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Sample Profile for your review

Glorifying God Through Wellness

Introduction of the 4 DISC Personality Types of Behavior

The terms "personality" and "temperament" are synonymous to most people. When we use these terms, we are referring to the predictable patterns of thoughts, feelings, and behaviors. There are many theories about personality types. The DISC Model is simple to understand, easy to remember, and practical to apply.

Understanding our active or passive roles (extroverts and introverts) helps us identify our specific temperament styles. By combining these two different categories of influences, along with our task and people-orientations, we end up with four specific types.

Everyone has a predictable pattern of behavior because of his or her specific personality. There are four basic personality types. These types, also known as temperaments, blend together to determine your unique personality. To help you understand why you often feel, think, and act the way you do, review this entire report.

Our personalities should never become an excuse for poor behavior. The attitude of many is: "That's just the way I am. Love me or leave me. You knew I was like that when you married me," but we should not blame our often poor reactions on our personalities.

Each temperament style represents a specific behavior pattern. How we use or abuse our personalities determines our effectiveness with others. Once we understand the four quadrant model of behavior styles, we can begin to identify our individual profile. To simplify the four types of temperaments, we will use William Marston's DISC titles. The following are the four quadrants of the DISC model:

"D" - ;

"I" - a

"S" - †

"C" - |

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Once you understand the four quadrant model of behavior styles, you can begin to easily identify the different personalities and how they may be more effective in your work and home. Each personality has its strengths and weaknesses. Conflict or harmony in relationships and job performance are the result of how we use or abuse our personalities in response to life's situations.

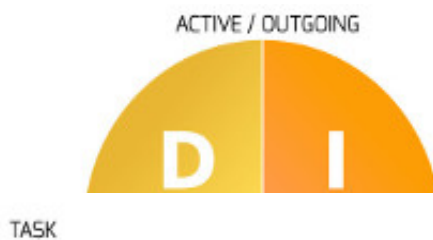
Keep in mind that 85% of people tend to be composites of DISC; therefore, most people will be blends and combinations of the evident characteristics in the four personalities. There are numerous variations of this model. Speakers, writers, and trainers have added their own titles to make the model more simpler or personal, but this four vector explanation of basic human

behavior has become very popular. The DISC personality profile (paper instrument) was originally designed by Dr. John Geier and has been validated by the Kaplan Report and Winchester Report. The DISC profile and Model of Human Behavior stands out as one of the most reliable and practical available today.

You have a predictable pattern of behavior because you have a specific personality. There are four basic personality types. These types, also known as temperaments, blend together to determine your unique personality. To help you understand why you often feel, think and act the way you do, review the "Interpretation" page after the Graph 1 and 2 personalized pages in this report. Study the "Pie of DISC Human Behavior" (four quadrant) graphic and page that summarizes the Four Temperament Model of Human Behavior, plus review this entire report for maximum learning.

Interpretation

You have a predictable pattern of behavior because you have a specific personality. There are four basic personality types. These types, also known as temperaments, blend together to determine your unique personality. They help you understand why you often feel, think, and act the way you do. The following graph summarizes the Four Temperament Model of Human Behavior.



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Active

Dominating, Directing, Demanding, Determined, Decisive, Doing

Active/People-oriented "I"

Inspiring, Influencing, Inducing, Impressing, Interactive, Interested in people

Passive/People-oriented "S"

Steady, Stable, Shy, Security-oriented, Servant, Submissive, Specialist

Passive/Task-oriented "C"

Cautious, Competent, Calculating, Compliant, Careful, Contemplative.

"D" Type Behavior

Basic Motivation: Challenge & Control

Desires: Freedom from Control - Authority - Varied Activities - Difficult Assignments - Opportunities for Advancement - Choices rather than ultimatums

Respond Best To Leader Who: Provides direct answers Sticks to task - Gets to the point - Provides pressure - Allows freedom for personal accomplishments

Needs to Learn: You need people - Relaxation is not a crime - Some controls are needed - Everyone has a boss - Self-criticism is most important - The focus on finishing well is important - Sensitivity to people's feel

"I" Type Behavior

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Basic Motivation: Recogn

Desires: Prestige - Friend s - Opportunities to help others - Opportunities to motivate

Respond Best To Leader who: is fair and is also a friend Provides social involvement - Provides recognition of abilities - Offers rewards for risk-taking

Needs to Learn: Time must be managed - Deadlines are important - Too much optimism can be dangerous - Being responsible is more important than being popular - Listening better will improve one's influence

"S" Type Behavior

Basic Motivation: Stability & Support

Desires: Area of Specialization - Identification with a group Established work patterns - Security of situation - Consistent and familiar environment(s)

Responds Best To Leader Who: Is relaxed and friendly - Allows time to adjust to changes - Allows to work at own pace - Gives personal support

Needs to Learn: Change provides opportunity - Friendship isn't everything - Discipline is good - Boldness and taking risks is sometimes necessary

"C" Type Behavior

Basic Motivation: Quality &

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Desires: Clearly defined tasks
- Time to think

Tasks that require precision and planning

Responds Best To Leader

- Provides resources to do tasks

Tasks that require detailed operating procedures

Needs to Learn: Total support is not always possible - Thorough explanation is not everything - Deadlines must be met - More optimism will lead to greater success

Behavioral Blends

These are the Behavioral Blends that are specific to you. Read through the report to see other personalized information. At the bottom of each name is a link to pages with general information.

This is expected of me: **IN**

This is me: **ABOVE MID-LI**

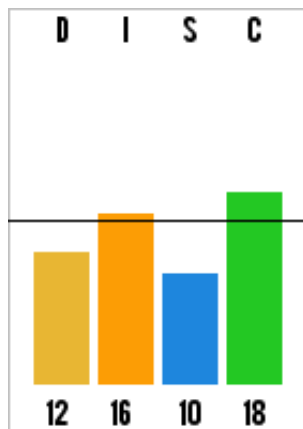
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Preface: This section is designed to help you understand how you behave when individuals are either in your comfort zones. People tend to behave differently when they live than they have in public

types from a public perspective - people tend to behave differently when they are away from their homes or in public - at work or away from where they live. Public environments.

Review the following insights with a specific person in mind, or find the type that describes your specific Graph 1 personality type.

Your Personality Type on Graph 1: "This is expected of me!"



Description

As an "I / C" or "C / I" type, you think people expect you to be both inspiring and competent. You make one of the best public speaker types because you can talk with enthusiasm and knowledge. You feel that people want more excited and keep people have great material when address groups. You also most. On one hand, you tend also be optimistic and free but neither do they want you

Sample Profile for your review

e communicator. You tend to be you prepare and study so that you bstance and sizzle when you ind dig deeper into problems than ig. On the other hand, you can you to be dominant or demanding,

How Others See You

Others view you as an influencer with great wisdom. Cautious and careful types are often considered wise because they consider the consequences before proceeding. You often wait and see, and then you act. However, there is also a side of you that likes to take risks. You think people expect you to be a dichotomy or strange bedfellow. People see you from two different perspectives. You are active and passive, and you are task and people oriented. You aren't seen as abrasive or pushy unless people try to get you to do things that don't make sense. You aren't seen as one who is sweet and sensitive. You tend to be seen as one who is interested in lots of people and one who follows the rules.

Your Feelings and Thinking

You tend to often feel both optimistic and pessimistic. This is not abnormal. You simply struggle between having a positive and negative attitude. Like a comedian once said, "Sometimes you feel like a nut and sometimes you don't." In other words, you can be spontaneous and respond at a moment's notice or you can be very slow to act because you are also very cautious. You think people want you to be both because it makes sense, and life is sometimes short. You don't want

to miss anything exciting and you don't want to do anything stupid. You don't feel like doing things because of a challenge or not doing things because of insecurity.

Vision and Passion

You often see through bifocals. One lens is optimistic and exciting, while the other is realistic and deep. Your passion tends to be your ability to influence and impress people with your articulation and information. You think people want you to see situations more clearly than others. Therefore, you dig deeper and research more than necessary. Your passion is often a mix of talking and impressing others, as well as researching and finding facts that others don't know. You are not motivated to see things from a control perspective or a serving orientation.

Leadership Style

Your leadership style is more inspiring and contemplative. You tend to lead with your words and mind. You are not all talk. Nor are you all facts. You think people want you to lead through your verbal skills and with the research and information you gather. You sometimes have problems with those who want you to be the strongest and more challenging. You also may have problems with those who want you to be those who don't tend to like people who give ultimatums. You also don't ever seem to do anything.

Follower Style

You sometimes have a problem with people who want you to be the leader. You are not demanding. You are more encouraging. You are more information. You think people want you to be in charge, but you need leaders who allow you to express your feelings and who encourage you to dig deeper to uncover more information.

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Responds Best To

You seem to respond best to those who are both active and comfortable with crowds, and to those who are task and research oriented like you. You think people want you to respond to the crowd's need for influence and information. You don't tend to respond well to those who are too direct and defiant. You also don't tend to respond well to those who are quiet, shy, and dull. You like to inspire and be inspired, and you also enjoy digging deep into a subject and discovering or discerning facts that others may not know.

Conflict Management

You think people want you to avoid conflicts by influencing others to be happy and educated. You also feel that others want you to diffuse problems with accurate and convincing information. You don't like arguing over control or having to tiptoe around people's emotions. You like presenting

the facts in an inspiring and impressive way such that people make decisions based on the information you have uncovered. You tend to be a good diplomat who represents your side with optimism and convincing facts. You don't think people expect you to argue over who has the right to decide, but rather who has the most convincing argument. You can be a little stubborn when presenting your side, and you need to remember that your inspirational communication can be more powerful than your know-it-all attitude.

Strengths and Uniquenesses

You are strongest in the area of speaking and thinking skills. You don't think people expect you to be aggressive or assertive. Nor do you think that people expect you to be submissive and shy. You are one of the best at making great impressions with the combination of your enthusiasm and intellectual abilities. Your uniqueness, or what others may call your "weakness", can be either your lack of drive when things need to get done or your servant's attitude when you have to work by yourself.

Overuses and Abuses

You sometimes overuse your knowledge and are overly friendly. You have a tendency to know a lot about different topics, which often makes people expect you to think critically and to talk people into believing things.

Sample Profile for your review

You think others expect you to be knowledgeable and to do harm and knowledge. You seem to like to research and investigate information. This is usually true in groups, which causes you to lose track of your popularity and knowledge to everyone.

Guard Against & Watch

You sometimes become caustic and say hurtful comments in the heat of the moment. You need to control your words and occasional judgmental attitude. People seem to trust you because of your competence and compliance. They believe that you prefer to do things the right way and that you try to abide by the rules or go by the book. You probably have reminded or convinced them of this commendable attribute, but you may sometimes use it for selfish gain. Have more will power and don't let your pride destroy your character. Be more sensitive to the needs of individuals as opposed to your selfish gain.

Relating Style

You relate well to those who need inspiration that is supported by information. You think people expect you to lift them up as part of a group, while convincing them with facts. You don't relate well to those who need scolding or rebuking. You also tend not to communicate as well with those who are emotionally weak and need an authority figure or close friend. You seem to feel that people want you to be an articulate and knowledgeable communicator.

Conclusion

You tend to have the best reputation and admirers of all the types because of your ability to impress a crowd with your words and wisdom. People like to listen to you when you have prepared and present the facts with emotions. You are the ultimate crowd pleaser. You think people want you to be inspiring and popular with crowds, as well as studious and deep with your presentations. You don't tend to be very aggressive or demanding, and you aren't shy or security-oriented. In other words, you don't need a lot of security because you are more popular than most, and you seem to have more answers than others.

DISCLAIMER: These insights are broad descriptions of your specific personality type. They are NOT intended to be 100% accurate. This is simply a brief overview.

Having completed your Uniquely You Personality Questionnaire, be sure to view these descriptions from a Graph 1: "This is expected of me" perspective. If both graphs are the same, your understanding of them will be easier. If both graphs are different, keep the appropriate perspective in mind and interpret the descriptions accordingly.

People seem to respond and behave from different perspectives and drives. This profile is purely subjective, based on the DISC Model of Human Behavior Science, and applies to your more guarded, masked, or controlled personality type. Review the insights with your specific personality type in mind. These are always characterized by these descriptions.

Sample Profile for your review

This is simply how you tend to behave in your work environment, maturity, spirit, and how you want to make good impressions. Your inner drive is to be seen in your environment, maturity, spirit, and how you want to make good impressions.

When you are in a public setting, you are often more guarded, masked, or controlled. You are often more guarded, masked, or controlled when you are in a public setting, and you want to make good impressions. Your inner drive is to be seen in your environment, maturity, spirit, and how you want to make good impressions.

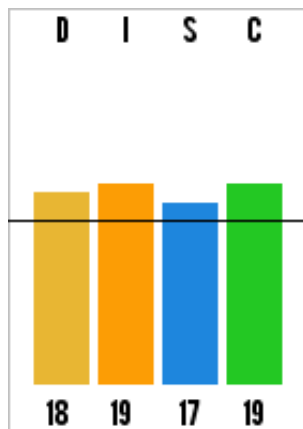
This is NOT a psychological assessment of your behavior. It is simply a broad description of your personality type.

It is not used as a definitive example of your behavior. It is simply a broad description of your personality type.

Preface: This section is designed to describe specific personality types from a private perspective - when individuals are either in their home environments or in settings among friends and relatives. People tend to have different motivations in public - at home or away from work than they have in public - at work or among casual friends or strangers.

Review the following insights with a specific person in mind, or find the type that describes your specific Graph 2 personality type.

Your Personality Type on Graph 2: "This is me!"



Description

As an "Above the Midline" personality type, you are an overachiever. You want to operate as all four types. In other words, you have all four letters (D, I, S, and C) above the midline on your Graph 2. This indicates that you are more of one type or the other. You don't necessarily need to be the best you can be as each one.

How Others See You

You seem to act highly motivated. This causes more stress than most people. You are more focused than others.

Sample Profile for your review

This is true for all people. This sometimes is the reason why you tend to be overachievers.

Your Feelings and Thoughts

You have strong feelings in all four types. You also tend to think as each type in different situations. This can be a little frustrating because people seem to relate to you on different levels. Your flexibility may also cause you and others undue pressure at times.

Vision and Passion

Your passion is to do everything well, whether it is taking charge, speaking to a group, submitting to authority or researching information. You want to exhibit all of the personality traits in a positive way, but may be trying excessively. You are passionate about achieving excellence in your life. This might be impossible at times. Your vision is often clouded by your strong motivations to respond in the best way possible.

Leadership Style

Your leadership style is more intense than most other types. You have the unique style that often

appeals to every personality type because of your identification with all of them. You can direct, inspire, support, and calculate whenever necessary. You sometimes overdo it, but people seem to want to follow your leadership.

Follower Style

You are a good follower as long as you don't let stress affect you. You can be impatient with those who are incompetent. At the same time, you can be too laid back when everyone is easygoing. Your greatest challenge is not letting your drives confuse your feelings by trying too much to be whatever type you think you ought to be.

Responds Best To

You respond best to people who need you to be all things to all people, but on a higher level. In other words, you affect others who look to you for direction, as well as those who also understand when you change in midstream or show great intensity. People tend to see you more committed than others, but recognize your type is more varied and flexible than others.

Conflict Management

You sometimes don't handle stress a little differently than others, but you adapt well to others, but only in high intensity. You can also present situations and adapt to people

Sample Profile for your review

with pressure. You also deal with one type to another type. You understand others' anxieties because of your ability to deal with difficult

Strengths and Unique

Your strength is your determination to succeed, win, influence the crowd, submit to others, and comply with the rules. Few people have all four motivations in one personality type. At times, this creates a lot of inner turmoil. Your uniqueness, or what others may call your weakness, is how you handle stress.

Overuses and Abuses

You sometimes allow your emotions to overwhelm you. You can try too hard to be all of the different personality behaviors. You are often too impatient with others. Don't let pressure cause you to do things you shouldn't do. Learn to relax more. Be more calm and easygoing.

Guard Against & Warnings

Guard against internal and outside pressure. Learn to roll with the punches. Be more flexible and tolerant. Don't let circumstances affect you. Accept your daily task challenges and relational roller

coaster. Improve your character and well being by avoiding conflicts and building friendships.

Relating Style

You relate best to those who are like you, but the pressures each of you carry can strain your relationship. Those without much stress sometimes want you to relax more or back off. You can relate well to a lot of different types, but sometimes you need to slow down or stop and smell the roses.

Conclusion

You are an overachiever with strong motivations as all four personality types. You may be trying too hard to succeed. Your type is impressive and very likeable, but some people are frustrated by your intensity. Try backing off more often and allowing others to achieve more than you. Seek to let others talk. On the other hand, don't do all the listening. Get your tasks done, but do them well. Try not to be so broad-minded and flexible about everything. Continue striving to achieve, but don't let it be your top priority in life.

DISCLAIMER: These insights are NOT intended to be 100%

specific personality type. They are a general overview.

Having completed your Uniquely You Personality Profile, be sure to view these descriptions from a Graph. Graphs are the same, your understanding of them will be different. Keep the appropriate perspective in mind and interpret the results accordingly.

Sample Profile for your review

Remember, be sure to view these descriptions from a Graph. Graphs are the same, your understanding of them will be different. Keep the appropriate perspective in mind and interpret the results accordingly.

People seem to respond to your intensity and drives. This profile is purely subjective, based on the DISC model of human behavior science, and applies to your more unguarded, unmasked, and accentuate type of behavior, especially among close friends or relatives. Review the insights with your specific personality type in mind, but do not conclude that you are always characterized by these descriptions.

This is simply how you tend to behave when your true feelings are evident or come out under stress. Your interpretation of this information should take into account your environment, maturity, spirituality, and experiences.

This is NOT a psychological evaluation and is not intended to be used as a definitive example of your behavior.

When Both Graphs 1 & 2 Are Generally Different

Your Uniquely You Personality Profile contains basic insights on how you tend to think, feel, and act from a DISC temperament type perspective. If your graphs are generally different, you are

simply revealing something contrasting about your behavior. You may be saying that you think people want you to behave one way in public, but you sometimes feel you should respond in a different way in private. In other words, if you have a specific high type in Graph 1 and the same type low in Graph 2, you believe that people expect you to be one way in public, but not that way in private.

You may also be revealing that you feel that people expect you to behave one way among fellow employees and associates at work or publicly outside your more personal and familiar environments (Graph 1), than you tend to behave either at home under pressure among your closest friends and relatives or in more familiar environments (Graph 2). Keep in mind that Graph 1 is the behavior "expected of you" when you have your guard up and mask on (usually your place of employment or in casual environments). Graph 2 is "the real you" when you let your hair down, drop your guard, or take your mask off (usually at home or among those you know best in more familiar environments).

When both graphs are different, you are either struggling with your motivations and feelings or you are aware of your challenges and perhaps handling them well. Having a different configuration in your two graphs is common and can be very enlightening. It may be a sign that you are mature and capable of controlling your emotions. Or, it can mean that you are not even aware of the struggles.

Understanding and adjusting to these differences can be very productive and wise. Review your differences. Then, learn how to handle them.

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Using these insights can be very helpful. Keep in mind the similarities and differences. Don't let them control you.

Your **LOW "D"** on Graph 1 and **HIGH "D"** on Graph 2

You have a Low "D" on Graph 1 and a High "D" on Graph 2. This may mean that you have your dominant and demanding personality under control or you are suppressing it. Either way, it could be to your advantage to be less aggressive and assertive than you seem to really be.

The degree to which you are controlling your personality is shown by how high or low your "D" is on Graphs 1 or 2. In other words, if your "D" is closer to the bottom of your graph, you will be less determined and demanding than if your "D" is closer to or higher than the midline. If your "D" is just below the midline, you will be a little less controlling, but not as much as when your "D" is higher than the midline. The lower your "D," the less intense and driven you tend to be.

When your "expected of you" behavior (Graph 1) is less controlling and driving, you won't act in public like you tend to be in private. At home, or among friends and relatives, you can be too strong and hard on them. If you have a Low "D" in Graph 1, you feel that people don't want you to be as forward and confident as you really are.

It can be a good sign that you need to be more sensitive to the needs of others in public, but this may also mean that you need to be more sensitive to the needs of others in private. You may feel a lot of pressure at work which causes you to be more aggressive in public than in private. Let whatever is causing you to be less dominant in public be more gentle at home or in familiar environments.

Sample Profile for your review

Also, you may need to be more sensitive to the needs of others in public as you can be in private. You may not have the confidence to be more assertive at work. This can be a good sign that you need to be more sensitive to the needs of others in public.

Also, you may need to be more sensitive to the needs of others in public as you can be in private. You may not have the confidence to be more assertive at work. This can be a good sign that you need to be more sensitive to the needs of others in public.

Don't let your feelings get out of control. Guard your will power. Be more aware of your feelings and actions both in public and privately. Notice your tendency to shy away from taking charge at work or in unfamiliar environments. You can be too cautious or too concerned of what others might think. At work, you often suppress or control your natural drive to make things happen like you do at home. Just guard your emotions and need to achieve so that you don't overdo it where ever you are.

In summary, your low "D" in Graph 1 and high "D" in Graph 2 means you can adapt and tend to be more in control of yourself publicly than privately. Also, you are often more transparent and predictably bossy when you are under pressure in private, especially at home, or among friends and relatives.

Your **LOW "S"** on Graph 1 and **HIGH "S"** on Graph 2

You have a Low "S" on Graph 1 and a High "S" on Graph 2. This usually means you think people expect you to be more submissive and sweet in private than in public. You feel that people don't want you to be as sensitive outwardly as you really are inwardly. You can be very nice and kind

among close friends and relatives, especially under pressure. You are not as patient or shy among strangers and unfamiliar environments.

Your degree of passivity is shown by how high or low your "S" is on Graphs 1 or 2. In other words, if your "S" is closer to the bottom of your graph, you will be less kind and nice than when your "S" is closer to or higher than the midline. If your "S" is just below the midline, you will be a little bolder and less shy. The lower your "S," the less withdrawn and hesitant you tend to be.

You think people want you to be less reserved. Publicly, you don't tend to need a secure environment. Privately, you seem to be satisfied with the status quo and often don't want a lot of change. When stress comes into your life, you seem to need more stability or someone to stand by your side. You are more security-oriented. However you are not as sweet as you think people expect you to be among strangers or casual friends. Your dearest acquaintances sometimes take advantage of you, while you may be stronger with others.

This can be very frustrating to others because they don't always know how to read you. People doubt your sincerity when they see that you are kinder and nicer to those closest to you, than you are to them. You often feel that people expect you to be more of a servant privately. Nevertheless you aren't willing to sacrifice in unfamiliar environments. You often feel that people expect you

You are expected to be more safety-oriented. You sometimes expect you to be more secure and invisible way. When you are overly sensitive and caring

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You are driven to be less security and rely, while publicly you think people to help others, but in a more quiet ways or relatives, you seem to be

You strongly desire to help others but can be unresponsive to those you don't know well. You seem to have mixed emotions when it comes to serving and helping others. You need to be just as caring at work and toward those you don't know well as you are privately. You also may need to give more love and care to people who are not as close to you.

Be as much of a humble servant at work as you are at home. Be as caring publicly as you are privately. Care for your casual friends as you would for loved ones and dear friends. Balance your love for others and spread your kindness around to everyone.

In summary, your Low "S" in Graph 1 and High "S" in Graph 2 means you are expected to be more passive and reserved at home or in familiar environments than you tend to be at work or in unfamiliar environments.

Case Study or Example of an Immature or Out-Of-Control “C/I” Type

Imagine an “I/C” or “C/I” personality who is obviously immature or out of control. He is a great presenter and public speaker. He keeps his audiences interested; his information is always deep and informational.

His problem now is that he has become too proud of his abilities and lacks the aggressiveness to try new things. He is also not very sensitive to other people’s feelings. He stands out in a crowd and is admired for what he knows, but he seems to be a little “cocky” and too sure of himself.

He seems to get away with his arrogance and egotistical sharp tongue, but people have grown tired of his “know-it-all” attitude. He often interrupts conversations and seems to always have a better idea or more accurate information.

He can be very positive, then turn right around and be extremely negative. He seems to be up one minute and down the next. People never know what mood they are going to catch him in. He tends to be very unpredictable.

This “I/C” or “C/I” type is contemplative, outgoing, and his behavior is ruining his relationships.

He desperately needs to learn how to work well with people, but he is often too proud to do so.

His ability to influence and stand out in a crowd and that people admire his knowledge. That is his biggest pitfall.

He needs to control himself and seek to make others look better. He also lacks drive and determination when it comes to completing tasks. He can get easily distracted and frustrated changing from one impulse to another.

He often suffers from the paralysis of analysis and takes much too long to complete his projects. He sometimes sets them aside or postpones his work so he can talk to someone or have more fun. He needs to be more decisive and determined.

He also lacks sensitivity and compassion. He doesn’t show much empathy for others. His critical spirit and fault finding attitude often offends others. He doesn’t seem to be very caring or kind.

This “I/C” or “C/I” should recognize how much more effective he would be with a little more softness and sweetness. He may put on a good show in front of the crowd, but individually, people see right through him.

Sample Profile for your review

He is on then off, talkative then quiet. This is immaturity and out of control.

He has a sense of entitlement and attitudes. He should focus on humility and teamwork. He tends to do what he wants.

He is proud of his achievements and pride. He needs to learn to share his knowledge.

He will be admired, rather than criticized once he learns to improve in his passive people-skills (S) and his active task-skills (D). He desperately needs to learn how to be a “man of steel and velvet.”

”

Case Study or Example of an Mature or In-Control “C/I” Type

Here’s an example of an “I/C” or “C/I” who is very mature and in control of her personality. She has learned how to guard her strengths and avoid her uniquenesses (weaknesses). Everyone says she’s a “sharp cookie.”

She seems to outshine everyone through her cordial and friendly ways. She is a super communicator. She is articulate and knowledgeable of so many things. What she doesn’t know, she researches and investigates until she feels confident sharing her knowledge.

Though not very forward or demanding, she has learned to take charge and be more assertive. She also has a soft spot and often demonstrates a servant’s heart. She seems more comfortable in a crowd, but is just as motivated to seclude herself in study and research.

She can be humorous and can be a drama queen and storytelling. She makes

She also seems to be very recognized for her enthusiastic thought processes. She can has been thinking about th

Sample Profile for your review

down and acts like a clown. She is amazed by her way with words

er thoughts. She is highly d for her competent and thorough say the right things as though she

Even her dominating and demanding ways seem tempered with patience. She has learned not to be controlled by stronger types, but to use her communication skills to defuse anger or aggression. She is a great negotiator. She seems to know exactly what to say and when to say it.

Her sweet and soft side is also evident when faced with the need to show mercy and grace. Though often hard on others for their wrongdoing, she can back off and be kind and caring. She seems to have the right balance that makes her a very desirable team member and leader.

She doesn’t seek attention like most of those who have “I” personalities. She also isn’t a perfectionist like most “C” types. She seems to be the best of all four types because she has matured and is in control of her feelings, thoughts, and actions.

It is rare to find someone who can handle their natural motivations and drives. As an “I/C” or “C/I” she seems to float in and out of situations with the wisdom of a sage and the beauty of a butterfly. Perhaps her best descriptions are that she has the determination of a conqueror, the influence of a leader, the silence of a dear friend, and the competence of a wise judge.

Case Study or Example of an Immature or Out-Of-Control “Above The Midline” Type

Since this type tends to be an over-achiever if he or she is immature or out of control another set of circumstances may arise. Here’s an example of “Above The Midline” types. On the surface they seem to be go-getters, but once you get to know them, they exhibit signs of uncommon stress.

Everyone has stress in life, but “Above The Midline” types seem to be unusually burdened with the pressures of life. They often carry the weight of the world on their shoulders.

They try real hard to be all four temperament types, but can’t seem to relax with any one of them. They may be trying too hard. Especially if they are immature, they exaggerate all the traits of every personality type.

They can become domineering, and/or impulsive, and/or overly insecure, and/or highly critical. They seem to push the limits of people’s patience. Emotionally they can be up one minute and down the next. They don’t

“Above The Midline” types want to achieve at everyth need to relax and be more

Sample Profile for your review

that may be their problem. They althy if they strive too hard. They

Case Study or Exa Midline” Type

ontrol “Above The

Not everyone with an “Above the midline” type has a problem with this behavior. It is often an indication that this person is an “overachiever.” He is trying hard to be all things to all people. The challenge occurs because this is often impossible and these types need to be careful that their desires and drives don’t cause them to over do it.

Balance and maturity are constantly affected by everyday experiences. This person seems to handle it better than others with an “Above The Midline” profile. He tries hard to control his aggressiveness, excitement, submission, and caution. This is tough to do, but understanding his drives causes him to recognize his impulses.

Knowing what makes him tick is the first step toward disciplining what ticks him off. He also needs to gear down, take time off from work, and have more leisure time. Pressure and stress affect his “Above The Midline” influences more than anything.

Relaxing and reflecting on the simple things are very therapeutic. He also exercises regularly and takes time for his family and faith. A famous preacher once said, “If you don’t come apart (and rest), you will come apart.”

This person struggles with his
slow down and smell the rose

he recognizes his need to

Sample Profile for your review

Graph 1: "This is expected of me"

"This is expected of me" is your response to how you think people expect you to behave. It's your normal guarded and masked behavior.

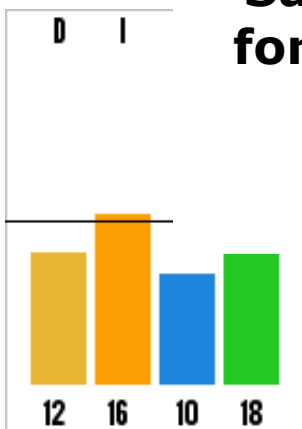
Description: As an "I / C" or "C / I" type, you think people expect you to be both inspiring and competent. You make one of the best public speaker types because you can talk with enthusiasm and knowledge. You feel that people want you to be an influential and informative communicator. You tend to be more excited and keep people's interest better than others, and you prepare and study so that you have great material when you speak. You tend to have good substance and sizzle when you address groups. You also think people expect you to research and dig deeper into problems than most. On one hand, you tend to be more cautious and calculating. On the other hand, you can also be optimistic and free spirited. You don't think people want you to be dominant or demanding, but neither do they want you to be submissive or shy.

I/C - INSPIRATIONAL COMPETENT

Discovering your behavioral blends

"I/C" Types are inspiring, yet cautious. They size up situations and comply with the rules in order to look good. They are good at figuring out ways to do things better through a lot of people. They can be too persuasive and too concerned about winning. They are often impatient and critical. They need to be more sensitive to individual feelings. They are often more concerned about what others think. They do not like breaking the rules; neither do they enjoy taking risks. They need to try new things and sometimes go against the crowd. They are careful communicators who think things through

Controllin



Sample Profile for your review

ly of yourself.
 .
 significant people.
 ent.
 /.
 f.

Graph 2: "This is me"

"This is me" is your response to how you feel and think under pressure - how you really feel and think inside. It's your normal unguarded and unmasked behavior.

Description: As an "Above the Midline" personality type, you are an overachiever. You want to operate as all four types. In other words, you have all four letters (D, I, S, and C) above the midline on your Graph 2. This indicates that you are motivated to act as each type. You don't necessarily need to be more of one type or the other, but do desire to strive to be the best you can be as each one.

Above - ABOVE MID-LINE

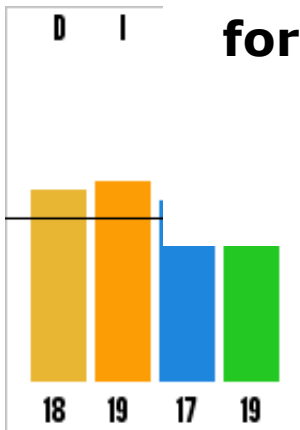
Discovering your behavioral blends

Some patterns indicate unique struggles an individual may be having. An Above Mid-Line Blend occurs when all four plotting points are above the mid-line. This may indicate a strong desire to overachieve

Controllir

Sample Profile for your review

may be trying to over-achieve. You may be is expected of you or the real you.



Your DISC Insights

Uniquelyyou Test tends to be more:

Kind / Nice / Caring
 Firm / Strong
 Bold / Daring
 Conservative / Inflexible
 Obedient / Submissive
 Promoting / Encouraging
 Perfectionist / Precise
 Compliant / Goes by book
 Smooth talker / Articulate
 Entertaining / Clowning
 Admirable / Eleg
 Ambitious / Goes
 Talkative / Verba
 Confident / Self-i
 Controlling / Taki
 Guarded / Maske
 Powerful / Uncor
 Smiling / Happy
 Inquisitive / Quest
 Original / Creativ
 Courteous / Polit
 Inventive / Imagin
 Zealous / Eager
 Faithful / Consist

Uniquelyyou Test tends to be less:

Demanding / Asserting
 Playful / Fun-loving
 Calculating / Analytical
 Peaceful / Calm
 Friendly / Cordial / Popular
 Straight / Conforming
 Considerate / Thoughtful
 Brave / Adventurous
 Right / Correct
 Positive / Optimistic
 e / Thinker
 se
 ' Motivating
 nced
 Convincing
 ler / Compassionate
 Researching
 Hard working
 tient
 aling
 nding
 Enjoys company
 Orderly
 Reacting

Sample Profile for your review

Uniquelyyou Te

Firm, Strong, Arr
 Unconquerable, Zealous, Eager

controlling, Taking charge, Powerful,

Uniquelyyou Test's "I" Tendencies seem to be:

Promoting, Encouraging, Entertaining, Clowning, Admirable, Elegant, Talkative, Verbal, Smiling, Happy

Uniquelyyou Test's "S" Tendencies seem to be:

Kind, Nice, Caring, Obedient, Submissive, Courteous, Polite

Uniquelyyou Test's "C" Tendencies seem to be:

Conservative, Inflexible, Perfectionist, Precise, Guarded, Masked, Protective, Inquisitive, Questioning, Original, Creative

Uniquelyyou Test's "D" Tendencies are not very:

Demanding, Asserting, Brave, Adventurous, Positive, Optimistic, Industrious, Hard working

Uniquelyyou Test's "I" Tendencies are not very

Playful, Fun-loving, Friend

icting

Uniquelyyou Test's "S" T

Peaceful, Calm, Stable, B
Enjoys company

Sample Profile for your review

ate, Tolerant, Patient, Hospitable,

Uniquelyyou Test's "C" T

Calculating, Analytical, Rig

Organized, Orderly

Appendix

Table Of Contents

This Table of Contents is for the generic pages of your Online report. Be sure to first review your online report to learn all the personal information generated from your questionnaire.

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**Sample Profile
for your review**

Why Wellness?

- *The Bible commands it!*
- *Wisdom encourages it!*
- *Home & Ministry needs it!*

Wellness is not an option! Taking care of ourselves must be a priority, if we want to enjoy life to its fullest. Especially with so many unknowns and pressures today, we must desperately guard our health. Wellness must be an essential part of our everyday way of life.

We cannot afford to think that physical and financial security are luxuries. They are investments. Staying healthy is less expensive than staying unhealthy. Taking care of yourself is one of the wisest investments of your life.

The problem with getting and staying healthy is that it takes personal motivation. What we do is one of the determining factors for success. Our motivation affects exercising, and investing in nu

Motivation is not everything!

Motivation is a mystery to many. It is also a myth and misunderstanding about motivation. The myth of motivation is thinking that people are not already motivated. The truth is, everybody is motivated.

Some people are motivated to do one thing, while others are motivated to do the exact opposite. But everyone is motivated. The question is, *what motivates us?*

Some people are motivated to be healthy, because it's a serious thing to do. They want to be in control of themselves. Others are motivated to be healthy, because they want to look great and make good impressions.

Others are motivated to be healthy, because it's more safe and secure. They don't like trouble or change. They like steady environments. Others are motivated because it's logical and wise to take care of themselves. They look at wellness as the right thing to do.

Our motivations obviously affect our wellness. It's natural to be healthy and it's unnatural to be unhealthy. Nature responds to our motivations. Everything in life runs down, unless we take care of it. The Law of Entropy warns us about decay and disease — Energy, in any given system, always runs toward randomness and chaos when left alone.

Wellness doesn't just happen. It takes effort!

We must have a plan to stay fit. If not, the eventual is inevitable! Lack of wellness runs toward ruin. Lack of productive motivation ends your life.

By analyzing your motivations from a different perspective, you can guard yourself and avoid your weaknesses. Once you know your specific personality profile, you can learn how to improve your motivations. Download your *Uniquely You Questionnaire* today. You can't fail. There are no wrong answers. There are only honest and dishonest answers. Be honest with your responses. Simply follow the instructions at the top of the page.

Once you complete your *Uniquely You Questionnaire*, study the *Interpretation* page to understand what it means. Then study the rest of this report to get the most out of it.

Your health and future are important. Take the time to understand why you do what you do. Learn how to improve the quality of your life. Do it for yourself and loved ones. There is nothing wrong with taking care of yourself.

It is essential that you take the time to understand your motivations and improve your health. It can be the beginning of a whole new way of thinking, feeling, and acting. It can add years to your life, and life to your years!

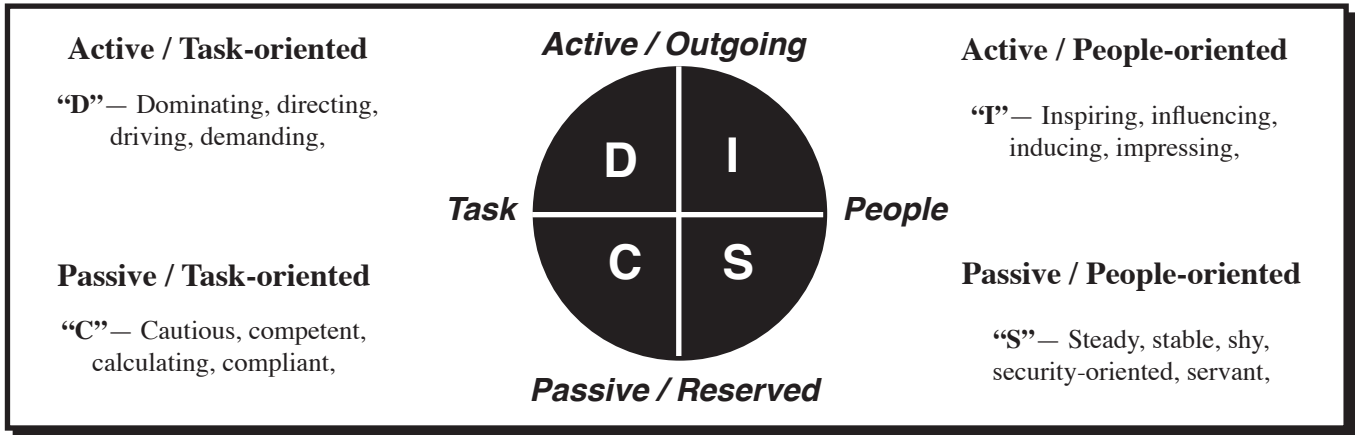
Wellness is more than just good health, It can also be your way to biblical health and happiness!

Sample Profile for your review

Interpretation . . .

You have a predictable pattern of behavior because you have a specific personality. There are four basic personality types. These types, also known as temperaments, blend together to determine your

unique personality. To help you understand why you often feel, think, and act the way you do, the following graphic summarizes the Four Temperament Model of Human Behavior.



“D” BEHAVIOR / Biblical Example: Paul
(Active / Task-oriented) Known as “Choleric”
Descriptions: *Dominant, Direct, Demanding, Decisive*
Basic Motivation: Challenge and Control
Desires: • Freedom from control • Authority • Varied activities
 • Difficult assignments • Opportunities for advancement
 • Choices, rather than ultimatums
Responds Best To Leader Who: • Provides direct answers
 • Sticks to task • Gets to the point • Provides pressure • Allows freedom for personal accomplishments
Needs To Learn: • You need people • Relaxation is not a crime
 • Some controls are needed • Everyone has a boss • Self-control is most important • To focus on finish
 • Sensitivity to people’s feelings
Biblical Advice: BE GENTLE *above is . . . gentle*, James 3:17 • **ACTION:**—*Be angry and sin not for a moment*—*This ONE* • **HAVE A SERVANT’S ATTITUDE** Gal. 5:13.

“I” BEHAVIOR / Biblical Example: Peter
(Active / People-oriented) Known as “Sanguine”
Descriptions: *Inspiring, Influencing, Impressing, Inducing*
Basic Motivation: Recognition and Approval
Desires: • Prestige • Friendly relationships • Freedom from details • Opportunities to help others • Opportunities to motivate others • Chance to verbalize ideas
Responds Best To Leader Who: • Is fair and also a friend
 • Provides social involvement • Provides recognition of abilities
 • Offers rewards for risk-taking
Needs To Learn: • Time must be managed • Deadlines are important • Too much optimism can be dangerous • Being responsible is more important than being popular • Listening better will influence.
ADVICE: BE HUMBLE / AVOID PRIDE—*Humble before God*, James 3:17 • **CONTROL YOUR TONGUE**—*Be quick to hear, slow to speak*, James 1:19 • **BE ORDERLY**—*Do all things decently and in order*, 1 Cor. 14:40 • **BE PATIENT**—*The fruit of the Spirit is . . . longsuffering*, Gal. 5:22.

Sample Profile for your review

“C” BEHAVIOR / Biblical Example: Moses
(Passive / Task-oriented)
Descriptions: *Competent, Controlled, Cautious*
Basic Motivation: Quality and Control
Desires: • Clearly defined tasks • Details • Limited tasks
 • Assignments that require precision and planning • Time to think
Responds Best To Leader Who: • Provides reassurance
 • Spells out detailed operating procedures • Provides resources to do task correctly • Listens to suggestions
Needs To Learn: • Total support is not always possible
 • Thorough explanation is not everything • Deadlines must be met
 • More optimism will lead to greater success
Biblical Advice: BE MORE POSITIVE—*Whatever things are lovely, of good report . . . think on these things*, Phil. 4:8
 • **AVOID A BITTER AND CRITICAL SPIRIT**—*Let all bitterness be put away from you*, Eph. 4:11 • **BE JOYFUL**—*The fruit of the Spirit is . . . joy*, Gal. 5:22 • **DON’T WORRY**—*Fret not*, Psalm 37:1.

“S” BEHAVIOR / Biblical Example: Moses
(Passive / People-oriented) Known as “Phlegmatic”
Descriptions: *Submissive, Steady, Stable, Security-oriented*
Basic Motivation: Stability and Support
Desires: • An area of specialization • Identification with a group
 • Established work patterns • Security of situation • Consistent familiar environment
Responds Best To Leader Who: • Is relaxed and friendly
 • Allows time to adjust to changes • Allows to work at own pace
 • Gives personal support
Needs To Learn: • Change provides opportunity • Friendship isn’t everything • Discipline is good • Boldness and taking risks is sometimes necessary
Biblical Advice: BE BOLD AND STRONG—*Only be strong and very courageous*, Joshua 1:6 • **BE CONFIDENT AND FEARLESS**—*God has not given you the spirit of fear*, 2 Tim. 1:7 • **BE MORE ENTHUSIASTIC**—*Whatever you do, do it heartily as unto the Lord*, Col. 3:23.

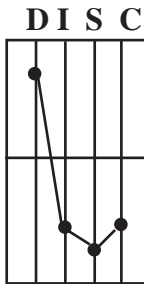
DISCOVERING YOUR BEHAVIORAL BLEND

There are four basic personality types known as **D, I, S,** and **C** behavior. Everyone is a blend or combination of these four temperaments. No type is better than the other. No one has a bad personality. The most important factor is what you do with your personality. Don't let your personality control you; instead learn how to control your personality.

To help you discover more about your specific behavioral style, there are 21 **Behavioral Blends**. One or two **Behavioral Blends** will best describe you. Few people are pure **D, I, S,** or **C** types. Most everyone is a combination of the four types. Remember, it doesn't matter what personality you have, as much as what you do with it. (Continue instructions next page.)

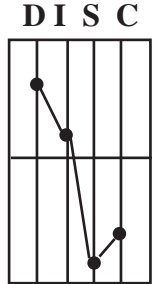
D: DETERMINED DOERS

"D"s are dominant and demanding. They win at all costs. They do not care as much about what people think as they care about getting the job done. Their insensitivity to feelings makes them too strong. They are great at developing things, but they need to improve their ability to do things correctly. Their strong will should be disciplined to prepare and think more accurately about what they are doing. They are motivated by serious challenges to accomplish tasks.



D/I: DRIVING INFLUENCERS

"D/I"s are bottom line people. They are much like Dynamic Influencers. They are a little more determined and less inspirational, but they are strong doers and able to induce others to follow. They need to be more cautious and careful, as well as more steady and stable. They get involved in a lot of projects at the same time. They need to focus on one thing at a time and slow down. They are motivated by opportunities to accomplish great tasks through a lot of people.



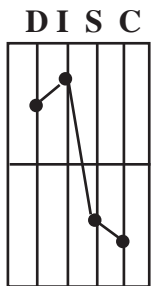
I: INSPIRATIONAL INFLUENCERS

"I"s are impressive people. They are extremely active and excited individuals. Approval is important to them. They can have lots of friends if they do not overdo their need for attention. They can be sensitive and emotional. They need to be more interested in others and willing to listen. They do not unless it makes them look good. They often to please the crowd. They are entertained need to control their feelings and think calmly. They often outshine others and are by recognition.



I/D: INSPIRATIONAL DOERS

"I/D"s are super salespeople. They love large groups. They are impressive and can easily influence people to do things. They need a lot of recognition. They exaggerate and often talk too much. They jump into things without thinking them through. They need to and still. They should also be more ous. They are motivated by exciting o difficult things. If not careful, they please the crowd and get themselves process. They make inspiring lead- ed individuals.



Sample Profile for your review

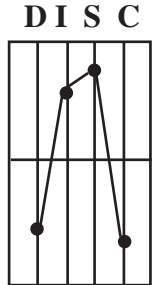
S: STEADY SPECIALISTS

"S"s are stable and shy types. They changes. They enjoy pleasing people consistently do the same job. Secure, non-surroundings are important to them. Their best friends because they are so forgiving people sometimes take advantage of need to be stronger and learn how to a friend who wants them to do wrong. front of large crowds is difficult for them. They are motivated by sweet and sincere opportunities to help others.



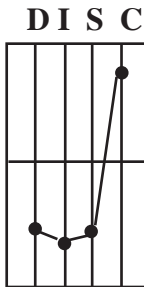
INFLUENCERS

ve and inspirational. They accept ers well. They have lots of friends tolerant and forgiving. They do not ngs and can be very influential. They task-oriented. They must learn to and do it well. They like to talk, but attention to instructions. They would al if they were more aggressive and careful. They are kind and considerate. Motivated by opportunities to share and shine, they induce others to follow.



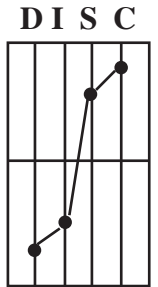
C: CAUTIOUS COMPETENT TYPES

"C"s are logical and analytical. Their predominant drive is careful, calculating, compliant and correct behavior. When frustrated, they can over do it or be the exact opposite. They need answers and opportunities to reach their potential. They tend not to care about the feelings of others. They can be critical and picky. They prefer quality and reject phoniness in others. They are motivated by explanations and projects that stimulate their thinking.



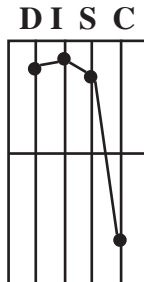
C/S: COMPETENT SPECIALISTS

"C/S"s tend to always be right. They like to do one thing at a time and do it right the first time. Their steady and stable approach to things makes them sensitive. They tend to be reserved and cautious. They are consistent and careful, but seldom take risks or try new things. They do not like speaking to large crowds, but will work hard behind the scenes to help groups stay on track. They are motivated by opportunities to serve others and to do things correctly.



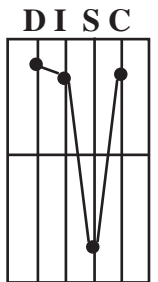
I/D/S: INSPIRING DRIVING SUBMISSIVE

"I/D/S"s are impressing, demanding and stabilizing at the same time. They are not as cautious and calculating as those with more "C" tendencies. They are more active than passive. But they also have sensitivity and steadiness. They may seem to be more people-oriented, but can be dominant and decisive in their task-orientation. They need to be more contemplative and conservative. Details don't seem as important as taking charge and working with people.



D/I/C: DOMINANT INSPIRING CAUTIOUS

"D/I/C"s are demanding, impressing and competent. They tend to be more task-oriented, but can be people-oriented before crowds. They need to increase their sensitivity and softness. They don't mind change. Active and outgoing, they are also compliant and cautious. They like to do things correctly, while driving and influencing others to follow. Their verbal skills combine with their determination and competence to achieve. Security is not as important as accomplishment and looking good.



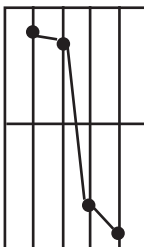
Observe the 21 **Behavioral Blends** on these two pages. Choose the one or two profiles that are most like your graphs. Read the brief paragraph descriptions of the ones that are most like you. You will probably be a combination of two specific profiles. You can also have some characteristics of other types, but will normally fit into one or two **Behavioral Blends**.

Every personality has strengths and weaknesses (uniquenesses). One person's weakness may be another person's strength. That's why "uniqueness" may be a better word than "weakness." In order to be more successful and improve your relationships, you must learn how to control your strengths and avoid your "uniquenesses." Always remember that under pressure you lean toward your strengths. The over-use of a strength becomes an abuse, and the best thing about you becomes the worst. The characteristic that people once liked most about you can become what they later despise.

D/I: DYNAMIC INFLUENCERS

"D/I"s are impressive, demanding types. They get excited about accomplishing tasks and looking good. Determined and driven, they influence large crowds best. They can be too strong and concerned about what others think. They have good communication skills and are interested in people. They need to be more sensitive and patient with the feelings of others. Learning to slow down and think through projects are crucial for them. They are motivated by opportunities to control and impress.

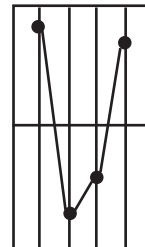
D I S C



D/C: DRIVING COMPETENT TYPES

"D/C" Types are determined students or defiant critics. They want to be in charge, while collecting information to accomplish tasks. They care more about getting a job done and doing it right than what others think or feel. They drive themselves and others. They are dominant and caustic. Improving their people skills is important. They need to be more sensitive and understanding. They are motivated by choices and challenges to do well.

D I S C



I/S: INSPIRATIONAL SPECIALISTS

"I/S"s are influential and stable. They love people and people love them. They like to please and serve others. They do not like time controls or difficult tasks. They want to look good and encourage others, but often lack organizational skills. They follow directions and do what they are told. They should be more concerned about what to do, than with whom to do it. They are motivated by interactive and sincere opportunities. Regardless of being up front or behind the scenes, they influence and support others. They make good colleagues, and obedient workers.

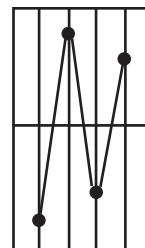
D I S C



I/C: INSPIRATIONAL COMPETENT

"I/C" Types are inspiring, yet cautious. They size up situations and comply with the rules in order to look good. They are good at figuring out ways to do things better through a lot of people. They can be too persuasive and often more concerned about winning. They are often impatient and need to be more sensitive to individual needs. They are often more concerned about what others think. They do not like breaking the rules; neither do they like taking risks. They need to try new things and go against the crowd. They are careful and think things through.

D I S C



**Sample Profile
for your review**

S/D: STEADY DOERS

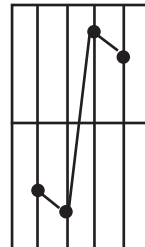
"S/D"s get the job done. They prefer stable and are determined to accomplish tasks. As they relate best to small groups. They do not enjoy large crowds, but want to control them. They enjoy secure relationships, but often dominant. They can be soft and hard at the same time. They are motivated by sincere challenges that allow them to do great things. They prefer sure things, but do not want shallow recognition. They make good colleagues, while driving to succeed.



I/C: INSPIRATIONAL COMPETENT

"I/C" Types are inspiring, yet cautious. They size up situations and comply with the rules in order to look good. They are good at figuring out ways to do things better through a lot of people. They can be too persuasive and often more concerned about winning. They are often impatient and need to be more sensitive to individual needs. They are often more concerned about what others think. They do not like breaking the rules; neither do they like taking risks. They need to try new things and go against the crowd. They are careful and think things through.

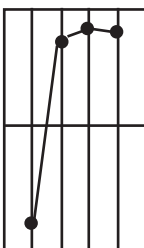
D I S C



C/I/S: COMPETENT INFLUENCING SPECIALISTS

"C/I/S"s like to do things right, impress others and stabilize situations. They are not aggressive or pushy people. They enjoy large and small crowds. They are good with people and prefer quality. They are sensitive to what others think about them and their work. They need to be more determined and dominant. They can do things well, but are poor at quick decision-making. They are capable of doing great things through people, but need to be more self-motivated and assertive. They are stimulated by sincere, enthusiastic approval and logical explanations.

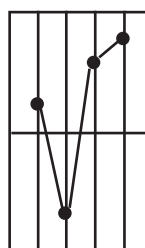
D I S C



C/S/D: COMPETENT STEADY DOERS

"C/S/D"s are a combination of cautious, stable and determined types. They are more task-oriented, but care about people on an individual basis. They don't like to speak in front of crowds. They prefer to get the job done and do it right through small groups, as opposed to large groups. They tend to be more serious. Often misunderstood by others as being insensitive, "C/S/D" types really care for people. They just don't show it openly. They need to be more positive and enthusiastic. Natural achievers, they need to be more friendly and less critical.

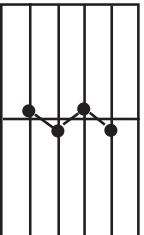
D I S C



STRAIGHT MID-LINE

A Straight Mid-Line Blend occurs when all four plotting points are close together in the middle of the graph. This may indicate that the person is trying to please everyone. Striving to be "all things to all men" may indicate mature response to pressure. Or it may confirm frustration over the intensity differences under pressure. The person may be saying, "I really don't know what my D, I, S, or C behavior should be or really is." The person may want to do another profile after a while to see if there is any change.

D I S C



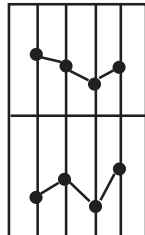
ABOVE MID-LINE • BELOW MID-LINE

Some patterns indicate unique struggles an individual may be having.

An Above Mid-Line Blend occurs when all four plotting points are above the mid-line. This may indicate a strong desire to overachieve.

A Below Mid-Line Blend occurs when all four plotting points are below the mid-line. This may indicate that the person is not really sure how to respond to challenges.

D I S C



Practical Application

High “D”’s

- They need challenges and choices.
- They don’t like to be told what to do. They want to be their own bosses.
- Controlling themselves is most important. Desiring to control others, “D”’s need to guard their feelings.
- Since “D”’s test and challenge authority, they need to learn that everyone has a boss. If not, they will push others to the limit.

Instead of telling “D” s to complete a task immediately, give them the choice between completing the task now or by a certain time. They will usually choose the latter, but they at least have the choice.

High “I”’s

- They need lots of recognition, approval and stroking.
- They like to talk and get attention. Being quiet is difficult for them.
- Give them opportunities to express themselves.
- Don’t put them down for their desire to entertain.
- Encourage them to control their excitement and share the limelight with others.

“I”’s need to learn they will have more friends when they make others look good. Praise them when they do well. Emphasize how their poor behavior makes them look bad, when they under-achieve. They especially need to guard against pleasing everyone.

High “C”’s

- They like to do things right. Finishing a project half way or half right is unacceptable to them.
- Give them time and resources to do their best.
- Don’t push them to always do l frustrated and give up.
- Encourage them to improve the to learn to be more sociable.
- Answer their questions and exp

Provide these types with happ. They tend to be naturally pessim. uplifting music around the home encouraging. Avoid being consta especially with these personality

High “S”’s

- They desire steady and stable environments. Change is difficult. Give them time to adjust.
- Don’t expect them to accept risks or try new things. They

Sample Profile for your review

’s submission causes others to take advantage need to learn how to control their reluc and assertive. Saying “no” can be fright erful. Taking chances and risks to take very rewarding.

Stress Management

“D” Behavior —

Under Pressure:

Becomes dictatorial, domineering, demanding, angry, intense, forceful, direct, bossy.

Sources of Irritation:

Weakness, indecisiveness, laziness, Lack of — discipline, plan, purpose, direction, authority, control, challenge.

Needs To:

Back-off, seek peace, relax, think before reacting, control self, be — patient, loving, friendly, loyal, kind, sensitive.

“I” Behavior —

Under Pressure:

Becomes hyper, overly optimistic, immature, emotional, irrational, silly, wordy, selfish.

Sources of Irritation:

Disinterest, slowness, pessimism, details, time restraints, antagonism, doubt, structure, lack of — enthusiasm.

Needs To:

Listen, count the cost, control emotions, be — humble, strong, disciplined, punctual, careful with words

“C” Behavior —

Under Pressure:

Becomes moody, critical, contemplative, negative, worrisome.

Sources of Irritation:

Incompetence, disorganization, foolishness, dishonesty, inaccuracy, wastefulness, inconsistency, blind faith.

Needs To:

Loosen-up, communicate, be — joyful, positive, tolerant, compromising, open, trusting, enthusiastic.

“S” Behavior —

Under Pressure:

Becomes subservient, insecure, fearful, weak-willed, withdrawn, sympathizes, sucker.

Sources of Irritation:

Pushiness, instability, inflexibility, anger, disloyalty, insensitivity, pride, discrimination, unfairness.

Needs To:

Be — strong, courageous, challenging, aggressive, assertive, confrontational, enthusiastic, outgoing.

To Your Health

There are four vital factors to the success or failure of your health — attitude, diet, exercise, and nutritional supplements. Together, they make the difference in the quality of your life.

Some people are fortunate — being overweight is never a problem, but everyone needs to watch what they eat. Just because you don't gain weight, you should still be careful what you put into your body. Food is energy. You should supply your body with the best energy sources available.

Proper exercise is also essential. Regular exercise strengthens and tones your muscles to receive the full nutrients in the foods you eat. Eating right without exercise is like fueling a magnificent engine without enjoying its power.

Eating right and exercising regularly are not enough to attain optimal health. In this world of processed foods and chemical substitutes, we must add the specific nutrients our bodies need.

It is not enough to guard against eating the wrong foods, we must also supplement our diets with the minerals and vitamins that are lost in the process of our "instant everything" world.

We often respond to these four factors (attitude, diet, exercise, and nutritional supplements) according to our personalities. Understanding our predictable patterns of behavior can help us guard our strengths and avoid our weaknesses. Study the insights below to improve your motivations.

Always remember, you are the only one who can motivate yourself to do right. Don't expect or depend on anyone else to give you the determination to respond appropriately. Learn to control your personality, rather than let your personality control you. Take command of your feelings and thinking to control your cravings and lack of discipline. *God CAN do it through you!*

"D" Behavior —

Attitude: *Guard your strong optimism.*

Dieting: *Often too busy to take time by "more important" things. Once committed, is disciplined. Starts strong, but lacks follow-through and regimentation. Does best when reminded of the "bottom line."*

Exercising: *Wants independence and is motivated by challenge and need to be strong but often falls short of potential. Does best when reminded of the "bottom line."*

Nutritional Supplements: *Often forgetful because he or she is strong enough. Doesn't want to take the routine. Once convinced, is consistent and diligent. Does best when reminded of the "bottom line."*

"I" Behavior —

Guard your attitude, but be more realistic and cautious.

Often not very conscious of how he or she looks. Wants to compensate for overeating by being the life of the party and socializing are important; should be done in moderation. Needs to discipline lack of control and desire to overeat.

Initially enthusiastic, but lacks follow-through. Does best with a group. The more the merrier. At best, needs to convince others. Needs to stick with it, even when it's hard.

Nutritional Supplements: *Using supplements can be difficult, because it is so routine and mundane. Must control forgetfulness with set patterns and conscious efforts, because of the ultimate results — better health and happiness.*

Sample Profile for your review

"C" Behavior —

Attitude: *Most serious type and can be too "picky."*

Dieting: *Very conscious of weight. Often worries about being overweight, but is more likely to act on it. Can get easily discouraged and give up too soon. Needs to be more optimistic about possibilities and begin dieting immediately. Shouldn't spend too much time researching every diet plan.*

Exercising: *Very calculating and studious. Wants the best plan. Can be too serious and regimented. Needs to relax and have more fun. Can be too hard on him or herself. Is often best at knowing what to do, but has poor attitude about doing it.*

Nutritional Supplements: *A stickler for details. Needs to know scientific facts first. Often skeptical, but once convinced is consistent. Often procrastinates, because of need for more data. Struggles with "just doing it," but when committed does it well.*

"S" Behavior —

Attitude: *Very easygoing, but needs to be more confident.*

Dieting: *Can be most consistent and yet, least motivated. Is often insecure with dieting and slow getting started. Can be influenced by a close friend, but needs to be more self-motivated. Does best once routine is established and sure of method of dieting.*

Exercising: *Doesn't need a lot of hype. Content to work alone, but does best with a friend. Doesn't push the limits as much as should, but is better at the long haul. Is steady and regimented, but needs to control interruptions.*

Nutritional Supplements: *The best at taking food supplements once convinced with the need and a schedule is established. Needs to guard against always taking same or cheap food supplements without researching to find the best ones.*

Wellness Motivators

You are what you eat! It's an old saying and is more important today than ever. Exercise and nutritional supplements also affect your health. Everywhere you look there is growing concern over how to improve your fitness. Understanding your personality is important to

how you take care of yourself.

Just as there are different personalities, there are different wellness motivators. The following is a basic look at the four temperaments and how to improve your health and fitness.

"D" Types

Your active / task-oriented life style makes you a determined, doer, and driver type. You tend to eat to live, not live to eat. You are often "too busy" to take better care of yourself.

Think it over: *Control your motivation to be constantly busy • Determine to take care of your health and fitness • Discipline your time and energy so that you exercise and eat well • Guard against being constantly on the go • Schedule time to "stop and sn your need to stay busy keep yc*

"I" Types

Your active / people-oriented life style causes you to constantly be on the go. You're prone to eat on the run. You enjoy meal time best when it becomes a social event.

Think it over: *Let your motivation to impress and inspire others influence how you eat • Discipline cravings by reminding yourself how poor overeating will make you look • Keep nutritional low-fat energy snacks available become hungry • Resist fast foods • Avoid oing when you're hungry.*

"C" Types

Your passive / task-oriented li calculating and competent. Y what you eat, but can become ment and give in to your cravi

Think it over: *Control your emotions and don't let difficulties cause you to give up on eating well • Let your analytical thinking decide what is best to eat and how to exercise • Get excited about looking good and feeling better • Don't accept the status quo, if change is necessary • Challenge yourself through wise reason to take better care of your body • Don't think that pre-serving your mind is more important than taking care of your body.*

Sample Profile for your review

es

/ people-oriented life style makes you a ensitive, and soft type person. You tend to istent with your diet, whether it be a good You don't like change.

Think it over: *Be careful you don't get into the rut of eating the same unhealthy foods all the time • Avoid your reluctance to change • Don't let other people decide what you should eat • Be different when others want greasy fast foods • Be assertive and order or cook healthy foods • Develop a healthy diet and exercise program that you will stick to no matter what your friends do.*

What did you learn about your motivations?

(how does your personality control your motivations, drives, and habits?)

Now What? (How can you control your motivations to do what you need to do, not what you feel like doing?)

Balancing Your Health

You are what you eat! It's an old saying and is more important today than ever. Exercise and nutritional supplements also affect your health. Every where you look there is growing concern over how to improve your fitness. Understanding your

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Think it over: Control your motivation to be constantly busy • Determine to take care of your health and fitness • Discipline your time and energy so that you exercise and eat well • Guard against being constantly on the go • Schedule time to “stop and smell the roses” • Don't let your need to stay busy keep you from rest.

“I” Types

Your active / people-oriented life style causes you to constantly be on the go. You're prone to eat on the run. You enjoy meal time best when it becomes a social event.

Think it over: Let your motivation to impress and inspire others influence how you eat • Discipline cravings by reminding yourself how poor overeating will make you look • Keep nutritional low-fat energy snacks available for when you become hungry • Resist fast foods • Avoid grocery shopping when you're hungry.

“C” Types

Your passive / task-oriented life style and competent. You can be “picky” become defeated by discouragement

Think it over: Control your emotions you to give-up on eating well • Let you what best to eat and how to exercise good and feeling better • Don't accept necessary • Challenge yourself through care of your body • Don't think that p important than taking care of your b

“S” Types

people-oriented life style makes you a submissive, it type person. You tend to be more consistent with it be a good or bad diet. You don't like change.

Be careful you don't get into the rut of eating the foods all the time • Avoid your reluctance to change people decide what you should eat • Be different it greasy fast foods • Be assertive and order or ds • Develop a healthy diet and exercise program k to no matter what your friends do.

Sample Profile for your review

Mental Attitude For All Types

Think more positively; Look at problems as potential blessings; Think on things that are pure, good, and virtuous; Accept failure as an opportunity for change; Laugh more; Don't Worry — Be Happy; Be more optimistic and trusting; Be careful, but enthusiastic.

Exercise For All Types

Everyone needs twenty-five to sixty minutes of rhythmic exercise, three to six times a week, to keep your body chemistry balanced. Aerobic (cardiovascular conditioning), strength training, and flexibility exercises are vital to maintaining good health.

Foods For All Types

Fruits, vegetables, whole grain cereals, rice, pasta, white and pink fish, white poultry (skinless), high fiber (beans & whole wheat bread), lean protein (eggs), nonfat or low-fat dairy, and nuts.

Supplements For All Types

Soy Protein; Multivitamins with the right amounts of vitamins A, B₆, B₁₂, C, E, D, K, Thiamin, Riboflavin, Niacin, Folic Acid, Biotin, Panthothenic Acid, Iron, Calcium, Phosphorus, Magnesium, Zinc, Selenium, Copper, Manganese, Chromium, Molybdenum, Nickel, Tin, Vanadium, Boron, Silicon, plus other minerals; EPA, Alfalfa, Glucosamine, GLA, St. John's Wort, Echinacea, Ginkgo, Peppermint Ginger, and Garlic.

You deserve better than brand X. With so many supplements flooding the market, there is a serious need to be more cautious. The FDA (Federal Drug Administration) doesn't guarantee any vitamin. It usually doesn't get involved until something goes wrong. Many vitamins don't dissolve in our system in time to do us any good. Vital nutrients may never make it into our blood stream. We literally flush money down the toilet!

It is our responsibility to tell the truth about supplements. We must warn you about the misrepresentation and abuse of vitamins. The old covered-wagon “snake oil salesman” is alive and well today. Health and cure claims are running wild. People are desperate to believe anything. Because of our commitment to truth and quality, we only recommend all natural supplements. Also the claim that synthetic vitamins are just as good as true natural vitamins is a scientific deception.

We only recommend you use products that are in harmony with nature and good health — products that are the result of scientific review and assessment of third-party research and independent clinical studies. Each product must perform to a standard of excellence. Each product must deliver the correct dosage of key ingredients, based on clinical research. Don't always choose the cheapest product. You often get what you pay for. Become an educated consumer!

Controlling Motivations

Since motivation affects every thing we do, we must identify and control our drives. What makes us tick is often what causes us to do what we do. There is a fine line between thinking we should do something and then doing it. That fine line is our decision making.

We often make our final choices based on the way we are wired. Some people are more strong-willed than others, while some people are more analytical. Others are driven to look good, while

some lack the drive to improve themselves. But everyone is motivated!

Identifying our motivations from a personality perspective can be very enlightening. We should recognize how influential our personalities affect our motivations. Each temperament type is like a trigger that causes us to respond initially to how we handle our decision making.

We must learn to control our motivations!

How Your "D" Behavior Is Motivated:

"D" Types are motivated to be in charge. They want to control. They are also motivated by power and authority. They like being the "boss." They don't like people telling them what to do. They tend to be self-starters or initiators depending on their mood and objectives. They are headed.

How To Create An Atmosphere Where Your "D" Behavior Is Self-Motivated:

"D" Types tend to rise to the top. They like challenges. They like difficult tasks. "D"s respond best to opportunities. The stronger and capable they are. They give them opportunities to conquer. Give them a winning-way for them to show their determination and will-power.

How Your "I" Behavior Is Motivated:

"I" Types are motivated to look good and impress others. They like to talk and show-off. They tend to shine and stand out in a crowd. They are motivated to influence and inspire others. They love recognition and approval. They are motivated to stand out above all the rest. Imagine how influential they would be by being healthy.

Sample Profile for your review

How To Create An Atmosphere Where Your "I" Behavior Is Self-Motivated:

"I" Types are motivated to shine. They like to be in the center of attention. They like to be around lots of "air-time." They like to talk. They like to be around individuals and groups stimulates them. The more they shine for the crowd, the better "I"s shine. They are motivated when they realize it is time for them to act. They like to be in the spotlight. They are more self-motivated once they recognize what an influence they will have on others. Encourage them to take care of their health for others.

How Your "C" Behavior Is Motivated:

"C" Types are motivated to do things correctly and precisely. They tend to be more analytical and thinker types. They are motivated to improve and figure things out. They tend to be problem-solvers. "C"s like to do one thing at a time, rather than many things. They like to follow instructions and figure things out.

How To Create An Atmosphere Where Your "C" Behavior Is Self-Motivated:

"C" Types tend to be more passive and reserved. They are more productive when left alone and trusted to do their jobs correctly. They are self-motivated when trusted and relied upon to do things decently and in order. They like following instructions and prefer working alone. "C"s are more compliant and orderly. They tend to be more cautious and calculating.

Duplication Without Permission Prohibited!

How Your "S" Behavior Is Motivated:

"S" Types are motivated to be sweet, soft, and sensitive. They don't like trouble or conflicts. "S"s are loyal and faithful friends. They like peaceful environments. They want to please others. They like to work behind the scenes. "S"s like people, but in small groups or individually. They are motivated to please and support others.

How To Create An Atmosphere Where Your "S" Behavior Is Self-Motivated:

"S" Types tend to not like having to be up-front. They prefer working behind-the-scenes, as support people. They can be leaders, but are more quiet and reserved. "S"s may not be as outgoing or enthusiastic as others, but respond best to slow and safe appeals. They are motivated best by knowing they are helping others. Be calm and soft-spoken, appealing to their sensitive side.

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Self-Talk

We are our own worst enemy or friend. We talk to ourselves all day long. We either encourage our behavior or we rebuke it. We can talk ourselves into doing things we should do, or we can talk ourselves out of doing things we should do.

Self-Talk is very powerful and practical. We must learn how our self-talk helps or hurts us. We first have to be conscious of how we talk to ourselves. It's in those quiet and still

moments when we agree with a specific feeling or we consciously reject a thought and turn it aside.

Our specific personality type is a friend or foe of our self-talk. Our natural motivations drive us in specific directions. Our personalities are often influenced by our self-talk.

It's like the good angel and bad angel sitting on our shoulder and whispering in our ear to do one thing or the exact opposite.

Typical "D" Type Self-Talk:

"D" Types tell themselves they can do whatever they set their minds to do. They are very confident and self-assured. They tend to believe in themselves, but often fall short of reality as they look at themselves. They tell themselves they are doing the best, rather than doing their

Good Self-Talk for "D" Types:

"I can do whatever I want, and I will be healthier. I will exercise regularly, and I will supplement my nutrition with vitamins. I will not let urgency prevent me from taking care about my health. I will establish good habits and practice them on a regular basis. I will not let other things get in the way of what I know is best for me."

Typical "I" Type Self-Talk:

"I" Types convince themselves to have fun and enjoy life in the moment. They often want to be around lots of people. They will neglect their fitness and exercise habits when there are people to see or when they are often tell themselves they will make up for it later.

Good Self-Talk for "I" Types:

"I will take care of myself and make good impressions; I will discipline myself to do those things that I know about me, like exercising, eating right, and taking nutritional supplements. I will not try to be around people who may stroke my ego, but instead commit myself to health habits that are more beneficial."

Sample Profile for your review

Typical "C" Type Self-Talk:

"C" Types tend to over analyze everything. They often tell themselves they need more information and research before doing things. They tend to talk themselves out of doing the right thing, because they don't understand something and have to think about it. They like to wait and think, before committing.

Good Self-Talk for "C" Types:

"I like to do things right, therefore I WILL take better care of myself. I know it is best and wise, therefore I will discipline myself from often negativity or thinking there are more important things to do and I will exercise, eat right, and take my nutritional supplements. I know this is the right thing to do, so I will NOT let anything distract or talk me out of doing it."

Typical "S" Type Self-Talk:

"S" Types often tell themselves to not be aggressive or loud. They communicate to themselves to be slow and still. It is safer and stable to be sure and quiet. "S"s often whisper to themselves to not say or do anything that may not be steady or sweet. They tell themselves it is better to not respond and wait.

Good Self-Talk for "S" Types:

"I prefer safe and steady environments so I will do the things that will guard me and prepare me for uncertain times. I will not let my need for security stop me from doing the things I should, like improving my physical and nutritional self. I will control my desires to not exert myself and will exercise, plus guard my eating and supplementing habits."

Are You MEEK or Weak?

Meekness is not weakness. It is power under control. Some people think of themselves as meek, because they are soft-spoken and quiet types. They may be just weak, not meek. Unfortunately they may be their own worst enemy.

Relating this to health and wellness is simply identifying and understanding our motivations as under control or not. We tend to be either meek or weak when we make our decisions to do or not do the things that affect our wellness.

There is a big difference between meekness and weakness when it comes to behavior. Every type can

be meek or weak. We can also flipflop from being meek one moment to being weak the next moment.

People are meek when they control their natural tendencies and not do something they shouldn't. They are weak when they give in to poor behavior. You will determine whether you are meek or weak by the decisions you make.

Deciding to do the right thing, rather than what seems like doing the convenient or less demanding thing, is always best. You should constantly control your feelings and personality in order to do what you should do when it comes to health and wellness.

"D" Types Tend To Be Weak When:

They are controlled by their drives and not wisdom. "D"s tend to be too self-confident and pushy or bossy. They don't like people telling them what to do. They like to take control of their own lives. They don't take time to exercise. They become weak when they succumb to their own drives.

"D" Types Tend To Be MEEK When:

They recognize they are being driven and are responding poorly. "D"s need to be wise rather than react and attack. They become meek when they have power under control when they exercise. Rather than neglecting good health, they become great examples of discipline. They are followers of MEEKness toward better wellness.

Sample Profile for your review

"I" Types Tend To Be Weak When:

They are influenced by the crowd and seek to be more popular, than being healthier. They tend to be weak when others entice them away from their need to be self-disciplined. They should seek to exercise in public or private and not spend so much time socializing around food.

"I" Types Tend To Be MEEK When:

"I"s are "no" to the fun times of life and suffer the consequences of not exercising and eating correctly even when they want to. They show real control of themselves by setting aside time for working out even when they are busy. "I"s make the best impression with their meekness when they are fit and trim, as opposed to overweight and out of shape.

"C" Types Tend To Be Weak When:

They allow their need for correctness to hinder their actions. "C"s tend to freeze and not do things because of uncertainty. They become weak and reluctant decision-makers when they don't have enough information or they lack knowledge about a subject. They tend to hurt their health because of their lack of action.

"C" Types Tend To Be MEEK When:

They do what is right even when they need more information. There are times when "C"s would prefer to research or wait before doing something challenging, but they demonstrate their MEEKness when they consider consequences. Their need to hold back and research can be overcome by their wisdom to do the healthy thing, rather than their need to wait and see.

"S" Types Tend To Be Weak When:

They let people control them and make them do things that are not best for them. "S"s tend to be weak when it comes to deciding for themselves whether to exercise or not. They can be very disciplined and committed, but they can be easily distracted by friends who want them to do unhealthy things.

"S" Types Tend To Be MEEK When:

They control their own motivations to be soft and sweet, but decide to be strong and courageous. It is harder to be MEEK, than be weak. It takes determination and willpower to stick to your exercise routine and healthy eating habits. Supplementing your meals with vitamins has to become a life or death commitment. MEEKness doesn't let anything get in the way.

Personality Types and Decision Making

If you or someone you love needs to improve their health and wellness, encourage them to first identify their natural motivations, then to control them, rather than letting their feelings control them.

Feelings are neither good and bad. It's what we do with our feelings that are good or bad. We must guard them and make them subject to our wisdom, rather than us becoming slaves to our feelings.

Living long and healthy lives are everyone's wishes, but experiencing what we want and what we become are often two different things. We must prioritize our "wish lists" and focus on what is most important, rather than what is easiest or most convenient.

*Everyone desires long healthier lives, but few people really plan and prepare for it. We **MUST** control our decisions and become self-motivated to do what is best for us!*

How Does Your "D" Behavior Affect Your Decisions?

How Does Your "I" Behavior Affect Your Decisions?

Sample Profile for your review

How Are You Going To Control Your "D" Behavior?

How Are You Going To Control Your "I" Behavior?

How Does Your "S" Behavior Affect Your Decisions?

How Does Your "C" Behavior Affect Your Decisions?

How Are You Going To Control Your "S" Behavior?

How Are You Going To Control Your "C" Behavior?

My Greatest Health Problems and How I Plan To Solve Those Challenges!

What health problems have members of your family had (go as far back in your family history as you know)?

What are your greatest health problems?

What have you learned about your personality type?

How do you think your personality has helped or hurt you?

I will use my "D" behavior to improve my health by:

I will use my "I" behavior to improve my health by:

Sample Profile for your review

I will use my "S" behavior to improve my health by:

I will use my "C" behavior to improve my health by:

Determine to take better care of your body, mind, and spirit!

Positive Mental Outlook

If you suffer from irritability, moodiness, mild or moderate depression, worry, anxiety, or stress, you may find help the natural way. For over 2000 years herbs have been used for relief. The most popular, also known as “Germany’s answer to Prozac,” St. John’s Wort is fast becoming a best seller in the United States.

Clinical research shows that St. John’s Wort provides dietary support for a positive mental outlook after four to six weeks of use. Inositol complements the activity of St. John’s Wort by playing a role in the proper transmission of nerve signals. The Journal of Geriatric Psychiatry and Neurology, reported Dr. K. Hansgen’s findings that 81% of those on St. John’s Wort found relief over those who used a placebo.

St. John’s wort is widely recommended by health care practitioners. Clinical studies show that St. John’s wort provided dietary support for uplifted spirits and a sense of well being.

The plant’s natural compounds appear to have a positive effect on a number of mood-enhancing neurotransmitters. Use a supplement that also contains inositol, a critical nutrient found to be at a low level in people with the blues.

Look for a product that also contains extracts of:

Siberian ginseng — aids the body in responding to environmental stress.

Green oats — traditionally used to provide nutritional support for a sense of well-being.

Look for a product with 1,000 mg of Inositol. Four capsules should provide 900 mg of St. John’s wort extract standardized to deliver 2.7 mg of total hypericin.

Warning: Those taking prescription anti-depressants should consult a physician before taking St. John’s wort. It is not intended for severe depression.

To ease the transition to menopause, Black Cohosh, nutritional support for hormonal balance during menopause.



Feel Great Naturally

When you feel like you need a “pick-upper” and life seems to be dragging, you may need to give your body what it needs for vitality and stamina.

Foods, rich in protein, often provide the energy you need. Protein is essential to every living cell. It has been called the building block of life. The amino acids it provides are used to build and repair a wide variety of important components in our bodies; from tissue like muscle, bone, skin, and hair, to the antibodies that are part of our immune system and the enzymes that help release energy from the foods we eat.

Our bodies require a continuous supply of protein. Your protein drinks should provide the highest quality, biologically complete protein from soy — and a sustained boost of energy that won’t let you down.

You’ll feel energized, hour after hour. A boost of energy that lasts — that’s the key

Sample Profile for your review

Use a soy protein product that is clinically proven to keep what you need in your bloodstream to feel energetic hour after hour.

Research also suggests that daily intake of soy protein as part of a low-fat, low-cholesterol diet may help to lower cholesterol levels.

Also according to the *EnviroHealth Newsletter*, Soy has been linked to the prevention of such hormone-related cancers that occur in the breast, cervix, ovaries and prostate gland. Soy has also been shown to lower symptoms of menopause.

Use an instant protein drink mix that is high in soy protein, low in fat and contains no cholesterol.

Each drink should give you all the amino acids, including the nine essential ones your body needs but cannot manufacture itself.

Support Your Immune System

Do you catch every little cold or infection that makes the rounds? Does it take forever to recover when you do catch something? Perhaps your immune system needs a tune up!

Everything about our modern world challenges your immune system — from a poor diet, unhealthy habits, polluted air and water, chemicals in ordinary substances we come in contact with, and growth hormones in pesticides on produce, and everyday stress.

Vitamins C and E and beta carotene are known as the antioxidant nutrients. Each contributes in its own way to neutralize free radicals, working within cell membranes, inside the cell, or in plasma. In addition, vitamin E plays a synergistic role with selenium, also known for its antioxidant effects in the body, which means they work better together than either does alone. Vitamins C and E appear to have a synergistic relationship as well.



Antioxidant Research Among Decade’s Top Science Achievements

Studies published over the past ten years have brought antioxidant vitamins to the forefront of scientific research. Growing evidence suggests that antioxidants’ ability to maintain cell integrity is the key to their role in cardiovascular function, circulation to the brain, and support for the body’s normal cellular defenses against free radical attack. The research is among the top ten scientific developments of the 90s.

Vitamins E and A, plus zinc, garlic, and echinacea have also long been used to help prevent infections.

Look for the best supplement with extra antioxidants and is dietary support for a healthy immune system.

Use a product with a unique, synergistic blend of antioxidants and rosemary extract to ensure full nutrient potency. There is a product with a patent for this exclusive antioxidant system.

Cancer

Many experts believe the best protection against cancer is what goes into your body. The right foods and nutrients are your best defense. Your body's greatest enemies are oxidants; such as, smoky, dirty air, and inadequate diets. Oxidants can damage healthy cells and make you vulnerable to cancer.

Oxidation occurs at a molecular level, so the damage it causes usually goes unnoticed. Ultimately, it can be devastating to your health.

That's why your body needs antioxidants; such as,

- *vitamin C,*
- *vitamin E, and*
- *beta carotene.*

They are your first line of defense against cancer. Selenium and zinc are also important to help prevent malignancies.

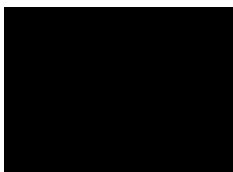
Decades of scientific studies, indicate that these nutrients, when taken on a regular basis, may help protect healthy cells from the damaging effects of oxidative, ultimately weak body cells.

How Antioxidants Work: Through normal metabolic process of oxidation which the food we eat is broken down for energy—or through exposure to pollutants including cigarette smoke, radiation, certain medications, oxygen molecules can lose an electron and become unstable particles known as free radicals.

Another defense against cancer is dietary fiber. In particular, a high fiber intake seems to help prevent colorectal cancer. In fact, in one of the largest studies to date, it has been shown that men with a low fiber intake have four times the incidence of colon cancer compared to those with the highest fiber intake.

Find a supplement with extra antioxidants in your dietary support for a healthy immune system. Also use a product that is high in fiber.

Quitting smoking, regular exercise, and reducing the amount of high fat intake also have a great significance against the prevention of cancer.



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Your Heart



Heart disease will claim the lives of almost one million Americans this year alone. It's our nation's number one killer. Yet heart disease is largely preventable if you take just a few sensible steps to improve your cardiovascular health.

According to many experts, this ten-point program, based on the examination of the latest medical studies, can substantially lower your risk of developing heart disease:

Sample Profile for your review

"Heart" Kit. For good cardiovascular nutrition, keep these nutritional supplements on your table to add to your daily diet:

- An Advanced Multi-Vitamin
- Vitamin E with Selenium
- Vitamin C
- Soy Protein Drink Mix
- Alfalfa
- B-Complex
- Calcium Complex or Calcium Magnesium
- EPA
- Fiber
- Garlic
- Lecithin

Following these suggestions may help keep your cardiovascular system healthy and strong for your entire, long life!

Weight Management

There are hundreds of diet books and diet products on the market at any one time. Obviously, they can't all work. Yet how are you to know what the best diet program is for you?

Let's look at some of the fad diets that are currently popular and see why you should avoid them.

- **Single Food Diets** — can lead to serious nutritional deficiencies.
- **Low Carbohydrate Diets** — rarely result in permanent weight loss.
- **Very Low Calorie (VLC) Diets** — have caused coronary heart disease and deaths in otherwise healthy patients.
- **"Miracle" substances** to curb appetite or "melt pounds away" — sound good, but unfortunately, they do not work (no scientific basis for these "miracles.")

Good nutrition, regular exercise and a diet rich in foods from plants not only make you feel good, they're also major factors in proper weight management.

The problem is finding the time and opportunity to incorporate them into your daily routine. And that's where a good slim plan and meal shakes give you the advantage of a lifetime.

These tasty, easy-to-mix drinks take the edge off your hunger while providing an exceptional source of nutrition. Used strategically, they can help you achieve a lifetime of weight-management success.

For example, if you need to jump-start your weight-management program, treat yourself to a meal shake substitute once or twice a day for a week or so, making your other meals well balanced and low in fat.

And rather than reaching for a high-fat, low-nutrient snack, enjoy high quality nutritional drinks instead. You'll feel better for it.

So if you're concerned about managing your weight, just remember: when you eat right, the rest comes naturally. And that's what meal shakes and nutritional substitutes are all about.

Choose Products With Unconditional Guarantees

If for any reason a product is not satisfactory, return it to where you purchased it and see if you can exchange it or receive a full refund.

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ADD & ADHD – Attention Deficit Disorder & Hyperactivity

Children and adults can both suffer from ADD and hyperactivity. These behavioral disturbances are often related to diet, personalities, and environmental causes. The main characteristic is a very short attention span and frustration. Those with ADD and ADHD also tend to be easily distracted, restless, emotional, expressive, and aggressive.

ADD and hyperactive children should be on a blood sugar balancing diet and no meal skipping. Healthy snacks between meals should be substituted for the typical quick sugar fixes. Beverages should be purified water, warm or iced herbal teas — minimal fruit juices and soft drinks.

Foods containing natural salicylates might also be harmful. They are: almonds, apricots, blackberries, cherries, cloves, cucumbers, currants, strawberries, black tea, tomatoes, and oil of wintergreen.

Supplementation may make a tremendous difference. Recommended are:

- Multi-Vitamin,
- B Complex,
- Chewable Calcium,
- Sustained or Chewable C,
- Chewable E,
- Alfalfa,
- Valerian,
- Lecithin
- Fiber, and
- Protein Meal Shakes

The home environment should also be free of chemical toxins; such as found in most laundry detergents, bug sprays, and various household products.

The best solution is to prevent the causes, rather than treat the disorder. Many children have been prescribed Ritalin to help with their ADD or ADHD. The problem is Ritalin treats the symptoms, but not the cause. There may also be side effects and worse future problems.

The most important thing parents can do for their children is to focus on avoiding the causes — protecting the home from toxins — preparing a good diet, — and providing the best available supplements!



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Maximize Your Workout

Whether you're a world-class athlete or a weekend gardener, use nutritional products that help bring out your best. Use supplements with formulas that deliver the quick energy and stamina you need to keep going and to finish strong.

Quality workout supplements are designed to help maximize the results of your hard work every time you train or compete. Whether you're a strength athlete involved in weight training, body building, or football — or an endurance athlete competing in running races, triathlons, or cycling — use a great-tasting drink that gives your body the nutrients it needs for rapid recovery and the repair and rebuilding of muscle tissue.

Find a product with a unique blend of carbohydrates and protein. Insulin is the body's natural recovery hormone, promoting the uptake of carbohydrates and amino

Sample Profile for your review

needs.

Other products; such as, performance maximizing sports drinks should give you the carbohydrate energy your body needs for endurance, as well as fluids and unique balance of electrolytes to help prevent dehydration.

For a snack with the energy to keep you going, carbo-crunch type energizing snack bars are for athletes and active adults, kids and teenagers, or anyone watching their weight.

There is also after-exercise energizers, for when your muscles are tired and its hard to stick with your exercise routine. They will help, because they are designed to refuel tired muscles quickly after exercising.

Freedom of Movement

If life's aches and pain due to arthritis affect you, try time-honored herbs — alfalfa and licorice root (as found in Asian ginseng), plus Glucosamine.



In *The Scientific Validation of Herbal Medicine*, we learn that, "Alfalfa's anti-rheumatic effect is probably due to its extremely high nutritive value."

GLA has also demonstrated strong anti-arthritis properties as well in patients with rheumatoid arthritis.

Glucosamine is the newest addition to improve freedom of motion.

Scientific studies show that Glucosamine, has been shown to support the body's natural ability to build and maintain the cartilage which provides cushioning for joints and helps maintain range of motion.

100's of joints in our bodies permit the bones to move without touching each other. This is made possible by the presence of articular cartilage, which is a firm, slippery gel that covers the surfaces of bones at the joints.

Look for a supplement with a unique combination of biochemical, herbal, and mineral ingredients which help the body build and maintain healthy cartilage which supports joint function.

Healthy cartilage and joints are the key to comfortable movement. Glucosamine, Alfalfa, GLA, and Asian Ginseng may be your best bet against pain in your joints and cartilages.

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Mental Clarity

Can we slow aging of the brain? There is truth in the saying, "You are only as old as your brain." When you were born, you began to age. Arteries can start narrowing as early as age 12. As narrowing progresses, blood supply to the brain is diminished. Slowly you begin to accumulate the following symptoms:

- **Anxiety**
- **Decreased physical performance**
- **Dizziness**
- **Headache**
- **Lack of energy**
- **Depressive mood**
- **Difficulty of concentration**
- **ringing in the ears**
- **Confusion**
- **Tiredness**

Unique to a few products, the combination of Ginkgo, B Vitamins, Hawthorn & a special blend, provides time-tested nutritional support for mental clarity and circulation. It is also valuable for the strength of blood vessel walls, as well Folate, vitamin B12 and vitamin B6 which can have the benefit of lowering homocysteine levels.

The brain requires proper blood flow and circulation to get the oxygen and nutrients it needs. Look for a product that teams Ginkgo biloba with complementary herbs and essential nutrients in a unique combination that provides dietary support for proper blood flow to the brain.

Research shows that Ginkgo biloba has many impressive benefits, one of which is to help maintain normal metabolic activity in the brain.

Find a formula that has been positively associated with cognitive functions.

According to an article in *The Health Cell News*, 1997, Medical scientists have successfully used ginkgo biloba to treat "diseases of the eye, ear and heart, asthma, graft rejection, and other immune disorders like toxic shock syndrome. Extensive testing of ginkgo extracts has confirmed ginkgo's ability to increase blood flow to the limbs and brain, including areas of microcirculation in small capillaries."

Irregularity Digestive Discomfort

Is your stomach acting up again? Do you often suffer from bloating, heartburn and gas after you eat — even when your diet is good? Are you plagued by constipation or diarrhea? If you are a pregnant woman, is morning sickness getting you down?

Don't suffer any more! Find a product with premium peppermint-ginger, plus one that can help alleviate most minor digestive disorders forever!

Peppermint, long used as a digestive aid works by soothing the nerves while it relieves indigestion. Peppermint increases the production of digestive fluids in the stomach and alimentary tract — and the oils in peppermint stimulate the manufacture of bile, a substance which helps digest fats. Peppermint has been used for many years to help alleviate insomnia, colic, flatulence, dysentery, vomiting, headaches, infections, toothaches, and relaxation of

Sample Profile for your review

Use an herb laxative that will help with occasional irregularity. A quality herb laxative encourages a mild cleansing action to aid the body's natural processes. Look for one that contains senna leaf, a traditional herb used for more than 3,500 years as a natural laxative.

Also a diet rich in fiber can help regularity. Indigestion, gastritis, colitis, diverticulosis, constipation, hemorrhoids, chronic diarrhea, and other serious digestive disorders may be directly attributed to diets lacking adequate fiber.

Detoxifiers & Liver Cell Regenerators

Your liver is a unique internal organ that plays many crucial roles in normal metabolism, including detoxification. Despite the remarkable ability of a healthy liver to cleanse and detoxify, prolonged and frequent exposure to a wide range of toxic substances may influence the level of stress on the liver.

Look for an herbal formula that contains Milk thistle extract to support the body's normal ability to make proteins that help regenerate liver cells. Also find one that contains Schizandra and Reishi mushroom extracts known to have antioxidant properties that help protect liver cells from free radical damage. Find a product that contains Artichoke, Dandelion and Turmeric — three ingredients that enhance normal bile flow.

Regardless of the care you take to lead a healthy life-style, there are no guarantees against exposure to the environmental pollutants and harmful chemicals that can damage a healthy liver. Taking certain over-the-counter or prescription medications regularly can also be harmful. And some people make life-style choices that, over time, can compromise the functioning of a healthy liver.

How do you know if you have a healthy liver? If your liver is toxic, you're probably experiencing one or more of these symptoms:

- a sluggish system
- general depression and melancholy
- unexplained weight gain along with extreme fatigue
- poor digestion
- food and chemical sensitivities
- PMS
- constipation and congestion
- nausea and shakes
- dizziness
- dry tongue and mouth
- jaundiced (yellowish) skin and/or liver spots
- itching skin

For maximum effectiveness, use a liver detoxifier product as part of a cleansing system. Also include a fiber plan product, a water purifier, and herbal laxative. These products in combination may provide dietary support for the health and improved function of your liver.

Diabetes

Type II or non-insulin-dependent diabetes affects over 16 million adults. In the U.S. it is a leading cause of heart disease, stroke, kidney failure, and blindness. According to a large Harvard study, women who increase their fiber may be able to avoid the most common form of diabetes.

Vitamin E has also been reported to prevent the devastating complications of blindness, heart disease, and kidney failure due to diabetes. Some researchers believe that these complications are due to “oxidative stress” — damage caused by free radicals — and that they are best avoided by taking a protective amount (1200 IU) of vitamin E each day. The role of other antioxidants in the prevention of diabetes complications are being studied as well. Angelo Azzi, Ph.D., a professor at the Institute of Biochemistry and Molecular Biology in Bern, Switzerland states, “The important thing (about vitamin E) is to take it.”

Also high fiber diets and nutritional supplements such as, Soy Protein may help with diabetes. Nutritional expert Dr. Bruce Miller teaches, “How are Americans doing fiber-wise? Not too good. The average daily fiber intake is 9 - 12 grams. Most health agencies recommend at least 30 grams a day. Given the average person’s dietary choices, it would require a massive and drastic change in dietary habits to come anywhere near 30 grams. People strongly resist sudden and drastic changes in their diets. Very, very few will take the vital step of changing their diet to attain 30 grams of fiber.”

Dr. Miller recommends, “There is a fiber supplement for everyone, no matter your tastes. Since fiber can help prevent diabetes which is the root cause of a number of health problems, I encourage you to change your diet toward high fiber as much as you can.”

Sample Profile for your review

Reducing Household

Wellness, or the lack of it, can be tied to good health. But chemical toxins in household products are one of the major factors affecting health. Chemical laboratory products were used 100 years ago.

Detergents are now responsible for more household poisonings than any other substance. They can cause flu-like asthmatic conditions and skin irritations. For those special cleaning jobs, use the best product that offers effective solutions.

Look for a formula that is actually a superior fabric cleaner because it removes the residues left from other products used in the past. Find a concentrated form for economy. Just 1/4 cup will do an entire load of clothes.

Look for a household cleaner that is one of the safest, gentlest cleaners you can buy. Also use a product that is in harmony with nature — concentrated household cleaners that are for a wide variety of tasks, while safe for the environment.

Look for a concentrated germicide, when used as directed, is effective against more than 40 bacteria, fungi, and viruses, including: various Salmonella, Staph, and Strep pathogens, Herpes simplex types I and II, HIV-1 (AIDS virus), Influenza-A/Hong Kong, Feline leukemia, Canine distemper, and Rabies. It should also be great for disinfecting kitchens and bathrooms.

Look for an industrial strength cleaner that is perfect for use on garage and workshop floors, driveways, barbecue grills — all heavy-duty home, industrial, and commercial jobs.

Look for a heavy-duty scouring cleanser that is a natural abrasives with a special grease-cutting formula.

Look for an automatic dishwashing concentrate that cuts through the toughest grease and baked-on food without chlorine.

Help the environment and your family every time you clean with biodegradable, nontoxic, concentrated household products.

that diet and exercise are the only influences on health. As a Clinical Ecologist has stated, “Cleaning products in the average home than were in a chemical laboratory 100 years ago.”

Research and Development is the Key to finding the Finest Products

Cholesterol

Studies show that daily intake of soy protein works best to lower cholesterol. Fiber also aids digestion, promotes regularity, and contributes to your overall health.

Daily intake of Garlic as part of a low-fat, low cholesterol diet, may also help lower blood cholesterol levels and maintain a healthy cardiovascular system.

EPA, also helps regulate a wide range of body functions; such as, the control of blood pressure, blood clotting, and inflammation.

Men Over 40 Beware

After age 40, men often experience a natural, gradual decrease in the force of their urinary flow. Saw Palmetto Plus is a unique herbal formula containing traditional herbs that may help men maintain proper urinary flow after a minimum of 4-8 weeks of daily use.

Find products that use only the finest standardized Saw Palmetto berry ex-

Blood Pressure

Our bodies use GLA (gamma linolenic acid) to form hormonelike substances which help the body to regulate many normal processes; such as the control of blood pressure, blood clotting, and inflammation.

Use a product that has been clinically tested for bioavailability, plus contains GLA with precious oil from the seeds of

Nutritionists recommend that we eat fish as often as two or three times a week to help lower blood pressure. But the average American diet includes only 13 pounds of fish a year — compared to 176 pounds of meat!

Use an EPA supplement that is formulated with the oil from omega-3 fatty acid-rich fish. In clinical testing, Find an EPA product that has been shown to be a safe fish oil supplement that increased test participants' blood levels of EPA and DHA.

Sample Profile for your review

Unsafe Water

A national review of many scientific studies found that there may be as many as 7 million cases of drinking water-related illnesses each year in the US, with about 1,200 deaths.

In '93-'94 alone, one in five Americans drew their drinking water from systems that violated EPA regulations.

Use the best water system you can find. Also don't equate price with quality. Research before you buy.

Allergies

So many over-the-counter remedies for common respiratory problems contain antihistamines or the synthetic version of pseudoephedrine. There are available competitively priced substitutes on a per dose basis with most of the popular synthetic products.

You may avoid the problems of hay-fever and allergies, by adding Alfalfa and Vitamin C to your daily diet.

Restful Sleep or Insomnia

Valerian has been reported to be much more effective for inducing sleep than the prescription drug valium, which may make you feel groggy in the morning.

Valerian has been used for over a thousand years as a natural means of promoting restful sleep. It may also be a natural pain reliever, fever reducer, sedative, and antispasmodic.

Air Purification

Improving the quality of air you breathe is now absolutely necessary.

According to MSNBC, "*Some 141 million Americans — more than half the nation — live in areas that received an 'F' in a report on air quality released (April, 2001) by the American Lung Association. The number is nine million more than last year.*"

If You Don't Plan To Succeed, You Will Plan To Fail!

Exercise For All Types

Everyone needs twenty-five to sixty minutes of rhythmic exercise, three to six times a week, to keep their body chemistry balanced. Aerobic (cardiovascular conditioning), strength training, and flexibility exercises are vital to maintaining good health.

My Action Plan:

Foods For All Types

Fruits, vegetables, whole grain cereals, rice, pasta, white and pink fish, white poultry (skinless), high fiber (beans & whole wheat bread), low-fat dairy, and nuts.

My Action Plan:

Sample Profile for your review

Supplements For

Multivitamins with the right B₆, B₁₂, C, E, D₃, K, Thiamin, Iodine, Biotin, Panthothenic Acid, Calcium, Magnesium, Zinc, Selenium, Copper, Manganese, Chromium, Molybdenum, Nickel, Tin, Vanadium, Boron, Silicon, plus other minerals, EPA, Fish Oil, Alfalfa, Glucosamine, GLA, St. John's Wort, Echinacea, Ginkgo, Peppermint, Ginger, and Garlic, Soy Protein.
(Consult with your physician for what is best for you)

n Plan:

Mental Attitude For All Types

Think more positively; Look at problems as potential blessings; Think on things that are pure, good, and virtuous; Accept failure as an opportunity for change; Laugh more; Don't Worry — Be Happy; Be more optimistic and trusting; Be careful, but enthusiastic. Reduce stress!

My Action Plan:

Now What?

When the Apostle John wrote: *"I pray that in all respects you may prosper and be in good health, just as your soul prospers"* (3 John 1:2), it was meant for you too!

The bottom line is **"what do you believe and how do you act about wellness from a biblical perspective?"**

Are you like so many religious people today — faithfully following the Lord, but feeling guilty about your weight or overall health? Or are you concerned about your family and friends who are suffering physically?

Wellness is really about GRACE and how God can liberate us from our bondage to poor health habits.

Most ministries today preach a lot about the soul and spirit, but neglect teaching about the BODY, the Temple of God. Let this profile be a **Call To Commitment** to practice the **"Whole Counsel of God"** — all of the Scriptures.

The purpose of this profile is to help you examine yourself, your home, and ministry . . . to learn how to improve your effectiveness through physical, mental & emotional, and

Being introduced to this may be your wake-up call. You may try your best for the Kingdom of God on the whole health issue. Let us hear your serious conclusion.

The following admonitions may be shared with a family member.

Take heed or suffer the consequences!

Nutritional & Physical Health

What you do with your body will determine what your body will do for you! You MUST first feed your body with the best premium fuel you can afford.

Former Surgeon General C. Everett Koop states: *"If you do not smoke or drink excessively, your diet can influence your long-term health prospects more than any other action you might take."*

If necessary, change your eating habits. Also supplementation is no longer an option. Begin taking the best quality vitamins and minerals. You can't afford not to. You will pay the price one way or the other. Like someone said, *"Pay for it now or pay for it later"* (through high medical bills).

Exercise is also a MUST. The older you get the more important it is.

Specifically concentrate on three types of exercises:

- (1) Cardio-vascular exercises that get your heart beating fast for 20 - 30 minutes per day.
- (2) Stretching exercises that help your muscles and joints stay young.
- (3) Strengthening exercises that keep your muscles toned and flexible.

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Mental & Emotional Health

Your mind and motivations are perhaps your greatest areas to guard. *It's not always what you are eating that's most important. Sometimes it's what's eating you?*

Your attitude and positive perspective on life are tremendous protective and healing agents. Guard your mind and emotions from constant negativism.

One of the best mental disciplines is to determine before every meal or snack that you are going to exchange the short-lived feeling of satisfaction after eating a large delicious meal with the longer lasting feeling of satisfaction knowing you are helping your body.

You can feel good for a little while overeating and eating the wrong things, or you can feel better longer by cutting back on your portions and eating the proper foods.

Control your feelings and cravings

to determine what you eat. You will be determined and stronger mentally. Substitute your cravings with your commitment to glorify God!

Sample Profile for your review

Spiritual Health

Relationships are so important to a healthy life. Work on your relationship with others and God by spending quality time with both. It is not enough to simply communicate better.

Improve your listening skills. Be less or more assertive according to your DISC personality type. Be more or

less expressive than what comes naturally.

Cultivating good relations is like working a garden. Keep the weeds out, water regularly, and fertilize with organic nutrients. It takes time and effort, but you will reap rewarding results if you take it seriously.

Do it for God, your family, and yourself!

Prayer of Commitment:

"Dear God, Thank you for making me special according to Psalm 139:13 & 14. I recognize you created me to enjoy life as you intended. I acknowledge that taking care of my body, soul, and spirit should be priorities, not to worship my body or be proud of my accomplishments, but to glorify You!

I know you have given me the strength and will to do what I should. I will, from this day forward, to begin eating better foods, supplement my meals with nutritional vitamins, exercise adequately, think more positively, control my feelings and cravings, and improve my relationships with You and others! Amen"

Name _____

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