

Explain Yourself™



Complete the sentences, using the area of your report indicated on the right side of each box - for the last one think about the fundamental perspective your Need represents, and how that could become a strength!

I want to be involved in...

(Areas of Interest)

...and the tasks I enjoy best are...

(Organisational Focus)

I like to see myself as...

(Usual Behaviour)

...but underneath it all, I need...

(Underlying Needs)

...or else I might start to...

(Stress Behaviour)

My fundamental strengths include...

(Need framed as perspective)