

DISC Personality Profile Worksheet

Working left to right across the page place a 4 next to the word which most accurately describes you and then a 3, 2 and 1 next to the words that progressively are less accurate at describing you. You must use each number (1-4) once in each row.

How I see me in an exercise situation (sport or gym)...

Directing		Influencing		Steady		Cautious	
Self Certain		Optimistic		Deliberate		Restrained	
Adventurous		Enthusiastic		Predictable		Logical	
Decisive		Open		Patient		Analytical	
Daring		Impulsive		Stabilizing		Precise	
Restless		Emotional		Protective		Sceptical	
Competitive		Persuading		Accommodating		Curious	
Assertive		Talkative		Modest		Direct	
Experimenting		Charming		Loyal		Consistent	
Forceful		Sensitive		Sincere		Perfectionist	
TOTAL		TOTAL		TOTAL		TOTAL	

How I see me at home....

Directing		Influencing		Steady		Cautious	
Self Certain		Optimistic		Deliberate		Restrained	
Adventurous		Enthusiastic		Predictable		Logical	
Decisive		Open		Patient		Analytical	
Daring		Impulsive		Stabilizing		Precise	
Restless		Emotional		Protective		Sceptical	
Competitive		Persuading		Accommodating		Curious	
Assertive		Talkative		Modest		Direct	
Experimenting		Charming		Loyal		Consistent	
Forceful		Sensitive		Sincere		Perfectionist	
TOTAL		TOTAL		TOTAL		TOTAL	

How my peers see me....

Directing		Influencing		Steady		Cautious	
Self Certain		Optimistic		Deliberate		Restrained	
Adventurous		Enthusiastic		Predictable		Logical	
Decisive		Open		Patient		Analytical	
Daring		Impulsive		Stabilizing		Precise	
Restless		Emotional		Protective		Sceptical	
Competitive		Persuading		Accommodating		Curious	
Assertive		Talkative		Modest		Direct	
Experimenting		Charming		Loyal		Consistent	
Forceful		Sensitive		Sincere		Perfectionist	
TOTAL		TOTAL		TOTAL		TOTAL	

Scorecard: Circle the numbers which relate to the totals found in the previous tables.

Exercise Personality

D I S C

40	40	40	40
38	38	38	38
36	36	36	36
34	34	34	34
32	32	32	32
30	30	30	30
28	28	28	28
26	26	26	26
24	24	24	24
22	22	22	22
20	20	20	20
18	18	18	18
16	16	16	16
14	14	14	14
12	12	12	12
10	10	10	10

Home Personality

D I S C

40	40	40	40
38	38	38	38
36	36	36	36
34	34	34	34
32	32	32	32
30	30	30	30
28	28	28	28
26	26	26	26
24	24	24	24
22	22	22	22
20	20	20	20
18	18	18	18
16	16	16	16
14	14	14	14
12	12	12	12
10	10	10	10

Peers see me

D I S C

40	40	40	40
38	38	38	38
36	36	36	36
34	34	34	34
32	32	32	32
30	30	30	30
28	28	28	28
26	26	26	26
24	24	24	24
22	22	22	22
20	20	20	20
18	18	18	18
16	16	16	16
14	14	14	14
12	12	12	12
10	10	10	10

Write briefly about your personality at work, at home, and as seen by others immediately below.

At work my personality seems to be...

At home my personality seems to be...

Colleagues/peers see me as...

Aspects of my personality that might need adapting when working with clients...

Behavioural Style Worksheet

Describe your usual behavioural style, and then your behavioural style when you are under pressure or stressed (give brief examples of the characteristics of your behaviour in each instance)

Usually (in normal circumstances)	Aggressive / Passive / Assertive / Upset (circle one) Examples of characteristics - body posture, tone of voice, gestures etc
Under Stress or Pressure	Aggressive / Passive / Assertive / Upset (circle one) Examples of characteristics - body posture, tone of voice, gestures etc

	<p>What aspects of your behavioural style will you need to manage ensure you interact effectively with others at all times?</p>