

Personal Style Worksheet

Interesting information about your personal style is only useful if you apply it to:

1. Know yourself better
2. Use it to bring out your best by focusing on your strengths and finding others to help you manage your weaknesses.

What is your personal style (DiSC)?

Reflect on what you have learned about your personal style. Think of examples that illustrate characteristics of your style.

What kind of tasks or situations bring out your natural strengths?

What methods or people can you use to help you manage your weaknesses? (If you list people, be sure to list their styles and how the strengths of their style would compensate for the extremes of your weakness).