



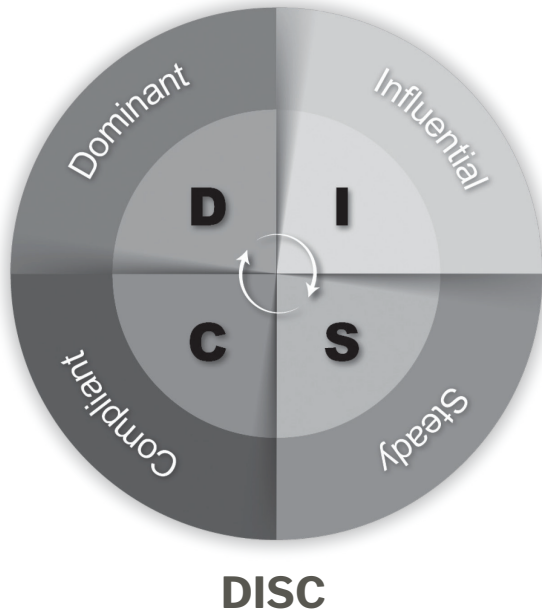
EXERCISE 5

Dominant

Influential

Compliant

Steady



“You can’t improve unless you’re aware of where you are.”
~ Ian Prukner

In this exercise you’re tasked with completing your very own DISC profile assessment.

Completing the DISC assessment provides you with great insight as to who you are (your Natural State) and who you think you need to be (your Adaptive State). Both of these combined is how you function.

If used properly, the DISC profile can be a powerful tool in your journey to self mastery.

As mentioned, there are **two options** for you to complete the DISC assessment:

1. Complete the assessment we used on our team at <http://bit.ly/DISCByproduct>
2. There are plenty of free DISC assessments online. Word of caution: You get what you pay for!

SELF ASESMENT

Once you’ve completed your DISC profile assessment, list your **Natural** and **Adaptive** scores for each one of the DISC personalities:

	Natural	Adaptive
D		
I		
S		
C		

Ask yourself the following reflective questions:

- What your two highest scores for your Natural State?
- How do they compare to those of your Adaptive State?
- Were your Natural and Adaptive states in the same categories?
- How wide was the gap between the 2 categories?
- What are your conclusions, based on the video content?

Based on the results of your DISC profile, did your assesment validate what you already know about yourself, or did it reveal things of which you were not aware?

