

About This Report

The information in this report will provide you with powerful insight into your Striving Style Squad and how to fully leverage your Predominant Style as well as your Associate Styles. You will learn the predominant needs of each of your Associate Styles, which part of the brain they are associated with, and the types of activities they are best suited for. This Report will also deepen your knowledge of your Predominant Style, what activities it is best suited for and where it needs the support of its Squad.

This information helps you to capitalize on the strengths of your whole brain, so you can choose the behaviors that are most likely to move you toward desired outcomes, and make conscious shifts to self-actualizing behaviors that support your success in becoming who you are meant to be!

Based on the Leader Predominant Style with Stabilizer, Artist and Performer Associate Styles, this report helps you to:

- › Understand the importance of knowing and leveraging your Squad
- › Build awareness of the role each Style plays in your Squad
- › Learn which activities are best suited to your Predominant Style
- › Learn which activities are not best suited to your Predominant Style
- › Learn which activities are best suited to your Associate Styles



You'll find lots more resources to help you to leverage your Squad and realize your potential at WhoAreYouMeantToBe.com.

Part 1

The Striving Style Squad

Congratulations! You have just moved to the second milestone of the Striving Styles Roadmap for Development and the next step towards becoming who you are meant to be. Learning to integrate all four Styles on your Squad is key to achieving your potential.

Now that you understand your Striving Style and its predominant need, learning to leverage your Striving Style Squad is the next step. With the knowledge provided in this report, you will understand how your brain is organized and how it works most efficiently. You will gain practical insight into how you define, experience, relate to and understand yourself and others, and how you make sense of the world around you.

When you incorporate the unique abilities and talents of your whole brain in your life, a powerful new way of experiencing yourself will open up for you. Understanding the role each Striving Style plays in your personality and how each improves and enhances the functioning of the others is key to the fulfillment of your potential. It allows you to shift gears when you need to, drawing on the strengths and abilities of other members of your Squad, rather than only using your Predominant Style.

You have access to the talents and abilities of four Striving Styles.

What Is the Striving Style Squad?

Our brain is divided into four quadrants, consisting of two halves on either side of the brain. Two of the quadrants reside in the rational brain and the other two in the emotional brain. These paired structures are connected with functional pathways between each other.

Each Style on your Squad represents one of the four quadrants of your brain, as illustrated on the following page. The quadrant that your Predominant Style falls into, the direction in which your Predominant Style is oriented (towards the inner world or the outer world), and the direction of the flow of energy from one quadrant of the brain to the next, determines which of the Associate Styles is on your Squad.

We are born hard-wired to use or favor one quadrant of the brain over the other three. This is our Predominant Striving Style. That's because the energy of this quadrant

Part 3

About Your Squad

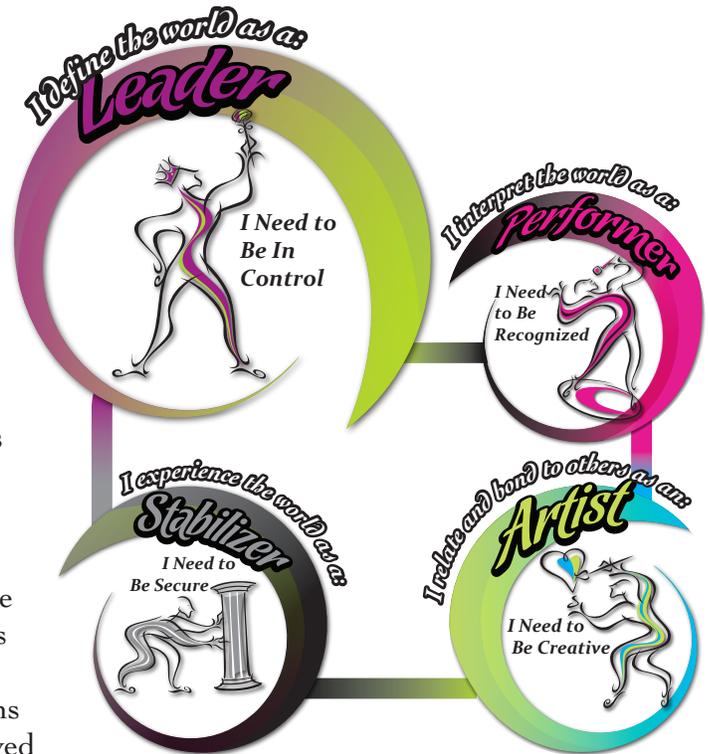
If we understand the brain, particularly our own brain, we can direct and influence how it functions and how we feel. Knowing how to leverage your Striving Style Squad is a key step in becoming who you are meant to be.

Leader Predominant with Stabilizer, Artist and Performer Associate Styles

Your Striving Style Squad is based on your Predominant Striving Style as determined through your Striving Styles Assessment. Each Style has a specific need that must be met, and each plays a different role given its location in the brain and its innate talents.

The following sections include descriptions of the four Styles on your Squad and provide you with insight into situations in which you will be best served by using one Style on your Squad over the others. As you are most likely to move to action with your Predominant Style first, you need to be mindful of whether this will result in the most desirable outcome.

Shifting from one Style to another becomes easier over time, and is done as a matter of course, until it eventually becomes automatic and requires little conscious focus to do it.



It takes time to build the connections between the Styles, but with practice and repetition, stronger connections for communication between the Styles will result, making it easier to make the necessary shifts as situations warrant.

Refer to your Striving Styles Assessment chart for more information about the extent to which you are using each of these Styles on your Squad.



USE YOUR PERFORMER TO GET RECOGNITION

The Leader gets pleasure from being hard-working and productive. Because there must be a component of usefulness and productivity to their activities, Leaders don't approach work, studies or other activities where there are goals to be accomplished from a social or personal perspective. They can dehumanize themselves when they work as hard as they do without stopping to get recognition for their achievements.

The Performer on this Squad helps the Leader add excitement and pleasure to their more outcome-oriented approach to life. Performers are capable of drawing a great number and variety of friends and acquaintances to themselves with their attractive, youthful energy. They seek people and situations that have the potential to meet their need for recognition, instead of deep, meaningful bonding.

The Performer accentuates what is most impressive or interesting about themselves in order to impress others. They like and need to be at the center of the action and attention, and consider activities in the home, extended family and community as another stage on which they can play to their audience, and which provides them further opportunities to be in the spotlight. If they do not engage with their Performer, the Leader runs the risk of alienating others, who may perceive them as too serious.

 Performers are intuitive, imaginative and creative. They are always coming up with new ideas about how to do something. Leaders can use the Performer to help break them out of a cycle of using the same ideas over and over again.