness.

## ENTZ - The Director Portrait, Continued

### Your Strengths Include...

- Confidence in tackling confusion and inefficiency.
- Making thoughtful and precise plans.
- Choosing the overall direction for a project or group.
- Refusing to take "no" for an answer.
- Turning interesting problems into solutions.
- An enjoyment of mental challenge.
- Generating quick resolutions to difficult situations.
- Candor and decisiveness.
- A tendency to initiate change.
- Openness to any idea that allows a task to move forward.

#### Questions to Consider:

Where can you best use your strengths?  
In what situations or roles are your strengths most valuable?

### You Learn Best When Dealing With...

- New, intellectually challenging subjects.
- Future-oriented topics and subjects.
- Active learning methods and group dialogue.
- Teachers who are competent.
- State-of-the-art information and technology.
- Scientific and theoretical subjects.
- Cutting-edge technology as a learning tool.

### When Interacting Socially, You...

- Speak with energy, excitement, and enthusiasm.
- Reply quickly with unrehearsed responses.
- Prefer communicating in person.
- Are forceful and to the point.
- Become impatient with extraneous details.
- Take pleasure in weighing the pros and cons of various alternatives.
- Are persuaded by reason rather than emotion.

### You Are Motivated By...

- Situations requiring tough-mindedness, vision, and strategic thinking.
- Opportunities to acquire new knowledge.
- Having your hunger for problem solving satiated.
- Seeing your vision become a reality.
- Opportunities to create efficient systems and encourage people to become more competent.
- Exercising leadership and management skills.

#### Questions to Consider:

In your current work, when are you most motivated? Least motivated?  
How do you learn best?

## On a Team, You...

- Bring total dedication to a project.
- Contribute by focusing on the long term, being goal-oriented and delivering results.
- Are adept at finding flaws in proposed solutions.
- Sometimes appear too overpowering or controlling to other team members.
- Become irritated when others do not display your same level of time commitment.
- Are not interested in discussing an issue after closure has been reached.
- Are frustrated by anything that wastes time or resources and does not contribute to the goal.

### Questions to Consider:

When is your communication style most effective? Least effective?

What do you contribute to a team?

How could you be more effective?

## In Order to Maximize Your Potential...

- Really listen to what others are saying.
- Stay with an activity until it is truly mastered.
- Remember to consider emotions and feelings.
- Consider all sides of an issue before deciding.
- Practice being a good follower.
- Reflect before making decisions.
- Give praise and show appreciation more readily.
- Allow others to contribute their ideas and strategies.
- Don't overlook the small details.

### Questions to Consider:

Recall situations where you could have been more effective.

What could you have done differently?

How will new skills change your work performance?

## Suggested Career Path and Occupations for an ENTZ...

You should pursue a career in which you can solve complex problems creatively, develop long-range strategies, and be respected for your contributions. Common occupational choices include:

Financial Analyst/CFO

Investment Banker

Stockbroker/Trader

Business Consultant

Marketing Director

Advertising Account

Systems Architect

University Administrator

Public Health Administrator

Commercial Banker

Real Estate Developer/Agent

Asset Manager

Sales Director

Public Relations Director

Lawyer

E-Commerce Executive

Chief Information Officer

Military Officer

## Suggested College and University Majors for an ENTZ

More than 70 Common education majors are offered at colleges and universities. Your personality preferences may incline you to find the following majors of interest and worth exploring in more detail.

Astronomy	Aeronautics
Bioengineering	Computer Science
Industrial Engineering	Mechanical Engineering
Nuclear Engineering	Communication Science
Neuroscience	Health & Medicine
Business	Economics
History	Political Science
Public Policy	Art History
Comparative Literature	Philosophy
American Studies	Urban Studies
Women's Studies	Information Science
Communication	Environmental Studies
Justice and Law	Marine Science

### Questions to Consider:

- Which careers and majors appeal to you?
- Do any of the suggestions match with your work or educational experience?
- What do you know about these careers and majors?

## When Under Stress, You...

are blunt, demanding and dominant. Others will describe you as adversarial, bossy, domineering, intimidating, pushy and ruthless. You are hyper-focused on your own goals and vision. You are stressed by unmet expectations and failure. You compartmentalize and rationalize away stress and failings. You reduce stress by blaming other people's incompetence. The stress management plans you put in place to reduce tensions are overly ambitious and technologically anchored. You obsess and focus on your vision and the plans to reduce stress, thereby adding more stress to the mix. You are stressed when the system or the plans don't work as intended or when others inject themselves into your space and ideas. Preferring to rationalize stress and discount emotions, you are frustrated when having to explain yourself to people who don't, or can't, comprehend the complexity with which you see the world. You externalize stress into your physical world. Your living and work space has the appearance of being smartly organized and systematized. When your stress is low and your confidence strong you will be viewed as being assertive, commanding, dauntless, determined, fearless, formidable, and resolute.

## Increased Stress is Brought About by...

- Assuming leadership and competitive roles when it's not necessary or needed
- Applying logic and rationality to the point they overshadow feelings and emotions
- Having boundless energy and attention
- Obsessing on winning, perfection, and being right all the time
- Setting unrealistic expectations and reliance on theories to explain everything

## Learn to Minimize Stress by...

- Caring about what others are saying and paying attention to non-verbal communications
- Enjoying the moment and the relationships you've formed
- Welcoming unexpected shifts in plans
- Relaxing, slowing down and letting go of control
- Taking time to pause, reflect and consider emotions and choices before acting.

## Manage Your Stress Through...

- Journaling
- Meditation/Yoga/Conscious breathing
- Humor/Comedy/Laughing/Smiling
- Practicing Thankfulness & Appreciation
- Life, Executive or Spiritual Coaching

## The Visionary Temperament

The Golden Personality Profiler describes four profiles that belonging to the Visionary or Phlegmatic Temperament, including ENTA, ENTZ, INTA, and INTZ. They all share iNtuiting and Thinking (NT). The ancient concept of Temperament is attributed to the teachings of Greek Philosopher Hippocrates (450 BC) who theorized that personality differences could be traced to the differing amounts of fluid found in the human body. Today, we use Hippocrates temperament theory and the four personality groups he described because of the rich and accurate brief descriptions of behavior they provide.

Visionaries focus on future possibilities and are adept at designing plans for change and development. They are generally less concerned with the follow-through once a plan has been finalized. The qualities underlying their emphasis on the future include inventiveness, curiosity, independence, and a knack for analytical thinking. Visionaries' competitive nature motivates them to be more inclined toward leading than following. Visionaries are particularly good at helping groups or organizations overcome difficulties and chart a smooth course. However, they tend to experience stress when they are not in control and things are not being done as efficiently as they would like. Their sense of purpose and direction is founded in a commitment to acting on their convictions.

## PERSONAL NOTES

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# Map of the Sixteen Profiles

Brief descriptions of the sixteen profiles enable you to see how your personality profile differs from others. Keep in mind there are no "good" or "bad" personalities. The sixteen profiles can also be grouped into four higher-level clusters called temperaments. The four temperaments show how some personalities are more similar than others. You are an ENTZ and your temperament is NT.

## SA Efficient and Resourceful

<p><b><u>ISTA</u></b></p> <ul style="list-style-type: none"> <li>• quiet and reserved</li> <li>• efficient and expedient</li> <li>• keenly observe environment</li> <li>• interested in how and why</li> <li>• cool observers of life</li> </ul>	<p><b><u>ISFA</u></b></p> <ul style="list-style-type: none"> <li>• quiet, friendly, modest and free spirited</li> <li>• loyal followers</li> <li>• idealists with high standards</li> <li>• keen senses</li> <li>• can be totally absorbed in action of the moment</li> </ul>
<p><b><u>ESTA</u></b></p> <ul style="list-style-type: none"> <li>• adaptable realists who ride with the tide</li> <li>• highly observant of surroundings</li> <li>• masterful at moving things in their direction</li> <li>• enjoy the fast lane</li> </ul>	<p><b><u>ESFA</u></b></p> <ul style="list-style-type: none"> <li>• warm, friendly, charming, witty</li> <li>• hands-on problem solvers</li> <li>• enjoy life's simple pleasures</li> <li>• life of the party</li> </ul>

## NF Imaginative and Innovative

<p><b><u>INFA</u></b></p> <ul style="list-style-type: none"> <li>• deeply caring and idea oriented</li> <li>• peacekeepers</li> <li>• absorbed in projects</li> <li>• encourage growth and development with quiet enthusiasm</li> </ul>	<p><b><u>INFZ</u></b></p> <ul style="list-style-type: none"> <li>• quietly determined</li> <li>• concerned for others' welfare</li> <li>• focus inner thoughts on helping others</li> <li>• put creative effort into their work</li> </ul>
<p><b><u>ENFA</u></b></p> <ul style="list-style-type: none"> <li>• enthusiastic, charming, interesting</li> <li>• naturally curious and imaginative</li> <li>• know everyone</li> <li>• fascinated by relationships around them</li> </ul>	<p><b><u>ENFZ</u></b></p> <ul style="list-style-type: none"> <li>• responsive and responsible</li> <li>• outgoing, energetic and sociable</li> <li>• catalysts who enjoy drawing out the best in others</li> <li>• warmly enthusiastic</li> </ul>

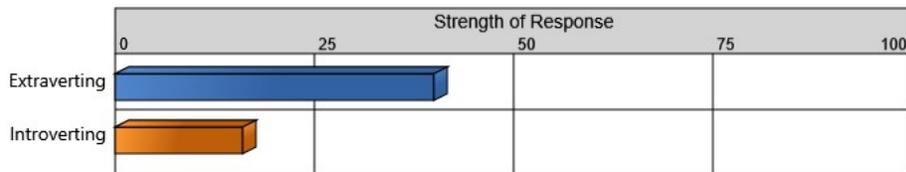
<p><b><u>ESTZ</u></b></p> <ul style="list-style-type: none"> <li>• practical and realistic</li> <li>• value productivity and efficiency</li> <li>• enjoy management</li> <li>• excel at bringing order to groups</li> </ul>	<p><b><u>ESFZ</u></b></p> <ul style="list-style-type: none"> <li>• sociable, supportive and warm-hearted</li> <li>• active team participant</li> <li>• helpful toward others</li> <li>• use interpersonal skills to maintain important relationships</li> </ul>
<p><b><u>ISTZ</u></b></p> <ul style="list-style-type: none"> <li>• serious, traditional and quiet</li> <li>• task-oriented, no nonsense style</li> <li>• excellent follow-through</li> <li>• work to conserve the resources of the group</li> </ul>	<p><b><u>ISFZ</u></b></p> <ul style="list-style-type: none"> <li>• dependable and responsible</li> <li>• sympathetic, quiet and conscientious</li> <li>• polite and tremendously devoted</li> <li>• works independently in support of team</li> </ul>

<p><b><u>ENTA</u></b></p> <ul style="list-style-type: none"> <li>• creative, confident thinkers</li> <li>• intellectual and outspoken</li> <li>• argue both sides of issues</li> <li>• good at juggling many balls</li> </ul>	<p><b><u>ENTZ</u></b></p> <ul style="list-style-type: none"> <li>• direct and strategic</li> <li>• confident and well-informed</li> <li>• frank and decisive</li> <li>• natural organization builders and leaders</li> </ul>
<p><b><u>INTA</u></b></p> <ul style="list-style-type: none"> <li>• strongly defined interests</li> <li>• skilled with logic</li> <li>• enjoy theory, science, ideas</li> <li>• single minded focus on topics of interest</li> </ul>	<p><b><u>INTZ</u></b></p> <ul style="list-style-type: none"> <li>• independent thinkers</li> <li>• develop strategy based on a clear vision</li> <li>• high achievement drive</li> <li>• emphasize competency</li> </ul>

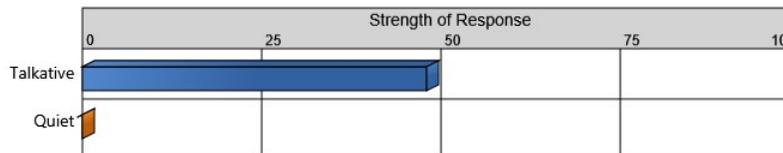
## SZ Responsible and Reliable

## NT Competent and Visionary

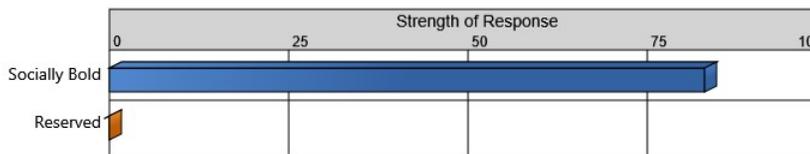
## A Deeper Look at How You Focus Your Energy: Extraversion & Introversion



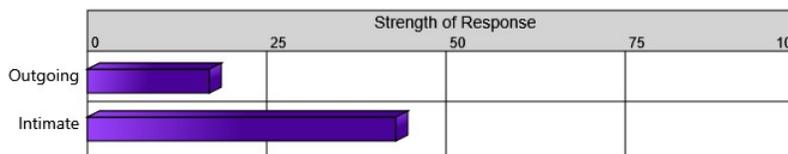
### Your Extraverting & Introverting Facet Scale Results



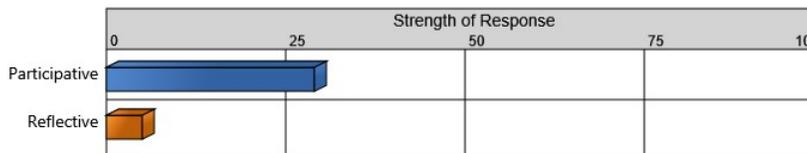
**Talkative:** animated and expressive; sociable and gregarious; opens up to others.  
**Quiet:** calm and serene; private and personal; hesitant to self-disclose or show feelings.



**Socially Bold:** friendly and outgoing; initiates conversations; comfortable leading; likes public speaking.  
**Reserved:** shy and retiring; prefers others to initiate; follows others' lead; dislikes public speaking.



**Outgoing:** has a wide circle of friends; dislikes working alone; enjoys meeting many people.  
**Intimate:** has a few close friends; enjoys working alone; can concentrate for long periods of time.



**Participative:** active and energetic; seeks stimulating activities; prefers to learn through discussion.  
**Reflective:** values peace and quiet; needs solitude to reflect and recharge; prefers to learn by reading.

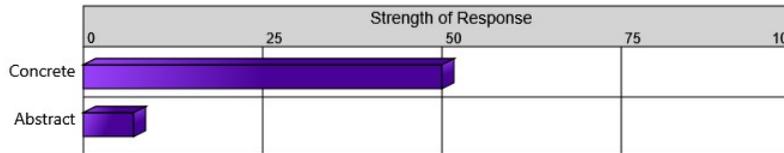


Closely Examine Out-of-Pattern Facets (those colored purple) representing unique traits that differ from your Global Scale preference.

## A Deeper Look at How You Gather and Interpret Information: Sensing & iNtuiting

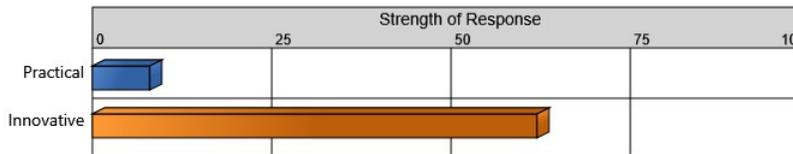


### Your Sensing & iNtuiting Facet Scale Results



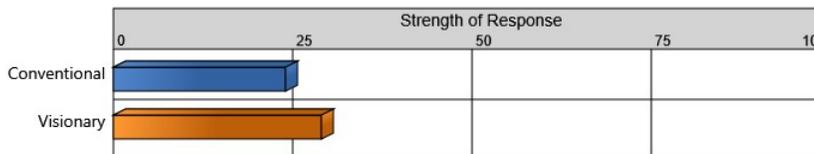
**Concrete:** deals with tangible facts and "what is" rather than "what could be"; likes to work out details.

**Abstract:** enjoys ideas and possibilities; values imagination; bored by details.



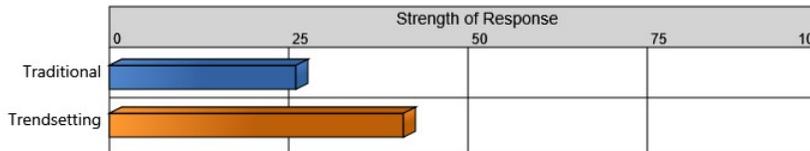
**Practical:** prefers established methods to achieve end results; dislikes improvising.

**Innovative:** likes variety and new ideas; enjoys resolving a crisis with a novel situation.



**Conventional:** values customs and traditions; follows accepted practices; dislikes standing out.

**Visionary:** values inspiration, uniqueness, and originality; comfortable appearing unconventional.



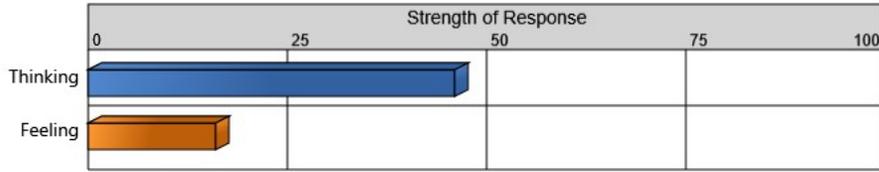
**Traditional:** predictable and established; careful with facts; opposes changes for sake of change.

**Trendsetting:** focuses on change and the big picture; seeks new trends; becomes bored with routine.

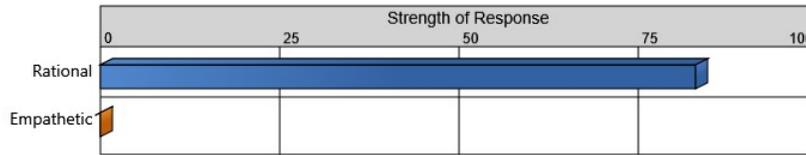


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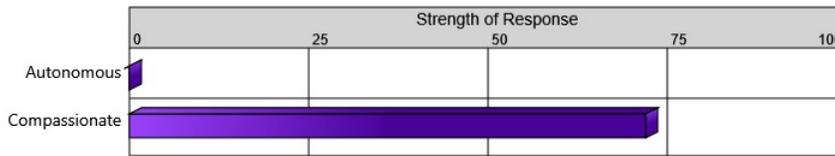


## Your Thinking & Feeling Facet Scale Results



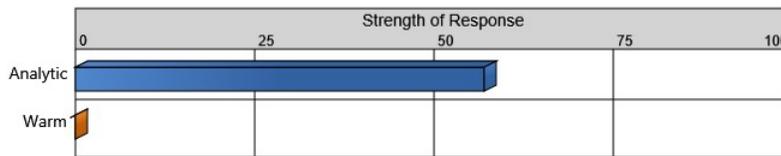
**Rational:** decisions based on logical analysis; impersonal problem solving style.

**Empathetic:** decisions based on values and person-centered principles; empathetic problem solving style.



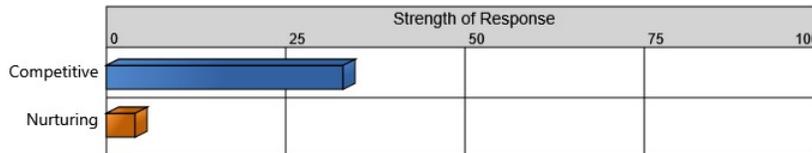
**Autonomous:** fair, impartial, objective, and independent; more task- than relationship-oriented.

**Compassionate:** considers feelings, beliefs and needs of others; more relationship- than task-oriented.



**Analytic:** values logic and scientific principles in decision making; analytical style.

**Warm:** values warmth and compassion in decision making; personable style.



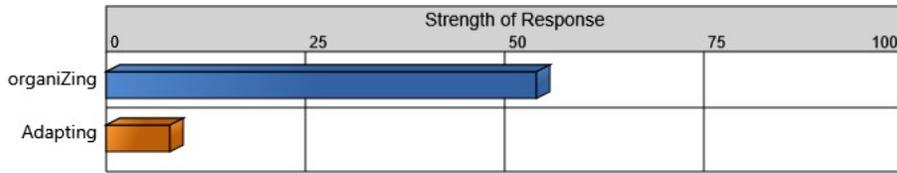
**Competitive:** critical, skeptical, tough-minded style; enjoys a good argument.

**Nurturing:** cooperative, accepting and supportive style; prefers harmony and dislikes confrontation.

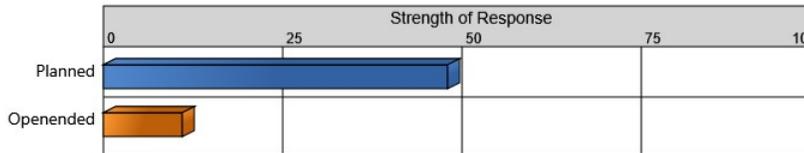


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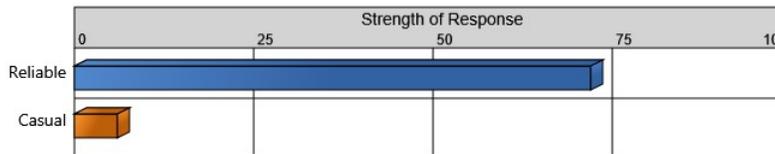
## A Deeper Look at How You Approach and Control Your Life: organiZing & Adapting



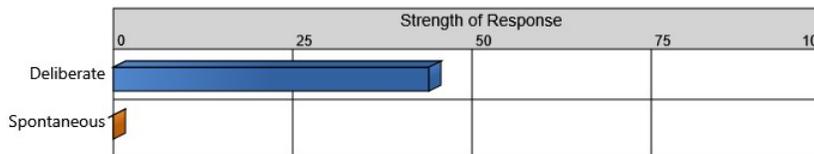
### Your organiZing & Adapting Facet Scale Results



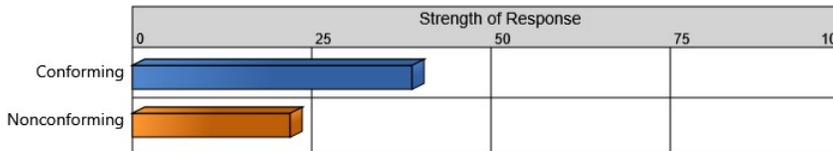
**Planned:** likes schedules and closure; emphasizes planning, anticipating contingencies, and organization.  
**Open-Ended:** likes working things out as they unfold; emphasizes adaptability and flexibility.



**Reliable:** punctual, responsible, orderly; early starter who gets things done.  
**Casual:** comfortable with diversions; energized by deadlines; procrastinates; works well under pressure.



**Deliberate:** exact, cautious, risk-avoidant, and goal-oriented; prefers a settled, non-impulsive lifestyle.  
**Spontaneous:** changeable and opportunistic; comfortable taking risks; sometimes impulsive.

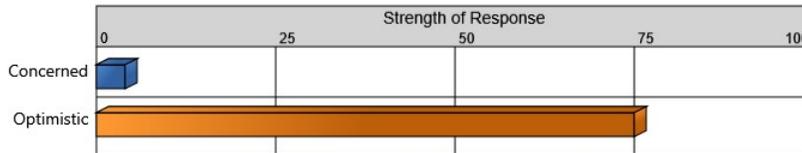


**Conforming:** prefers security, stability and structure; most effective with clear goals and direction.  
**Nonconforming:** prefers freedom to develop own rules and goals; works effectively without structure.

## A Deeper Look at Your Response to Daily Stressors: Tense & Calm

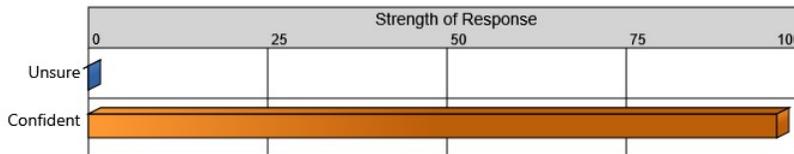


### Your Tense & Calm Facet Scale Results



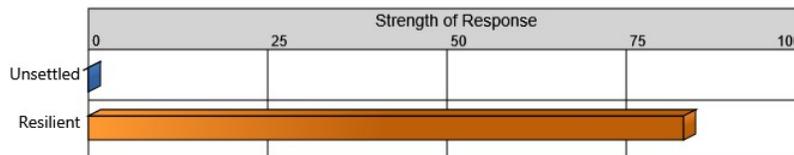
**Concerned:** worries about the future and unpredictable events; takes insensitive remarks personally.

**Optimistic:** comfortable being in unfamiliar or unpredictable situations; shrugs off insensitive comments.



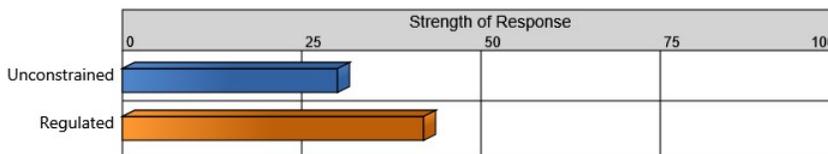
**Unsure:** hesitant, easily embarrassed, and relatively concerned about what others may think of them.

**Confident:** decisive, confident, and relatively unconcerned about what others may think of them.



**Unsettled:** confused values/priorities, experiences self-doubt, fear, defensiveness, anger, altered goals.

**Resilient:** clear values/priorities, sees beyond the present, works through adversity/conflict towards goals.



**Unconstrained:** unconcerned about what others believe; act on self-interests and needs.

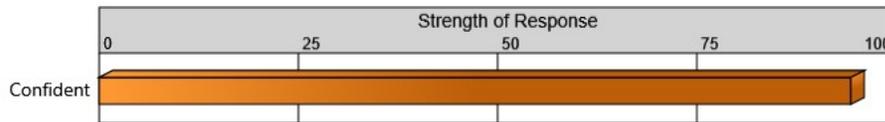
**Regulated:** decisions and actions based on moral goodness and rightness learned while young.

# Your Cardinal and Central Personality Traits Summary

There are two useful categories called Cardinal and Central Traits. Within the Golden report your Cardinal trait is the strongest Facet reported. Central traits are the next top five highest scoring Facets. Your Cardinal and Central Traits are those clearly experienced by others and together capture the behaviors that dominate your personality.

Your Cardinal Trait is:

**Confident:** decisive, confident, and relatively unconcerned about what others may think of them.

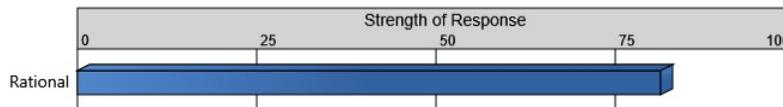


Your Top Five Central Traits are:

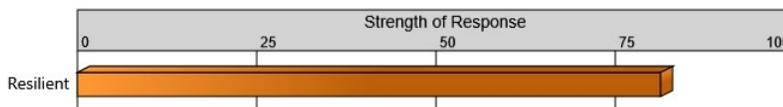
**Socially Bold:** friendly and outgoing; initiates conversations; comfortable leading; likes public speaking.



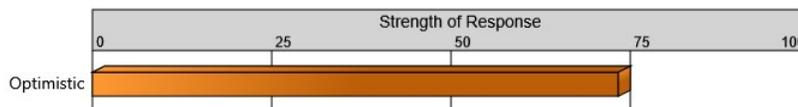
**Rational:** decisions based on logical analysis; impersonal problem solving style.



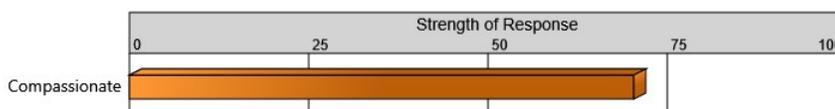
**Resilient:** clear values/priorities, sees beyond the present, works through adversity/conflict towards goals.



**Optimistic:** comfortable being in unfamiliar or unpredictable situations; shrugs off insensitive comments.



**Compassionate:** considers feelings, beliefs and needs of others; more relationship- than task-oriented.



## Questions to Consider:

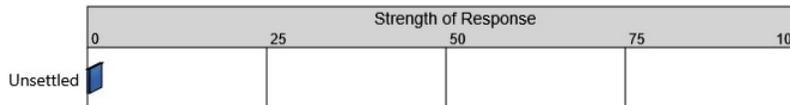
- How well do your Central and Cardinal facets describe your strengths?
- Is there an overall theme or message that is important to understand?
- Can you envision a unique career or life path that requires these strengths?

# Your Targeted Coaching Traits Summary

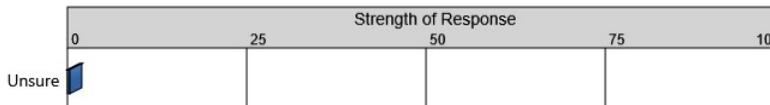
It is important to identify facets of your personality that are not well developed or relied upon. Your lowest scoring facets represent behaviors targeted for coaching and development of skills that will help broaden your energy, information gathering, decision making, lifestyle and response to stress abilities.

Your 5 lowest scoring Facet Scales are:

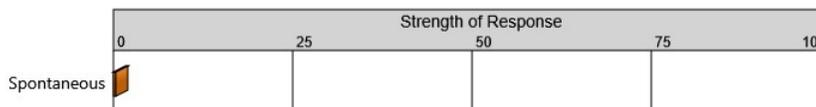
**Unsettled:** Some events cause confusion and upset your values and belief priorities. Some self-doubt and fear is natural and healthy. Identify the triggers that set off your defensiveness and anger.



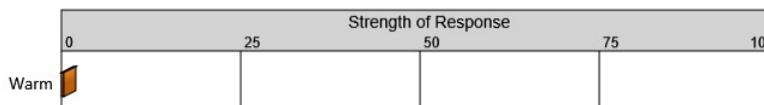
**Unsure:** Admit when you're playing outside of your real comfort zone. Lower confidence isn't a sign of weakness. Listen to what respected others have to tell you before you act.



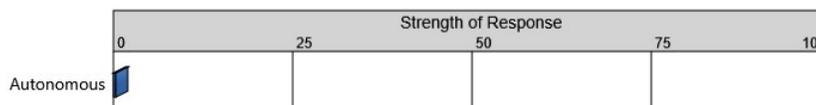
**Spontaneous:** Seek out new opportunities and take more risks. Trust your instincts and act on impulse from time to time.



**Warm:** Recognize and communicate the importance of empathy and compassion in your everyday decisions. Apply more feeling in your own actions and decisions.



**Autonomous:** Learn to make decisions on your own. Practice objectivity and autonomy. Be more task focused than relationship-oriented.

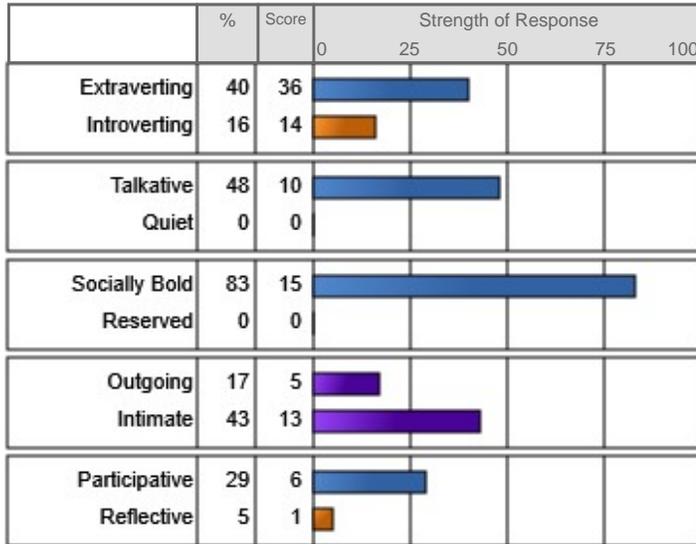


## Questions to Consider:

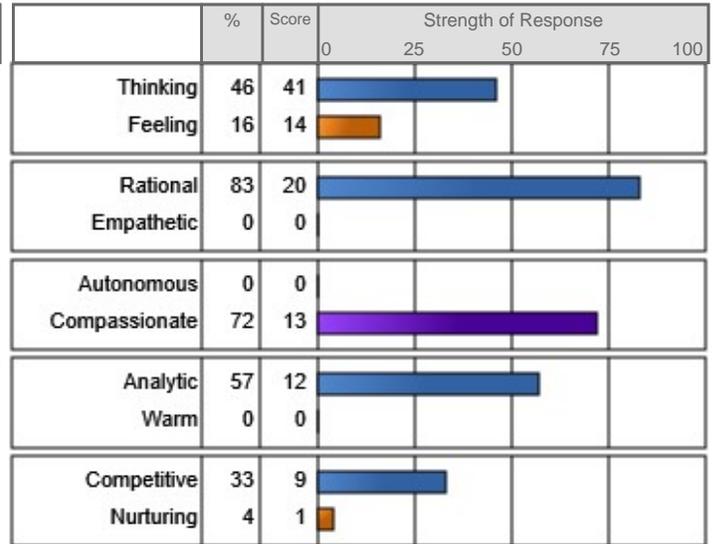
- Has your performance been affected by an absence of skill in these behaviors?
- Have you ever heard suggestions like these before, or is this the first time they've come up?
- Have you done anything on your own to develop more skill around these behaviors?

# Summary Report

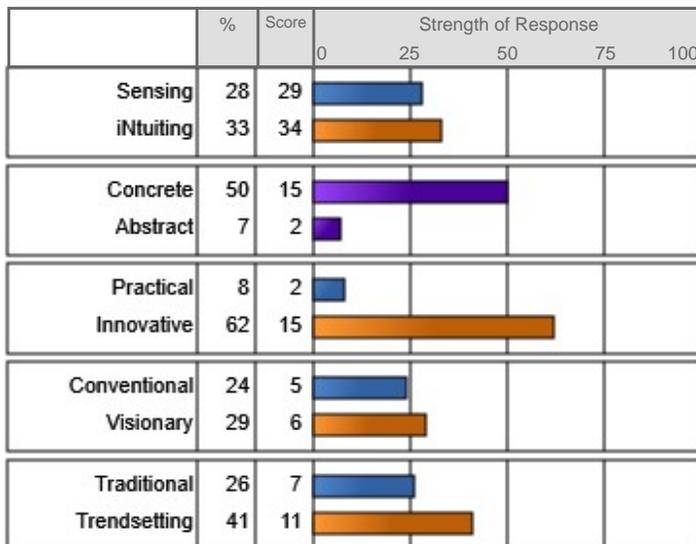
## ENERGY DIRECTION



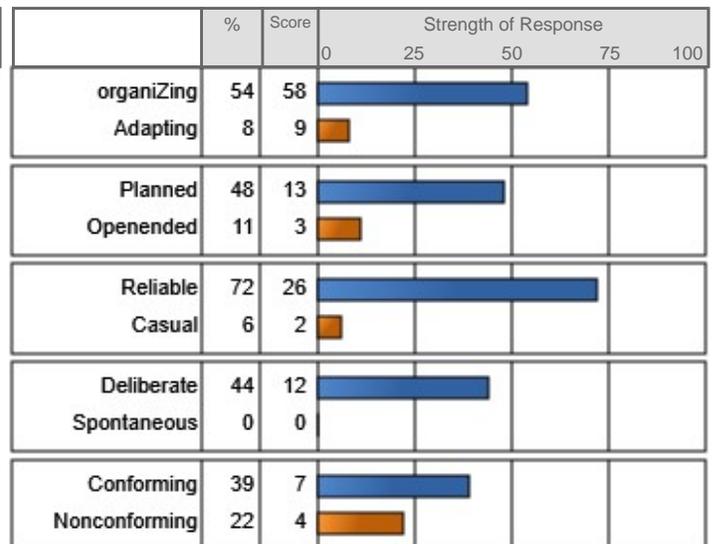
## DECISION MAKING



## INFORMATION GATHERING



## LIFESTYLE ORIENTATION



## RESPONSE TO DAILY STRESSORS

