



Observe Yourself using the DiSC Profile

Application Exercise for Reflection

1. Observe Your Own Behavior:

Catch yourself using behaviors in each of the four dimensions. Notice your behaviors at least twice if possible

Dominance:

Example #1: _____

Example #2: _____

Influence:

Example #1: _____

Example #2: _____

Steadiness:

Example #1: _____

Example #2: _____

Conscientiousness:

Example #1: _____

Example #2: _____
