

VALUES REFLECTION

PUTTING **DISC** INTO PRACTICE

Through your reflection and discussions in class, identify one of your highest values.

Describe that value:

Give a positive example of how you live that value through your behavior, does it connect with your DISC Profile?

ADVANCED QUESTION

Consider a not so useful behavior relevant to the value.

(For example: If your value is 'Commitment' and you are a 'High C', a not so useful behavior could be rigidly sticking to a process in a situation that requires you to change an element of it.)