


The Leader in

You! 

Activity  
Worksheets

# The Leader in You

## Activity 1 Leadership Characteristics

<b>Your Characteristics</b>	<b>Shared Characteristics</b>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____



The Leader in You

Activity 3  
Group Exercise

**What leadership qualities  
helped your project succeed?**

**What challenged your project?**

15.

---

---

16.

---

---

17.

---

---

18.

---

---

19.

---

---

20.

---

---

21.

---

---

22.

---

---

23.

---

---

24.

---

---

25.

---

---

26.

---

---

27.

---

---

# The Leader in You

## Activity 4 Self-Assessment

### **Quick n' Dirty DISC Assessment**

**Instructions:** On these two pages, circle any words (as many as you want) that sound like descriptions of you.

#### **Dominance, Influences, Steadiness, and Compliance (DISC)**

<b>C</b>	Careful	Urgent	<b>D</b>
	Objective, clear	Pioneering	
	High standards	Innovative	
	Good analyst	Driven	
	Detailed	Likes challenges	
	Picky	Demanding	
	Aloof	Quick to anger	
	Fearful		
<b>S</b>	Steady and sincere	Optimistic	<b>I</b>
	Patient	Motivator	
	Empathic	Team player	
	Logical	Problem solver	
	Service oriented	Emotionally needy	
	Apathetic under stress	Inattentive	
	Passive	Trusting	
	Resists change	Poor with details	

# Activity 5

**Instructions:** This chart is a worksheet for thinking through how different (or similar) styles blend. In the Work Relationship column, choose Good, Fair, or Poor. Next fill in the strengths and limitations of the relationship in the next two columns. Finally, suggest how the people could adapt to improve their relationship. For example, remember that a strong D behavior focuses on tasks and speed whereas a strong S behavior focuses on people and diligence. That relationship is poor because the approach they take in working with others or is problem solving—each one’s behavioral preference—is opposite on both dimensions.

BLENDING OF STYLES	WORK RELATIONSHIP (GOOD/FAIR/POOR)	STRENGTHS OF THIS RELATIONSHIP	LIMITATIONS OF THIS RELATIONSHIP	ADAPTATIONS REQUIRED FOR OPTIMAL SUCCESS
D and D				
D and I				
D and S				
D and C				
I and I				
I and S				
I and C				
S and S				
S and C				
C and C				

