

Mindscreen

Developing self-awareness & confidence
Raising self-esteem & aspirations

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Mindscreen experience®
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Ready, steady, go! Do not wait a second longer, start figuring yourself out now, while you are young!

Here is why it is important:

Knowing yourself helps you to recognise what you get passionate about and realise what you love to do. Doing what you love makes you happy!

Your Mindscreen experience® profile will help you to get to know yourself. It'll help you discover what "turns you off", as well as "what switches you on".

Knowing what your own strengths and skills are will help you to get ahead in your life. You will feel more confident too!

This profile, together with the exciting self-awareness games and activities you get from Mindscreen, will help you to better understand:

- Yourself
- Your friends, family, and other people
- What your dreams and goals are
- What study and career paths you are more likely to enjoy
- What things make you happy and feel fulfilled

Knowing who you are and what you want will help you build your self-belief and develop a "can do" attitude. Learning about your own natural skills now is important too, because later you can choose study and career paths that use your skills!

The more you learn about yourself, the quicker you will get on the "right track" in your life!

Did you know that being aware of who you are can help you to understand why you are motivated to do some things, but not others? It can also help you to understand why you get on better with some people, more than others.

Recognising that everyone is unique and that "your way" is not good or bad, just different, will help you to build your self-esteem and self-confidence.

This section of your profile is full of personal insights that will help you to understand yourself better.

- I usually project self-confidence, warmth, and openness.
- I like to describe what I've been doing and how I've been doing it in an emotional and expressive way.
- I am good at "selling" ideas and projects to other people.
- I like to hang out, be around other people, and have fun.
- I like "big picture" ideas and can become frustrated when doing a lot of detailed work.
- My mind is very active, I can easily jump from one idea to another.
- Some people may see me as a very outgoing, expressive person.
- Sometimes my imagination "runs wild", and I exaggerate things.
- I like to be involved and find it difficult to just "sit on the sideline" and watch.
- I am very trusting. Sometimes I trust others too much and get upset when I feel let down.
- I love being around people and can become frustrated when I am alone for long periods.
- I like to be recognised for my achievements in front of other people.
- I can become upset when other people distrust me or say negative things about me.
- Sometimes I start talking, then make what I have to say "fit" with what I think my audience wants to hear.
- I like others to use my first name when talking to me.
- When in trouble, I try to talk my way out of it.

- I sometimes spontaneously laugh out loud, because I have had a funny thought and cannot contain myself.
- I can be very good at helping friends who have fallen out to get back together.
- Sometimes I see things as being funny when others are taking them seriously.
- Sometimes I rush so fast into things, that I do not give myself time to plan properly.
- I like it when other people think of me as an imaginative and inspiring person.
- Sometimes, rather than argue, I pretend that "I am busy" and "cannot talk now" in order to avoid the confrontation.
- Sometimes I hide my true feelings by appearing really friendly and happy on the outside.
- I am good at letting people know what I mean and how I feel through my emotions and body language.
- I am good at attracting others and like to be the centre of attention.
- I like to think of myself as a popular person.

What motivates one person might switch another off! Knowing your own motivational wants and needs is important, because satisfying them makes you happy.

Get to know yourself better and figure out what switches you on!

I want and need:

- To "juggle" and have variety in my life.
- To be involved, socialise, and express my ideas.
- To be confident, enthusiastic, and optimistic.
- To stand on "stage" and be the centre of attention.
- Popularity, admiration, and fame.
- To be liked and have many friends.
- To be lively, open, and dynamic.
- To be an influential person.
- To trust and be trusted.
- To move around while I think and talk.
- To talk about things in an inspirational way.
- To talk, laugh, and have fun.

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How I See Myself

Check yourself out! The better you know yourself, the more confident you will become.

Take a look at the shaded statements below. They describe how you see yourself. They'll also help you to learn:

How you prefer to solve "Problems"

How you prefer to interact with other "People"

How you prefer to deal with the "Pace" of your surroundings

How you prefer to deal with "Policies and Procedures" set by other people

Confronting	Talkative	Relaxed	Respectful
Demanding Commanding Driving Ambitious Dominant Strong-willed Forceful Determined Pioneering Competitive Decisive Adventurous Curious Responsible	Charismatic Inspiring Magnetic Influential Enthusiastic Confident Believable Warm Convincing Charming Friendly Optimistic Trusting Good company	Difficult to read Unhurried Predictable Composed Methodical Patient Possessive Habitual Reliable Deliberate Steady Stable Hurried On-the-go Variety orientated Ready-to-act Dynamic Expressive Impatient Lively Fast Flexible Energetic Impulsive	Exacting Worrisome Careful Factual Cautious Conventional Accuracy orientated Neat Orderly Diplomatic Accurate Polite Open-minded Balanced judgement Firm Independent Self-ruling Creative Persistent Daring Free-spirited Original Courageous Brave Unafraid
Down-to-earth Considerate Cooperative Sympathetic Modest Hesitant Compassionate Obliging Mild Pleasing Reserved Peaceful Agreeable	Thoughtful Realistic Calculating Disbelieving Analytical Restrained Rational Matter-of-fact Detached Perceptive Objective Reflective	Restless	Rebellious

Knowing what "switches you on" when you interact with others can help you communicate more confidently and connect with more people.

This section of your profile is all about the ways you LIKE to engage with other people.

- I like to frequently ask questions using the word "who". For example, "who's going to be there?", "who wants to come with me?"
- I like it when others interact with me in a casual and familiar way.
- I like to "juggle" and to feel free to move from one activity to another at a moment's notice.
- I like to experience things as I go.
- I like to talk about things in an inspirational way and to be optimistic about what I can achieve.
- I like to be recognised and rewarded in front of others for my involvement and my success.
- I like to think about many different things, even while others are speaking. My mind is always active.
- I like to be around others and convince them in an enthusiastic way that what I am saying is exactly what they need.
- I like to be open and easy-going. To sit nearby others and talk about my dreams and my goals.
- I like it when other people involve me in new and exciting activities or adventures.
- I like to be enthusiastic and stimulating, fun-loving, and friendly.

Knowing what "turns you off" when you interact with other people is important too!

This section of your profile is all about the things you DISLIKE others to say or do when they engage with you.

- I dislike it when other people jump to conclusions, interrupt me, and spoil my story.
- I dislike it when other people fail to recognise my need for constant change and variety.
- I dislike it when other people take advantage of me or take credit for my ideas.
- I dislike it when other people are unfriendly, cold, or distant.
- I dislike it when other people focus too much on small details.
- I dislike it when other people force me to sit still or stay in one place too long.
- I dislike it when other people talk too slow or do not get to the point quick enough.
- I dislike it when other people tell me to be quiet and block me from expressing myself.
- I dislike it when other people talk too much and prevent me from speaking.
- I dislike it when other people talk down to me, disregard my achievements, or make me feel small, especially in public.
- I dislike it when activities or discussions are dull or repetitive.
- I dislike it when other people expect me to listen at length without being involved in any other activity.

On the next page you will see your Success Insights Wheel®.

Your "natural behaviour" is known as the "natural you" and is shown on your Success Insights Wheel® by a "dot". Your natural behaviour usually remains very similar throughout your life, changing only briefly by emotional/stressful situations, such as the loss of someone close to you, or an unsettling situation like moving home.

Your "adapted behaviour" is known as the "adapted you" and is shown on your Success Insights Wheel® by a "star". You may choose to adopt different behaviour for different occasions. For example, when you are at school, relaxing at home, or when you are out with your friends on a Friday night.

Did you know that the further away your "star" is from your "dot" on your Success Insights Wheel®, the more you are changing/adapting/stretching your natural behaviour?

People are flexible and can "stretch" their behaviour to change or adapt their natural way of being for different situations.

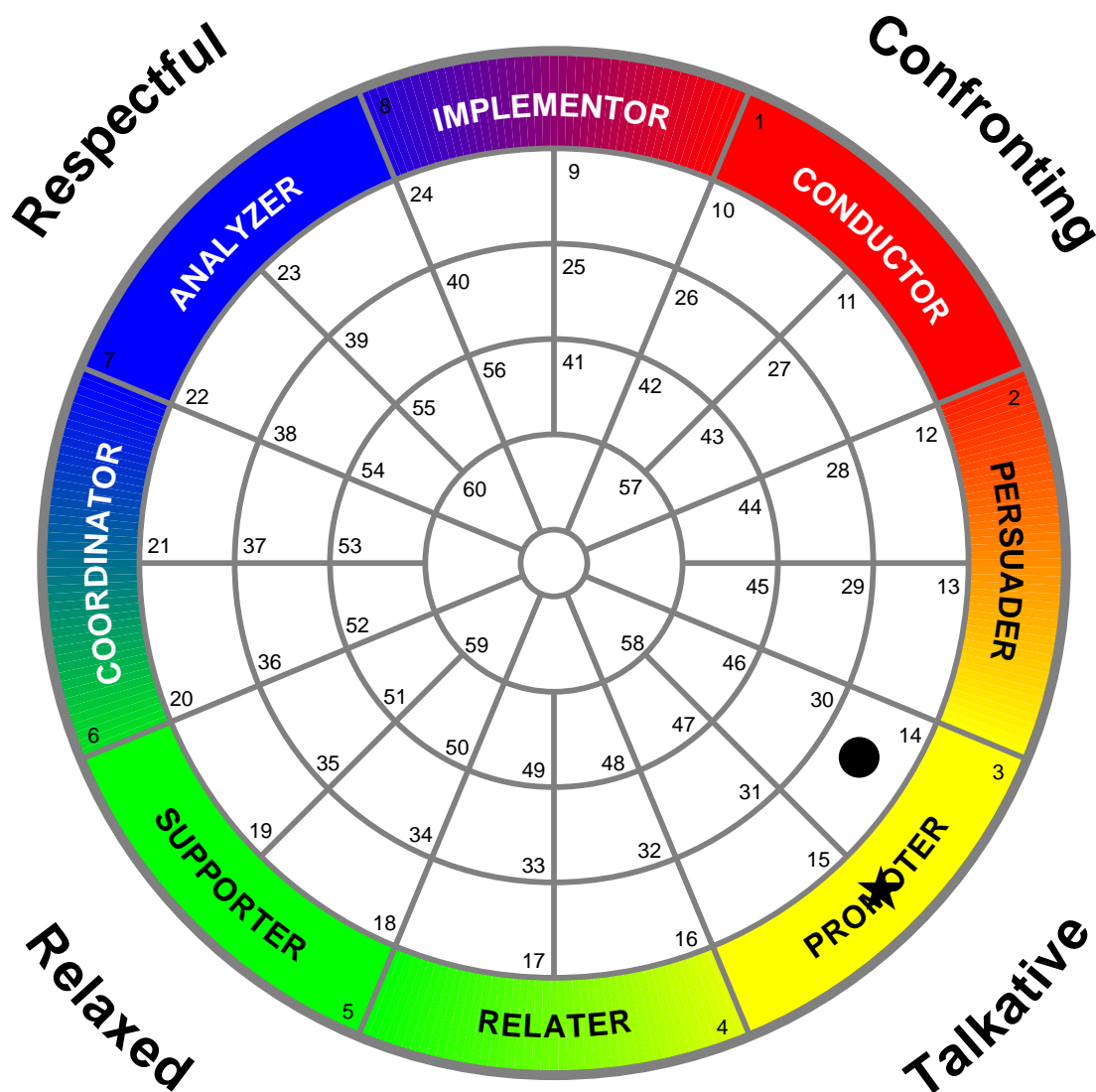
Think about an elastic band! It can be stretched out into different shapes and sizes then, when released, it'll go back to its natural state. Human behaviour can be "stretched" just like an elastic band.

Remember, keeping an elastic band stretched out over a long period of time will cause it a certain amount of tension. Similarly, those people who are adapting their behaviour for a long period may also develop tension.

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The Natural & Adapted Me

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Would you like to learn faster, have more free time, and get ahead in your life? Do you want to know how to do it?

Start with your future in mind!

Get focused, believe in yourself, and start using your Success Tips straight-away. Remember, success is achieved step-by-step. Ask for help from your family or teachers if you need it.

- Focus when teachers are giving project instructions. Write down the main points. Keep a note book especially for this. You can get more detail later if you need it.
- Remind yourself that you have very "high energy levels", and that you need to be active. Use your "gift" and channel your energy into achieving your goals.
- Use short sentences when taking notes. Review your notes each evening. Type them up and use spell checker. Stick words you want to learn to spell on your bedroom mirror.
- Get prepared to talk about your achievements. Tell your friends all your exciting news after studying, not before.
- Tell yourself to take notes. Write down your ideas immediately. This will open your busy mind up to receive other information. You will be more organised and improve your memory too.
- Draw pictures or diagrams of the ideas and concepts you want to learn. Leave out unnecessary words.
- Get ready to achieve. Prioritise your aims. Do not spread yourself "too thin". Focus on the things you want urgently. Take action. Reassess your targets frequently.
- Make a deal with yourself. Stay focused and listen hard. Capture the main ideas about what your teacher is saying. Do not worry about your spelling.
- Make a deal with yourself. Focus and listen when there is something important you need to hear. Congratulate yourself each time you "catch" what the person said.
- Learn how to manage your time. Get a pocket diary. Describe each activity you do and how long it took. Within a month you will know what you are spending your time on.
- Visualise yourself achieving your goals and dreams. Imagine how you will feel to be famous and influential. Type up your plan and start working toward your future now. Stick a copy on your bedroom wall.

INTRODUCTION

The following three pages will help you to see what your own natural skills are and discover which study and career choices will use your skills.

You will notice some skills that you knew you already had and discover others that you didn't realise you had.

You will see which study options use your skills and learn about career pathways that you'll be more suited to and more likely to enjoy.

Choosing the "right" study and career path is important, because your happiness and fulfilment at school or at work depend on it.

Take a look at your Skills Insights graph first. You'll notice a selection of skills that have been highlighted in each of the six columns. These are the natural skills you're likely to have, whether you realise it or not!

Then take a look at your Study and Career Insights graphs. You'll see that we've highlighted the study and career options that you're most suited to and more likely to enjoy.

Just remember, although these insights can help you make well-informed choices, your final decisions should not be based on them alone. Ask your family and teachers about ways to find other sources of useful study and career guidance information.

Getting to know yourself and discovering what your own natural skills are now, will help you make better choices for your future!

It is a good idea to get to know your skills, then "catch" yourself using them, because each time you realise you have a new skill your self-confidence will grow.

UNDERSTANDING	USING	SENSING	HELPING	CONTROLLING	UPHOLDING
<ul style="list-style-type: none"> Objective rational thinking Gathering facts Processing information Discovering Setting information out Objective reporting Analytical skills Current affairs awareness Problem solving Focus on task Summarising skills Reaching conclusions Pushing boundaries Networking connections Objective peer evaluation Neurological connections Decision making Big picture connections 	<ul style="list-style-type: none"> Future orientation Organising Problem solving Strategic planning Self-projection Counting skills Using equipment Practical application Efficiency Decision making Action learning skills Networking connections Presentational skills Big picture connections Creativity Imagination 	<ul style="list-style-type: none"> Creativity Perceptive interpretation Designing Imagination Experiencing Creating word pictures Big picture connections Neurological connections 	<ul style="list-style-type: none"> Empathetic skills Focus on feeling Helping others 	<ul style="list-style-type: none"> Leadership Strategic planning Self-projection Organising Big picture connections Future orientation Independent expression Independent working 	<ul style="list-style-type: none"> Judgement Setting information out Organising Self-evaluation & correction Focus on task
<ul style="list-style-type: none"> Auditory learning skills Vocabulary Weighing up different POV Following instructions 	<ul style="list-style-type: none"> Visual learning skills Diagrammatic interpretation Hand-eye coordination Mechanical skills Practical measuring 	<ul style="list-style-type: none"> Focus on feeling 3D spatial judgement Visual learning skills Vocabulary Environmentally friendly Very observant Empathetic skills Presentation skills Auditory learning skills Team skills Adapting communication Participation Cooperation Open to discussion Sharing ideas 	<ul style="list-style-type: none"> Cooperation Consideration Sharing ideas Participation Team skills Networking connections Vocabulary Auditory learning skills Perseverance 	<ul style="list-style-type: none"> Perseverance Decision-making Problem-solving Summarising skills Efficiency Presentational skills Networking connections Synthesizing skills Assimilation Hand-eye coordination Focus on task Deriving activity from instruction Practical measuring Mechanical skills Visual learning skills Objective peer evaluation Practical application 	<ul style="list-style-type: none"> Deriving activity from instruction Note taking Gathering facts Following instructions Counting skills Analytical skills Objective reporting Summarising skills Strategic planning
<ul style="list-style-type: none"> Open to discussion Presentational skills 	<ul style="list-style-type: none"> Sharing ideas Open to discussion Flexibility Weighing up different POV Vocabulary 	<ul style="list-style-type: none"> Practical application Diagrammatic interpretation Hand-eye coordination Mechanical skills Action learning skills Practical measuring 	<ul style="list-style-type: none"> Presentation skills Open to discussion 	<ul style="list-style-type: none"> Team skills Weighing up different POV Vocabulary 3D spatial judgement Sharing ideas 	<ul style="list-style-type: none"> Designing Practical application Practical measuring Hand-eye coordination Mechanical skills
<ul style="list-style-type: none"> Action learning skills Using equipment Practical application Mechanical skills Practical measuring Diagrammatic interpretation Counting skills Efficiency Hand-eye coordination Experiencing Focus on feeling 	<ul style="list-style-type: none"> Reaching conclusions Very observant Cooperation Team skills Consideration Participation Helping others Following instruction Empathetic skills Designing Focus on feeling Creative writing Compassion Experiencing 	<ul style="list-style-type: none"> Objective peer evaluation Focus on task Deriving activity from instruction Pushing boundaries Gathering facts Counting skills 	<ul style="list-style-type: none"> Focus on task Hand-eye coordination Practical application Practical measuring Efficiency 	<ul style="list-style-type: none"> Objective rational thinking Gathering facts Analytical skills Reaching conclusions Setting information out Open to discussion 	<ul style="list-style-type: none"> Problem solving Efficiency Perceptive interpretation Very observant Big picture connections Networking connections Flexibility
<ul style="list-style-type: none"> Future orientation Strategic planning Setting information out Efficiency Analytical skills Objective rational thinking Reaching conclusions Organising 	<ul style="list-style-type: none"> Independent expression Independent working 	<ul style="list-style-type: none"> Consideration Cooperation Empathetic skills Experiencing Focus on feeling Following instructions Environmentally friendly 	<ul style="list-style-type: none"> Experiencing Creativity Imagination Visual learning skills 3D spatial judgement Independent working Independent expression Pushing boundaries 		
UNDERSTANDING	USING	SENSING	HELPING	CONTROLLING	UPHOLDING



My Study Choice Insights

Studying subjects that satisfy your interests and use your natural skills, will be much more enjoyable for you.

Think about your happiness and pick the subjects you are more likely to enjoy learning about.

UNDERSTANDING	USING	SENSING	HELPING	CONTROLLING	UPHOLDING
Chemistry Physics Information Technology Mathematics Business Management Accountancy & Finance Economics Administration Languages History Geography Biology	Accountancy & Finance Economics Business Management Administration Physics Information Technology Chemistry Mathematics Physical Education Technical Studies Home Economics Craft & Design	Drama Music Art & Design Graphic Communications Languages Biology Geography History Social & Vocational Studies Contemporary Social Studies	Contemporary Social Studies Social & Vocational Studies History Languages Biology Geography Religious Studies	Business Management Administration Chemistry Information Technology Physics Mathematics Technical Studies Physical Education Craft & Design	Religious Studies History Administration Chemistry Information Technology Physics Mathematics Accountancy & Finance Languages Geography Biology
Modern Studies Technical Studies Craft & Design Physical Education Home Economics Drama	Languages Modern Studies Biology Geography History Contemporary Social Studies Social & Vocational Studies Graphic Communications Music Art & Design Drama	Physical Education Technical Studies Craft & Design Home Economics Mathematics Chemistry Physics Information Technology Accountancy & Finance Economics Administration Business Management	Modern Studies Craft & Design Physical Education Home Economics Technical Studies Administration Business Management	Modern Studies Graphic Communications Languages Biology Geography History Religious Studies Social & Vocational Studies Contemporary Social Studies	Craft & Design Physical Education Home Economics Technical Studies Business Management Administration Graphic Communications Modern Studies Art & Design Drama
UNDERSTANDING	USING	SENSING	HELPING	CONTROLLING	UPHOLDING



My Career Choice Insights

It is really important to choose a career that makes you happy and feel fulfilled. Think about your dreams and goals and ask yourself:

"Which of these career choice insights can help me achieve them?"

UNDERSTANDING	USING	SENSING	HELPING	CONTROLLING	UPHOLDING
Journalist Chemist, Pharmacist Solicitor (Lawyer) Forensic Scientist Doctor Veterinary Surgeon Dentist Aircraft Pilot Teacher Crime Scene Examiner Website Designer Accountant Engineer	Business Enterprise Accountant Sales Representative Engineer Lab Technician Electrician Engineering Operative Sportsman/woman Painter & Decorator Motor Vehicle Mechanic Carpenter, Joiner Army Serviceman/woman Maintenance Worker Plumber Bricklayer Glazier Bank Cashier	Entertainer Dancer Musician Designer Actor Architect Photographer Interpreter Teacher Make-up Artist Jeweller Chef Illustrator Florist Beauty Consultant Hairdresser Gardener Health & Fitness Instructor	Doctor Teacher Nursery Nurse Dentist Youth & Community Worker Registered Nurse Veterinary Surgeon Interpreter Customer Service Assistant Playworker Health Care Assistant Firefighter Care Assistant Veterinary Nurse Police Constable Health & Fitness Instructor Paramedic Ambulance Technician Teaching Assistant Clerk Secretary Receptionist Waiter/Waitress	Business Enterprise Accountant Forensic Scientist Solicitor (Lawyer) Aircraft Pilot Chemist, Pharmacist Engineer Sales Representative Sportsman/woman Painter & Decorator Motor Vehicle Mechanic Carpenter, Joiner Army Serviceman/woman Maintenance Worker Plumber Bricklayer Health & Fitness Instructor Glazier	Crime Scene Examiner Solicitor (Lawyer) Police Constable Army Serviceman/woman Aircraft Pilot Doctor Accountant I.T. Specialist Teacher Dentist Veterinary Surgeon Interpreter Teaching Assistant Secretary Local Government Clerical Worker Optician Engineer Computer Operator Bank cashier
Air Cabin Crew Clerk Hotel Receptionist Secretary Sportsman/woman Engineering Operative Painter & Decorator Motor Vehicle Mechanic Carpenter, Joiner Army Serviceman/woman Plumber Bricklayer Glazier Entertainer Dancer Actor	Call Centre Operator Air Cabin Crew Teaching Assistant Youth & Community Worker Registered Nurse Teacher Nursery Nurse Paramedic Dentist Doctor Social Worker Veterinary Nurse Entertainer Dancer Musician Actor Designer Architect Photographer	Sportsman/woman Engineering Operative Painter & Decorator Motor Vehicle Mechanic Carpenter, Joiner Army Serviceman/woman Maintenance Worker Plumber Bricklayer Glazier Bank Cashier Chemist, Pharmacist Solicitor (Lawyer) Forensic Scientist Aircraft Pilot Sales Representative Engineer Accountant Business Enterprise	Air Cabin Crew Call Centre Operator Sales Representative Sportsman/woman Engineering Operative Painter & Decorator Motor Vehicle Mechanic Carpenter, Joiner Army Serviceman/woman Plumber Bricklayer Glazier Engineer Accountant Business Enterprise	Interpreter Teacher Illustrator Website Designer Crime Scene Examiner Police Constable Clerk Computer Operator Secretary Doctor Registered Nurse Nursery Nurse Paramedic Dentist Youth & Community Worker Veterinary Nurse	Sportsman/woman Engineering Operative Painter & Decorator Motor Vehicle Mechanic Carpenter, Joiner Floor Layer Maintenance Worker Plumber Bricklayer Glazier Business Enterprise Graphic Designer Entertainer Dancer Musician Actor Fashion & Clothing Designer Architect Photographer
UNDERSTANDING	USING	SENSING	HELPING	CONTROLLING	UPHOLDING