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The Role of Self-Awareness

We are fortunate to live in a world that offers unlimited opportunities and where dreams can be achieved at every turn. So, why is it that many people feel frustrated, unable to accomplish much? Usually the reason is that these individuals have vested little time in reflecting within themselves to find and develop their own potential.

A common trait among successful individuals is their self-awareness. Our decisions are impacted by our unique perspective, how we perceive our reality and what data we filter out or allow in. Our decisions are influenced by our gifts and talents, our motivations and behavioral preferences. Achieve greater satisfaction and tap into your potential by understanding the **What**, **Why** and **How** behind your performance.

Behavioral assessment instruments can help you obtain information that is critical to your personal development as well as assist organizations in building highly-functional teams. Below are three instruments that I use in my practice.

Attribute Index: the "What"

This profile is based on Axiology - the science of value. The instrument objectively identifies how our minds analyze and interpret our experiences. It also helps to identify how we are most likely to react in any given situation. It examines how we think and allows us to gain an understanding of the patterns we use to make judgments/decisions.

Value Index: the "Why"

Will enable you to understand your unique value hierarchy or belief system pertaining to what motivates you, what you are most drawn to and where your passion lies. Values are formed through repeated experiences and multiple exposures to your world. Your experiences help determine your attitude or beliefs about what is good and what is not.

DISC Index: the "How"

The DISC model is the most used behavioral assessment in the world. It allows you to understand your unique behavioral strengths and tendencies.

ADVanced Insights Index is a combination of these behavioral assessment instruments. By combining these three domains you are able to gain self awareness and to define the path to your success.

[Click here: To learn more about these tools and take advantage of our summer promotion.](#)

What's Keeping You Up At Night?

At What's Keeping You Up At Night? we focus on helping our clients discover their untapped potential and to turn that potential into performance. By giving our clients focus and problem-solving perspective we enable them to break through the blockage to create a step-by-step action plan to attack the energy vampires that keep them up at night.



**Save
25%**

On any behavioral assessment instrument package. Cannot be combined with any other offer. Not valid on prior purchases.

Offer Expires: August 31, 2011