# My Style

A summary of your Everything DiSC Style and/or other personality/preferred communications style assessment. A little graphic reminder and short paragraph to lay the ground work for your approach to the environment and those with whom you work.

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# My Daily/Weekly Cadence

The days of the week and the times of those days when you are most engaged and least engaged. What’s the best time/day to bring you new ideas? What’s the worst time/day to schedule a 2 hour detail heavy planning session?

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| My Most Productive Time of the Day |  |
| The Days I Am Most Engaged |  |
| Best Day to Approach Difficult Conversation |  |
| Worst Day/Time for a Dreaded 2 Hour Meeting |  |
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# What Motivates Me

A quick list those behaviors and situations which really motivate you both as a person and as a leader.

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# What Stresses Me

A quick list those behaviors and situations which are stressors for you both as a person and as a leader.

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# How I Typically React to Chaos

A sentence or two describing how you have reacted in stressful situations in the past and therefore what others might expect from you in chaos.

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# What’s Important to Me Outside of Work

A summary of the people and activities that complete the picture of your world.

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# My Vision for this Season of Leadership

A short paragraph revealing your vision for the current season of leadership in which you have been placed. This summary could include the behaviors you strive to reveal in your leadership walk each day. Or it could list the areas of your leadership behavior you’re working on developing.

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