

- Enjoying the company of those who I know well
- Adapting between engaging with others and enjoying quiet time on my own
- Letting those with a greater need take centre stage
- Holding on to rather than forcing strong views onto others

- An element of stability and predictability, whilst not being averse to some variety in life
- Open to new ideas, being prepared to give them some time to see if they work
- Balancing some theoretical discussion with the need to be pragmatic and get things done

- Promoting my own need interests, but not at the expense of others
- Providing support and help to my friends and close family
- Offering genuine assistance to those who really need it

- Prefer a sensible amount of planning with realistic deadlines
- Willing to work to achieve the goal, whilst understanding there will be times things can't be achieved
- Happy to be flexible, as long as there is a sensible level of consistency

- Sensibly handling most of what life throws at me
- Keeping my feelings under control when I can
- Trying to look on the positive side, whilst being realistic



The way you walk



Your values



Your wellbeing



Your drivers

Jayne Bright

- 👍 Nutrition
- 💧 Hydration
- ☕ Caffeine intake
- 🍷 Alcohol intake
- 😴 Sleep

- 🏃 Activity
- 👥 Social support
- 🕒 Me time
- 🚭 Smoking

1. Belonging to a Community

2. Accountability

3. Adventure

4. Authority

5. Being Served

Ethical Standards
To be surrounded by people who share similar values and beliefs/principles to me.

Loyalty & Trust
An environment where people are valued and respected, where promises are kept and people act in each other's best interests.

Communication
To be engaged and consulted on, or at least be informed of, matters of importance and to have a sense of understanding of what is happening in my world.

Personal Growth
Opportunities to develop new skills and capabilities so I feel a sense of personal growth and stretch.

Vertical Relationship
When I am in a work environment, I value having an approachable, motivational manager who provides regular feedback and acts as a role model.



Your values. The stuff that is in your heart - the things that you value and want from your life (your more global life goals) that inform your beliefs about what you ought to do in given situations.



Your drivers. The stuff that puts fire in your belly - the things that energise, direct and allow you to sustain your behaviour.



Your wellbeing. The extent to which you take care of yourself.



The way you walk. Your preferred ways of thinking, feeling and behaving. The qualities that make you unique and determine how you tend to be.