



Jen Wacaser
Corporate and Personal Coaching

Life Values Profile
of
Amy Dougal
Age : 43
Gender : Female



Life Values Profile

Amy Dougal

Overview Scores				<== Growth Area	Fair	Good	Very Good	Excellent			
I	1	Life Intelligence								7.9	
	2	Sense of Life's Reality								9.6	
	3	Emotional Control								7.2	
	4	Ability to Discern Good from Bad								9.5	
	5	Overall Attitude toward Life								10	
E	6	Understanding Other People								8.5	
	External World	7	Interpersonal Rapport	Qualitative Scores							-67
		8	Interpersonal Harmony								-100
9		Interpersonal Conflict							66.7		
S	10	Understanding Practical Social-economic life								8.0	
	External World	11	Social-Economic Involvement	Qualitative Scores							55
		12	Attitude toward Social/Economic Success								54.5
		13	Attitude toward Social/Economic Difficulties & Pro								55.6
External World	14	Understanding Organization, Authority & Planning								7.1	
	15	Attitude toward Authority & Established Systems	Qualitative Scores							62.1	
	16	Attitude toward the Benefits of Systems in Life								65.2	
	17	Attitude toward Organizational Deficiencies								-50	

I = understanding People, Uniqueness, Totality E = Social, Doing, Comparing S = Rules, Black & White, Minimum properties



Life Values Profile

Amy Dougal

Overview Scores				
I	18	Understanding Self Worth	<p><== Growth Area Fair Good Very Good Excellent</p> <p>2 4 5.5 7 8.5 10</p>	
	19	Sense of Self Reality	<p><== Growth Area Fair Good Very Good Excellent</p> <p>2 4 5.5 7 8.5 10</p>	
	20	Emotional self control	<p><== Growth Area Fair Good Very Good Excellent</p> <p>2 4 5.5 7 8.5 10</p>	
	21	Ability to Discern Personal Good from Bad	<p><== Growth Area Fair Good Very Good Excellent</p> <p>2 4 5.5 7 8.5 10</p>	
	22	Overall Self Attitude	<p><== Growth Area Fair Good Very Good Excellent</p> <p>2 4 5.5 7 8.5 10</p>	
I	23	Intuitive Awareness of Self-worth	<p><== Growth Area Fair Good Very Good Excellent</p> <p>2 4 5.5 7 8.5 10</p>	
Internal World	Qualitative Scores	24	Desire for Self Development	<p><== Desire to Improve Performance Satisfied ==></p> <p>100%- 80%- 65%- 50% 65%+ 80%+ 100%+</p>
		25	Insight into Personal Potential	<p><== Desire to Develop Potential Satisfied ==></p> <p>100%- 80%- 65%- 50% 65%+ 80%+ 100%+</p>
		26	Insight into Personal Problems	<p><== Desire to Overcome Problems No Perceived Problems ==></p> <p>100%- 80%- 65%- 50% 65%+ 80%+ 100%+</p>
E	27	Life Role Involvement	<p><== Growth Area Fair Good Very Good Excellent</p> <p>2 4 5.5 7 8.5 10</p>	
Internal World	Qualitative Scores	28	Life Role Satisfaction	<p><== Passively engaged Actively engaged ==></p> <p>100%- 80%- 65%- 50% 65%+ 80%+ 100%+</p>
		29	Attitude toward Peak Performance	<p><== Passively engaged Actively engaged ==></p> <p>100%- 80%- 65%- 50% 65%+ 80%+ 100%+</p>
		30	Attitude toward Performance Failures	<p><== Passively engaged Actively engaged ==></p> <p>100%- 80%- 65%- 50% 65%+ 80%+ 100%+</p>
S	31	Self-Identity	<p><== Growth Area Fair Good Very Good Excellent</p> <p>2 4 5.5 7 8.5 10</p>	
Internal World	Qualitative Scores	32	Mental Toughness(Discipline, Energy and Drive)	<p><== Passively engaged Actively engaged ==></p> <p>100%- 80%- 65%- 50% 65%+ 80%+ 100%+</p>
		33	Attitude toward Personal Growth	<p><== Passively engaged Actively engaged ==></p> <p>100%- 80%- 65%- 50% 65%+ 80%+ 100%+</p>
		34	Attitude toward Personal Regression	<p><== Passively engaged Actively engaged ==></p> <p>100%- 80%- 65%- 50% 65%+ 80%+ 100%+</p>

I = understanding People, Uniqueness, Totality E = Social, Doing, Comparing S = Rules, Black & White, Minimum properties



Life Values Profile

Amy Dougal

Combined Scores	35	Decision-making Ability	<p><== Growth Area Fair Good Very Good Excellent 2 4 5.5 7 8.5 10</p>
	36	Intuition	<p><== Growth Area Fair Good Very Good Excellent 2 4 5.5 7 8.5 10</p>
	37	Concentration	<p><== Growth Area Fair Good Very Good Excellent 2 4 5.5 7 8.5 10</p>
	38	Stress –Tension Indicator	<p>ND Fair Good Very Good Excellent 3.6 3.0 2.6 2.1 1.6 1.0 .50 .56 .63 .70 .82 .99 BQR1 1.57 BQR2 1.95</p>
	39	Stress Resistance	<p><== Growth Area Fair Good Very Good Excellent 18 16 12 8 7 4</p>
	40	Assessment Reliability	<p>Part One : 0.9 Part Two : 0.822</p>



1 **Life Intelligence :**

How well do you understand the demands of life and the demands of your purpose in life?

This is a general measure of your ability to identify and judge relative value in your life situation as well as in the overall life-world. This is a summary score reflecting your clarity concerning the three primary dimensions of external value in life described below.

- a. Interpersonal relations with family, friends and other people,
- b. Ability to practically & comparatively evaluate & interface with material things, tangible events and processes,
- c. Organization and order & structure in life - including laws, rules, plans & knowledge.

High scores indicate a clear understanding of life and how to best adapt, while low scores indicate a degree of uncertainty and confusion about life, or certain aspects of it.



2 **Sense of Life's Reality :**

How well do you maintain a holistic, integrated focus necessary for social and economic success?

This score is a measure of the relative strength of the three primary dimensions of life's values when compared to each other. It reflects your mental ability to understand and integrate the interpersonal, situational and organizational dimensions of life with equal and balanced emphasis. If all three of the external primary dimensions have close to the same development score, then your "sense of life's reality" score will be high, indicating a stable, realistic and balanced view of life. If you have a very good to excellent life intelligence scores, and score much lower here, this may be an indicator of novel innovative ability & creativity. If one dimension is less developed than the other two, or two better developed than one – there is an imbalance in your evaluative judgment and focus. These imbalances produce weaker scores, reflecting you may be out of touch with certain aspects of the reality of life, and you may be experiencing varying degrees of anxiety.



3 **Emotional Control :**

How well do you maintain emotional control under situational stress?

This score is similar to the above mental focus, but centers on emotional attitudes, reflecting your capacity to utilize logic and intelligence to analyze problem situations in an appropriate and rational manner, without loss of emotional control. If all attitudes are similar or close to neutral, you will tend to cope well and stay calm, cool and collected. If your attitudes are wide-ranging, you will be prone to emotional instability (reacting emotionally to changing situations, not adapting well, or showing anger/frustration), because you feel the roles in life you play are emotionally threatening, or not going as planned.





4 Ability to Discern Good from Bad :

How clearly do you understand what is good and bad within the context of your life situation?

This is a measure of distortions in the Life Values Profile – judging something good as bad or something bad as good. High scores indicate no confusions between good and bad, demonstrating clarity and understanding concerning what’s what in your specific life context, and the potential for change. If you confuse good items with bad items, this reflects a lower level of mental awareness of life in general, and may have a negative impact on your ability to cope with change. In this case, a mentor or coach will first need to work on helping you raise your level of awareness and understanding about what’s good and what’s bad in the context of living a fulfilling life.



5 Overall Attitude toward Life :

How versatile or adaptable are you?

This is an overall summary of life attitudes. A neutral or balanced score indicates emotional stability and mental clarity, as well as adaptability. It is the capacity to keep an open mind, a willingness to explore the unknown, adjusting smoothly to changing life situations. There are no positive scores in this measure – the score will either be “right-on” or negative, and ranges from dynamic and flexible - to rigid and dogmatic. A strongly negative score indicates varying degrees of detachment from and potential hostility toward the life-world and, in the extreme, a tendency toward poor social and deficient job performance. This attitude indicates you may be cautious, fearful, or skeptical, blame others for your problems, and refuse to be introduced to anything new or unfamiliar that is outside your comfort zone. This indicates you may have recently gone through a negative and/or life-changing experience, and at this time, reflects a poor prognosis for making positive life changes.



6 Understanding Other People :

How important are friends, family and acquaintances to you?

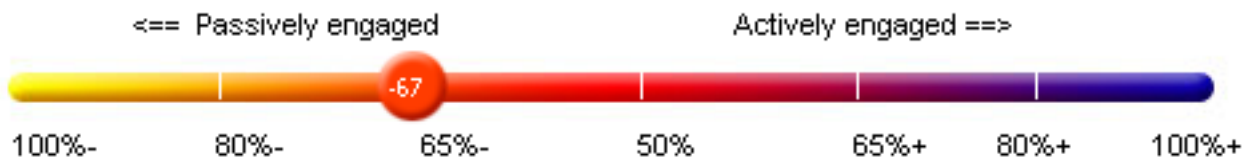
This score measures your mental clarity regarding the importance of other people in your life. It measures how you esteem others. People with high scores are capable of managing interpersonal relationships well and tend to be sensitive to and supportive of others within their life horizon. Low scores indicate a lack of understanding, as well as a lack of sensitivity and appreciation for others and a degree of emotional distance. A low score indicates you may have a rather dull conscience, and you may be envious of others, or even run over your own friends.



7 Interpersonal Rapport :

Generally, how well do you get along with others?

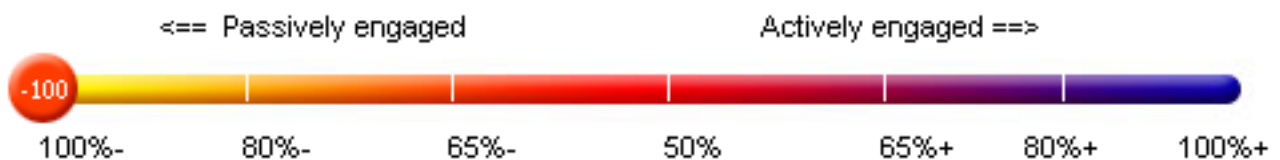
This intrinsic attitude summary is a measure of emotional satisfaction and fulfillment in your interaction with other people. Strongly positive scores reflect you are highly responsive and will go the extra mile for other people, but you also may desire to have others' support for your own efforts and aspirations. Neutral scores reflect good listeners and communicators who enjoy direct contact and interaction with others. Strongly negative scores indicate varying degrees of emotional distance from others on the personal level, a potential lack of community or team spirit, manipulators, and in some cases, caution, reluctance or fear of being close to, or working closely with others.



8 Interpersonal Harmony :

What are your realistic expectations of your family, friends, acquaintances and community members?

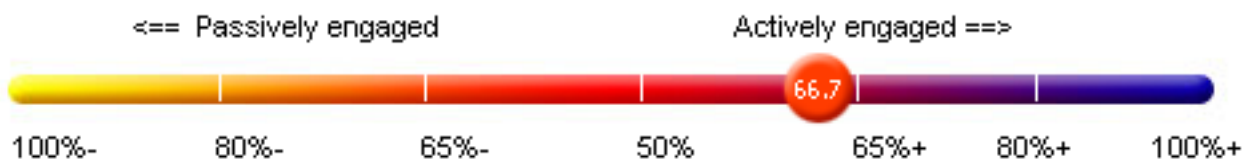
This score is a measure of your attitude toward effective, harmonious relations with others. It shows your attitude & feelings toward the positive aspects of interacting with others and the benefit others can bring into your life. A strongly positive attitude shows that the good in others is overvalued, which means you may have expectations of others that are too high & optimistic, which may allow others to take advantage of your good nature. In the overall context of life, it means you have an attitude highly valuing cooperative collaboration, doing kind things for others, highly valuing your relationship with your life partner and/or family members, and you admire and respect other people who are intelligent and do well in society. A neutral or balanced attitude reflects realistic judgment of others, and objectivity toward others' talents and good qualities. A strongly negative attitude shows that the good in others is undervalued and made less important (often just ignored), and a devaluation of others' strengths, abilities and contribution potential with attitudes like, "I don't need (whoever) telling me what to do, etc." You may have poor listening skills and be unwilling to engage with others on the personal level, or you may have been hurt by someone close to you and fear taking the risk again. Many professionals take an emotional distance from others on purpose, to better maintain objectivity and control.



9 Interpersonal Conflict :

How well do you handle shortcomings, disputes or mistakes made when relying on a family member, friend or acquaintance?

This measures your attitude toward interpersonal conflict and discord. It shows your attitude toward the negative aspects of interacting with others and the potential harm others can and often do. A strongly positive attitude reflects that you magnify deficiencies and faults in others, making other's mistakes, like lack of discipline, failing to do what they promised, or harming another - even worse than they really are (you may blame others for any loss). A neutral or balanced attitude shows objectivity toward potential harm done by others. This score indicates you see and judge others' faults and shortcomings realistically and clearly. A strongly negative attitude shows that potential faults or negativity in others is undervalued or overlooked, making others' mistakes & shortcomings less bad than they really are (e.g. "it's OK to be dishonest at times").



10 Understanding Practical Social-economic life :

How clearly do you understand and value things and the cause & effect process realities involved in the actions and events of life?

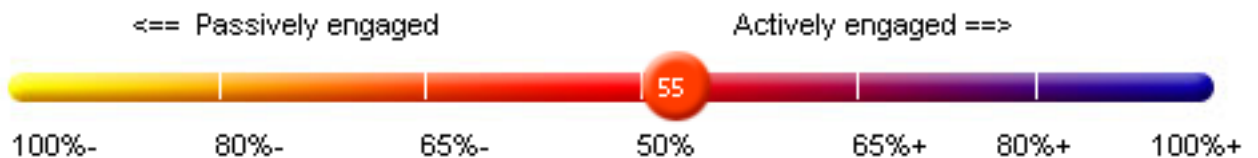
This dimension reveals your mental grasp of tangible, observable life realities: actions, causal relations among efforts and results, social and professional reality, routines and how they all fit together in space and time in actual life situations. This score measures your capacity to understand tangible things & events and how they relate to each other comparatively. High scores reflect you know what to do and when to do it in a given situation. Low scores indicate a lack of social/professional skills, taking things and actions for granted, impatience or confusion regarding situational realities; and potentially, resistance to being fully involved socially and/or professionally.



11 Social-Economic Involvement :

What is your level of involvement with people in their social and work roles, material things, processes and events in life?

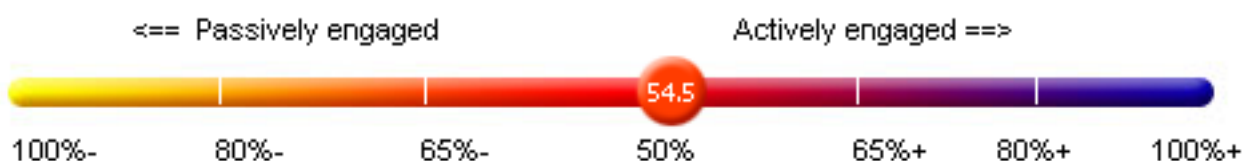
This attitude summary is an emotional measure of the closeness or distance you feel toward the daily events in your life. This is about the degree of familiarity and involvement with the jobs, routine tasks, social events and other people in their functional roles. A strongly positive score indicates dependence and reliance on established practical social norms, as well as feeling comfortable with yourself in your daily routines and activities. If you have a strongly positive score here, it means you approach tasks immediately, thoroughly and happily. A neutral score indicates objectivity toward established practical norms of life, like fair treatment of others in all situations. A strongly negative score indicates a degree of discomfort or disdain for established life and community norms, or taking them for granted. If you have a negative score here, it means you feel a degree of anxiety about social and/or professional events and tasks, which suggests problems with consistent involvement and performance. This may tell you to address your problems immediately & directly, be prepared & ready at all times and avoid procrastination.



12 Attitude toward Social/Economic Success :

Do you thrive in your social and professional setting?

This score reflects your attitude toward the benefits of social conformity, adaptability and success. It shows how you relate to the good, constructive aspects of social, professional and economic norms. A positive attitude shows sensitivity to and reliance on practical efficiency, and reflects your attitude toward social & economic success. You value your social interactions with others and are socially adept – a good communicator; you find it easy to make friends and you value a good job that pays well because it leads to economic success & achievement. If you have this attitude, you may also have an overactive social consciousness (fastidious grooming habits, working out to stay fit, maintaining a healthy, well-balanced diet, etc.) with excessive emphasis on meeting or exceeding social standards and valuing social and professional acceptance and prominence. Providing and maintaining a great home & home atmosphere for your family is an important part of this. A neutral or balanced attitude shows objectivity and fair judgment toward established social standards and professional norms. A negative attitude shows the good aspects of social living are taken for granted or ignored, and you may lack certain social skills as well as good work and economic habits. You may not care enough about properly preparing yourself for social and professional success.





18 **Understanding Self Worth :**

How clearly do you understand the linkage between being, doing & thinking?

This is a summary score of your clarity regarding the three primary dimensions of self worth: Self-identity, Role Involvement and your Intuitive Awareness of Self-worth. A high score indicates a clear understanding of your unique individuality, your social roles, and future anticipations, reflecting healthy self-esteem. A low score indicates a lack of self-appreciation and blocks to healthy self-esteem, potential role conflict, and problems with self direction and personal growth. If you have a low score, you may lack a clear concept of yourself, and you may have a tendency to live through or for others.



19 **Sense of Self Reality :**

How well do you integrate self-identity, role involvement and your intuitive sense of self?

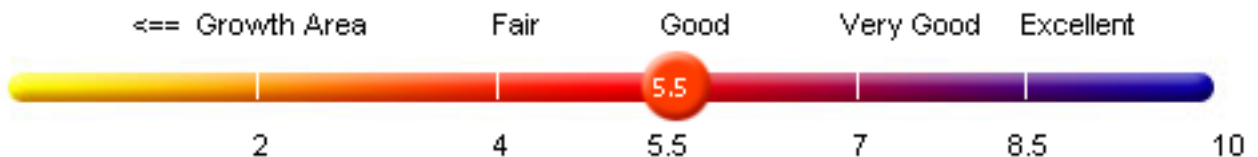
This is a measure of the dimensional balance between the three primary centers of self-appreciation. This score measures your self-acceptance, adaptability and personal realism. If all three primary internal scores are high, your personal realism is objective and well-grounded in evidence; however, if all three primary personal scores are weak, you have likely accepted an unrealistic picture of yourself, e.g. it's OK to be average or below average, make mistakes, etc. A high score reflects that you clearly understand and accept your abilities and limitations; you know who you are and you generally accept yourself as you are, but this can have the tendency to make you somewhat resistant to change. A low score reflects that you do not clearly understand or accept yourself due to one or two primary personal scores being out of balance and not well-grounded. If you have a low score, you are likely unhappy with certain aspects of your current life situation and you feel varying degrees of anxiety and self-depreciation. You may be prone to fantasy or motivated to construct your own picture of reality because you are not able to see it clearly.



20 **Emotional self control :**

How well do you handle and respond to situational stresses that directly affect you?

This is a measure of handling the stresses of everyday life – the capacity to keep your emotions well organized and under control when confronted with personal or social problems, and to respond to these problems in a calm, rational manner. A high score indicates the ability to remain calm and objective in high stress situations. A low score indicates the tendency to be easily upset and overcome by stress, becoming emotionally reactive and losing your grip on how to make objective, rational decisions.



21 Ability to Discern Personal Good from Bad :

How clearly do you understand what is good and bad - for your own sake?

This score measures the degree of internal distortions – judging something bad for the self as good for the self or vice versa. High scores indicate no confusions between good and bad - clarity of self-worth and personal preparedness that generally leads to success. Low scores indicate lack of clarity and focus, confusion or uncertainty concerning what constitutes self-worth and personal readiness, such that success may be more or less a fantasy - a desired mental concept that is likely to remain only in the mind versus becoming actual and real in space and time. If you have a low score, you may be quite inconsistent in your approach to life, and you will need a great deal of hands-on guidance and direction to increase you awareness of what is good or bad for you, as well as positive, supportive feedback for each small success you may achieve.



22 Overall Self Attitude :

How versatile/adaptable are you to changes that affect you personally?

This score is a summary of all your self-attitudes. A neutral or balanced score indicates internal emotional stability and mental clarity as well as adaptability. This reflects you are dynamic and flexible, with an objective attitude toward your self-worth and personal readiness to handle life as it unfolds. A neutral attitude indicates you are open, coachable, have positive anticipations of the future and that you tend to be optimistic with strong personal stability. A negative score reflects you may be unhappy with certain aspects of life and performing necessary employment and family roles, and may be suffering from a lack of healthy self-esteem or a negative mental concept of yourself. An extremely negative score indicates you are likely experiencing personal problems, which may cause you to be somewhat aimless, and prone to situational depression; you may have difficulty focusing on reasonable goals, and you tend to pre-judge yourself as failing to measure up.



23 Intuitive Awareness of Self-worth :

How well do you understand the value you bring to life as a unique individual?

This score measures your intuitive sense of self-worth, an awareness of your “being there,” apart from your thinking and doing. High scores reflect a strong, clear understanding of the self-worth you have as an irreplaceable human being - an awareness of your unique, individual self (who you are), without defining yourself through what you can do and achieve. A high score indicates you understand your strengths & weaknesses very well. Low scores reflect you do not know who you are, you may not understand your strengths & weaknesses – you may be passive, allow others to take advantage of you, be easily manipulated, and due to your poor defenses, you may “give up” or become a victim of circumstance.





27 Life Role Involvement :

Do you feel your talents are being fully utilized within the demands of your current professional position?

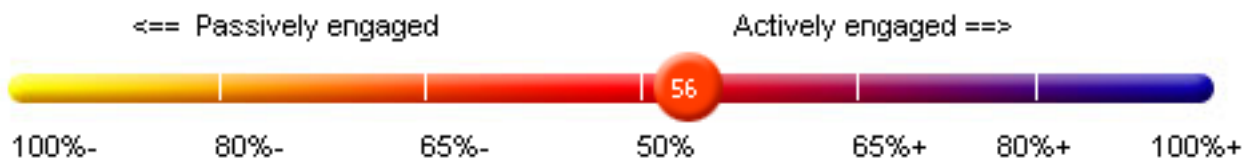
This measures your ability to achieve and maintain the harmonious integration of your professional, personal and social roles. This score indicates the degree to which you are getting personal fulfillment from your roles as well as your identification with your primary "provider" role. High scores reflect you love what you do for a living and identify with your various personal and professional roles, and you are not experiencing any role conflict. High scores indicate you tend to fully apply yourself to the role or position where you can earn a living; you tend to be fully present in that role, and tend to be highly success-oriented. A low score indicates the lack of identification with your job or professional role and your responsibility to stay prepared; you may allow personal problems to interfere with your performance, and you may have a fear of fully engaging yourself. Low scores indicate you may feel alienated from your work environment, you may feel your job restricts you from using your talents or overextends your time, you may feel you are a poor performer at work, you may be lazy, or feel afraid to fully engage mentally or physically. A low score may also indicate that you are in job transition and currently feel a great deal of uncertainty about job/financial security and your future.



28 Life Role Satisfaction :

To what extent do you enjoy your current job, role or position and its dynamics?

This score reflects the degree to which you enjoy your professional roles, as well as your family or personal responsibility to maintain your preparedness for higher levels of success. A strongly positive score reflects you get a strong sense of personal satisfaction and achievement from your role or position in life, which enables you to maintain a high level of role harmony. A neutral score indicates an objective, balanced view of your life role and a clear understanding of why you are engaged in this role or position. A strongly negative score indicates personal and social role dissatisfaction or conflict, and the lack of personal fulfillment.

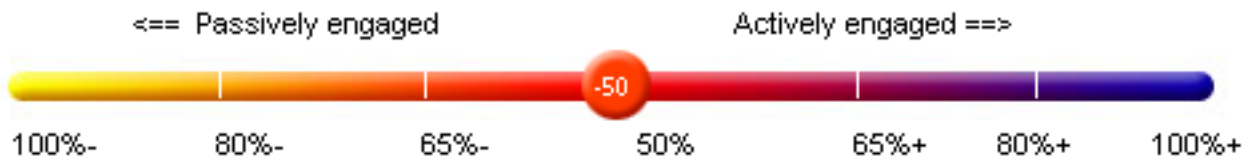




29 **Attitude toward Peak Performance :**

How well do you believe you can "play your game"?

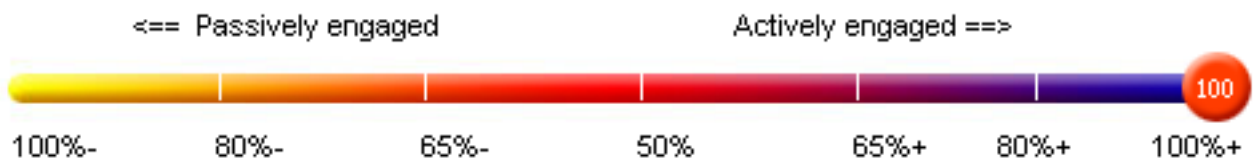
This score reflects your attitude towards professional role success. A strongly positive score reflects you have an attitude of self-confidence – you enjoy what you do for a living and work hard to maintain constant readiness and you feel highly committed to doing what you can, always willing to take on challenging work to improve your skills. You are generally a high performer who sees no problems at all in your role(s). A very positive score indicates you know you are competent, you love your work and love doing it and you constantly try to improve your performance through gaining a better understanding of life in general. A neutral score indicates you have an objective, realistic attitude towards role involvement and success; it may also indicate you see the pros and cons of the job equally well. A negative score reflects you agree that you have issues such as not being able to apply your talents & develop your potential. This produces an attitude of lower self-confidence and motivation. A negative score indicates you may not be very success-oriented, you may judge yourself as a "bad" bread-winner, and you have a hard time improving your performance. Extremely negative scores indicate you find professional preparation and engagement unfulfilling; you lack the commitment it takes, and you actually take an emotional distance from professional or job involvement. Perhaps you don't understand life well or lack sufficient professional life experience to make good decisions for yourself in this area.



30 **Attitude toward Performance Failures :**

How do you react when things go wrong because of your own poor performance?

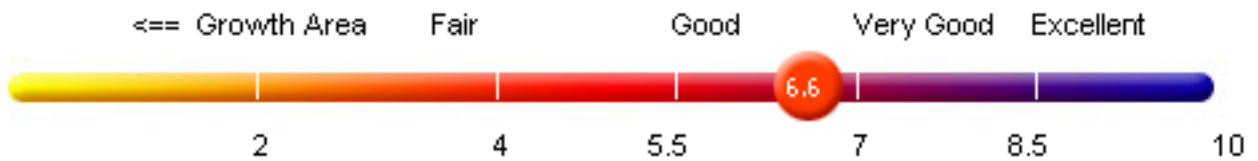
This score reflects your attitude toward problems in your job performance, work ethic, social habits, and professional preparedness & participation. A strongly positive score reflects you do not see any problems or obstacles in your work life and you have a rich, healthy life. You are proud of your work, and you feel you have good work habits; you feel you are doing the very best you can. A neutral score reflects you have an objective view of problems in your roles, and may mean you are somewhat resigned to your current situation. A strongly negative score reflects you agree there are problems at work (or in your main role) with things like insufficient compensation or poor working conditions, which have a negative impact on your success or job performance. You may be ashamed of your job performance and you may blame it on lack of training or your employer's (or authority figure) expectations of you being too high. A negative score indicates you feel pain and frustration – it seems that no matter how hard you try, you cannot achieve the results you want. If your scores here and above are negative, this could indicate that you are currently unemployed and experiencing difficulty finding the right professional niche for yourself.



31 Self-Identity :

How strongly do you identify with your career, job or community role?

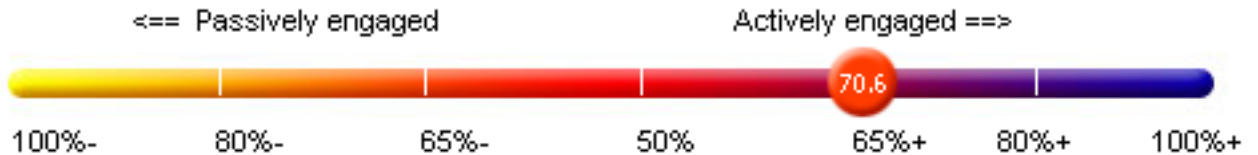
This score measures your self-identity in terms of what you do in life and where this profession is leading you in the future. This score is about the definition of your “comfort zone” in the world, and your mental understanding of ethics, rules and discipline necessary to best organize your life. A high score reflects you feel a strong sense of belonging in your world; you have a clear, strong and mature self concept in terms of what you do in life - and you want to succeed! You understand productive work principles and you have clear performance goals, as well as the discipline to forge ahead to your targeted destination. A low score indicates a lack of goals and discipline and a degree of confusion about your future and your mental concept of having a definite role to play in life.



32 Mental Toughness(Discipline, Energy and Drive) :

To what extent are you mentally strong & tough?

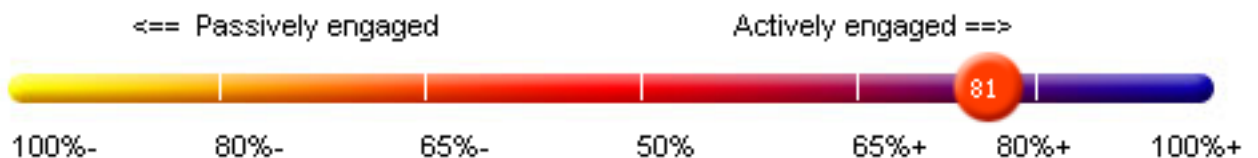
This score measures the quality of your mental concept of yourself, and reflects the degree of mental toughness and tenacity to reach your performance and other goals with success. A strongly positive score reflects high energy and drive – the discipline, persistence planning, passion, and determination to succeed in all aspects of life. A neutral score indicates you have an objective view of yourself in terms of the definition of your self-identity; if #31 is a poor score, a neutral here could also indicate uncertainty concerning your future performance goals and how to go about pursuing them. A strongly negative score signifies the lack of energy, discipline, and drive due to vague or conflicting goals, and the lack of an overarching plan for your life.



33 Attitude toward Personal Growth :

What is the quality of your mental self image as a successful person?

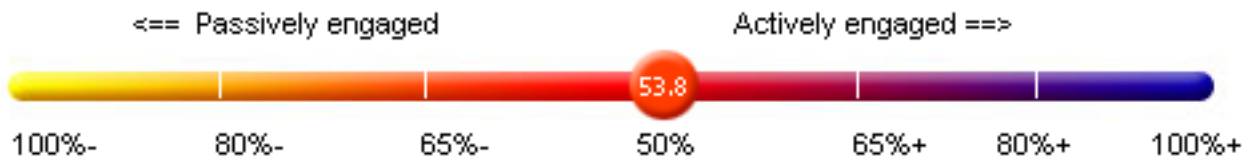
This score reflects your attitude about your positive goals and aspirations. A strongly positive score indicates you have a clear understanding of professional and social success principles, and you continuously try to learn and achieve more. You are totally committed to your personal and professional identity, and your consistent efforts, clear future plans, and strong self-discipline guarantee you will achieve your life success goals. Extremely positive scores indicate you are super-driven, and it is this persistent drive that results in your high level of accomplishment. “Winning is everything” to you if this attitude is evident; you clearly understand the rules of life’s organization, you possess mental tenacity and you always try to do what’s right. A neutral score indicates objectivity and realism about your future plans, self-identity and goal-achievement. A neutral score indicates you are coachable and open to performance improvement suggestions. A strongly negative score indicates the lack of self-discipline and dedication and an attitude of uncertainty or confusion concerning appropriate goals. A negative attitude indicates you could benefit from coaching to ensure you properly understand the rules, plans, and principles to best organize your life. You may not always know the right thing to do, and you may not have a passion for learning and improving your knowledge, indicating you need to learn better acceptance of personal responsibility and accountability.



34 Attitude toward Personal Regression :

How do you handle personal regression & potential failures?

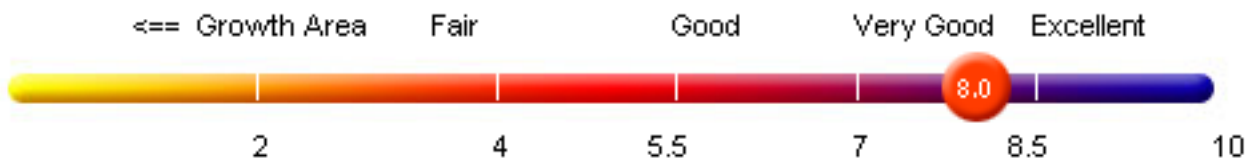
This score indicates your attitude towards barriers, difficulties and “loss of direction” on the road to success in life. A strongly positive score reflects you are excellent at avoiding errors & omissions in your profession - you see no obstacles or barriers to your success – you think clearly and tend to be full speed ahead, with well-defined plans for your future. Your performance is highly consistent and disciplined, and you make very few mistakes. This gives you a strong sense of optimism with respect to your self-direction. A neutral score reflects objectivity concerning staying on track as opposed to going down dead-ends or blind alleys. A neutral score indicates you understand the pros and cons of your career job or position, but combined with a weak score in #31 you may be sitting on the fence, not yet having chosen to make a strong personal commitment to your own self-identity & success. A strongly negative score indicates an attitude of powerlessness to overcome all the problems and barriers (which are magnified) standing in your way to success. A very negative attitude indicates you feel that you feel confused and pessimistic about your future; your life may be full of mistakes and your performance may be inconsistent; you have a hard time devising or following a plan for a better future – there’s always an excuse for not getting things done, and you often don’t do what you should – you are frustrated because it is difficult to achieve what you (or your employer or spouse) may envision. You do not like being disciplined, although this is often the consequence of poor performance and you may feel somewhat doomed to failure.



35 Decision-making Ability :

How effective are you in the area of personal, professional and social self-management?

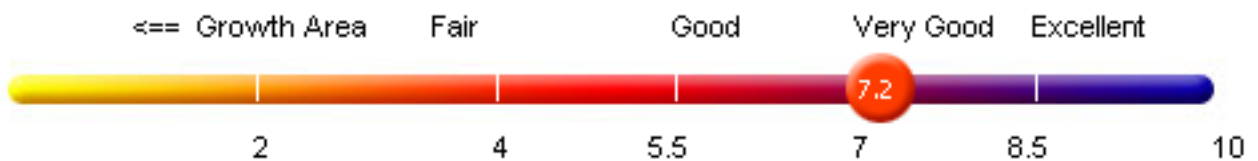
This is the ability to make consistently sound, timely decisions in your personal, professional and social life. A high score indicates the absence of valuational and emotional problems that could interfere with the effectiveness of your decision-making. A high score indicates you tend to make consistently appropriate, productive, efficient and effective decisions which lead to good results and social or job success. A medium score indicates you make some good, some bad decisions or fear of making a decision. A low score reflects you are somewhat handicapped in this area – you should not be put in a decision-making role because you have a difficult time evaluating situations properly, as well as understanding the consequences of your actions.



36 Intuition :

How well can you “feel into the situation” and process without needing to think about it?

This is the capacity to sense the most important aspects of complex situations and problems, with the ability to take appropriate action when all the facts are not available. A high score implies you can make accurate intuitive decisions. You have the ability to “shoot well from the hip” – a few important elements are enough for you to work with. You can feel into the core of situations without knowing or analyzing all the facts and take the right action (you ARE the situation). A low score indicates you have a difficult time making intuitive decisions; you need more or all the facts, information, or guidance to feel confident you are right.

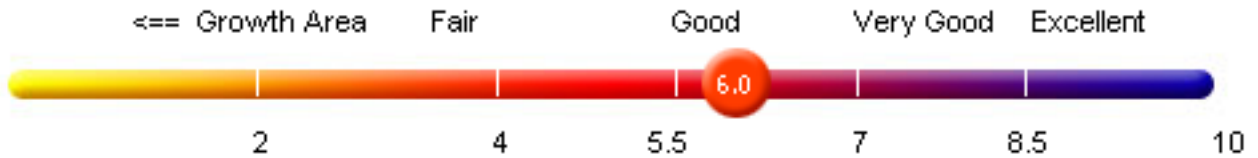




37 **Concentration :**

How well can you maintain focus throughout a given task or project?

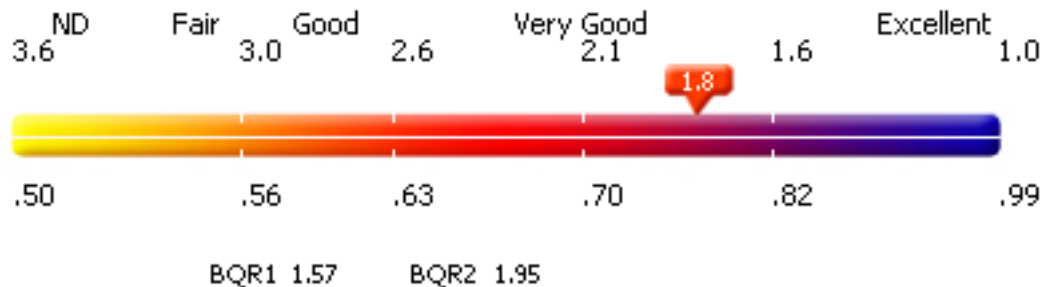
This is the measure of your ability to focus full attention on the task at hand. A high score reflects you are not easily distracted; you are one who works with intensity. A high score indicates you focus well – you do not like to be disturbed or interrupted. A medium score indicates you have an average concentration and attention span. A low score indicates you have a weaker understanding of process; you feel some confusion between past, present and future, and you may exhibit both high focus and no focus over the duration of a given time period. Events begin & end randomly; you may welcome interruptions in a “moment to moment” lifestyle.



38 **Stress –Tension Indicator :**

Do you experience a high stress level and are you accident or injury-prone?

This score is an indicator of the well-being which results from the harmony between your personal and professional life. Tension and stress are indicated when you experience discord and friction because your thoughts are overly directed toward the external world at the expense of your personal life. An atychal score (this word comes from the Greek Goddess of luck, Tyche. “Atychal” means “unlucky”) is indicative of internal tension due to a greater focus on your personal thoughts and ideas, which may signify accident-proneness. A high score indicates you are relatively stress-free – stressful job or social situations tend to be positive motivators for you, challenging you to give your best. High tension may indicate you experience physical or health problems and you may suffer from some physical pain or condition. You should avoid stressful situations, which are likely to have an adverse effect on you. An atychal (unlucky) score indicates you are out of touch with life’s reality, living in your own world (like the absent-minded professor who missed a stop sign or a red light), and you may have a tendency to put yourself in harm’s way without even knowing it.



39 **Stress Resistance :**

Do you have what it takes to resist stress?

This score is a measure of your internal strength to cope with demanding events which may be experienced as pressure and strain. A high score reflects your capacity to realize when stress is too great, and you take time out for personal reflection, to analyze and weigh alternatives, rejoining the situation with renewed energy, a more balanced perspective, and a confident plan of action. A low score indicates you may have difficulty even recognizing how much stress you are under; you lack resiliency and you may have a tough time bouncing back.





40 **Assessment Reliability :**

How reliable is your assessment?

High scores indicate high reliability and consistency of judgment. Reliability scores below 0.70, both external and internal, indicate the assessment is less reliable and may not be accurate since the judgment decision pattern approaches random, due to inconsistent responses. The External and the Internal scores are labeled next to the rank order correlation number.

Part One : **0.9** Part Two : **0.822**