NAME

## Behavioral Profile Assessment - Self

Instructions

1) Think about what you have observed about yourself.
2) For each trait listed, circle the appropriate box.
3) Then, transfer the number in each circled box to the highlighted box in the "Dimensions" section.
4) Add each column in the "Dimensions" section, and write the total in the box directly below the column.
5) Plot the total from each column on the bar graph.
6) After placing the dots in the DISC columns, connect the dots with lines.
7) Circle the dot that is the highest of the four on the graph to determine your most prominent behavioral trait.


Dominance Influence


Steadiness


Compliance

Am I...

| Well-organized | 8 | 6 | 3 | 2 | 1 |  |  |  |  |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| A team player | 6 | 4 | 3 | 2 | 1 |  |  |  |  |
| Detail-oriented | 6 | 4 | 3 | 1 | 0 |  |  |  |  |
| Restless | 6 | 4 | 3 | 1 | 0 |  |  |  |  |
| Demanding | 8 | 6 | 3 | 2 | 1 |  |  |  |  |
| Someone who <br> uses attention- <br> getters | 6 | 4 | 3 | 1 | 0 |  |  |  |  |
| Someone who <br> calms others | 6 | 4 | 3 | 2 | 1 |  |  |  |  |
| Talkative | 8 | 6 | 3 | 2 | 1 |  |  |  |  |
| Accommodating | 6 | 4 | 3 | 1 | 0 |  |  |  |  |
| Task-oriented | 5 | 4 | 3 | 2 | 1 |  |  |  |  |
| Precise | 6 | 4 | 3 | 2 | 1 |  |  |  |  |
| Bold | 6 | 4 | 3 | 1 | 0 |  |  |  |  |
| Someone who <br> leans forward | 6 | 4 | 3 | 1 | 0 |  |  |  |  |
| Animated | 7 | 5 | 3 | 2 | 1 |  |  |  |  |
| Outspoken | 6 | 4 | 3 | 2 | 1 |  |  |  |  |
| Loyal | 7 | 5 | 3 | 2 | 1 |  |  |  |  |
| Someone who <br> reacts quickly | 6 | 4 | 3 | 2 | 1 |  |  |  |  |
| Someone who <br> seeks solid proof | 6 | 4 | 3 | 1 | 0 |  |  |  |  |
| Someone who <br> laughs easily | 6 | 4 | 3 | 2 | 1 |  |  |  |  |
| Considerate | 5 | 4 | 3 | 2 | 1 |  |  |  |  |
| Analytical | 6 | 4 | 3 | 1 | 0 |  |  |  |  |
| Aggressive | 8 | 6 | 3 | 2 | 1 |  |  |  |  |
| Someone who <br> talks about myself | 6 | 4 | 3 | 2 | 1 |  |  |  |  |
| keeps a low <br> profile | 6 | 4 | 3 | 1 | 0 |  |  |  |  |

