

# 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: \_\_\_\_\_  
\_\_\_\_\_