

CORE® Snapshot

Page 1 of 2

Read each horizontal set of words and make one selection from either column A, B, C, or D. Select the one that describes you most or most often. Once you have finished, record your total for each column. When added together, the totals should equal 18. If they do not, please check to be certain you have made a selection in each roooooowww, versus each column.

A	B	C	D
<input type="checkbox"/> Leader	<input type="checkbox"/> Planner	<input type="checkbox"/> Team Player	<input type="checkbox"/> Motivator
<input type="checkbox"/> Decisive	<input type="checkbox"/> Meticulous	<input type="checkbox"/> Flexible	<input type="checkbox"/> Enthusiastic
<input type="checkbox"/> Direct	<input type="checkbox"/> Technical	<input type="checkbox"/> Supportive	<input type="checkbox"/> Outgoing
<input type="checkbox"/> Problem Solver	<input type="checkbox"/> Structured	<input type="checkbox"/> Adaptable	<input type="checkbox"/> Energetic
<input type="checkbox"/> Driven	<input type="checkbox"/> Precise	<input type="checkbox"/> Sympathetic	<input type="checkbox"/> Spontaneous
<input type="checkbox"/> Goal Directed	<input type="checkbox"/> Scheduled	<input type="checkbox"/> Laid back	<input type="checkbox"/> Sociable
<input type="checkbox"/> Independent	<input type="checkbox"/> Sensible	<input type="checkbox"/> Compliant	<input type="checkbox"/> Imaginative
<input type="checkbox"/> Ambitious	<input type="checkbox"/> Organized	<input type="checkbox"/> Follows Rules	<input type="checkbox"/> Unpredictable
<input type="checkbox"/> Need a Challenge	<input type="checkbox"/> Need Order	<input type="checkbox"/> Need Stability	<input type="checkbox"/> Need Freedom
<input type="checkbox"/> Bold	<input type="checkbox"/> Careful	<input type="checkbox"/> Easygoing	<input type="checkbox"/> Persistent
<input type="checkbox"/> Action	<input type="checkbox"/> Logic	<input type="checkbox"/> Reassurance	<input type="checkbox"/> Excitement
<input type="checkbox"/> Take Charge	<input type="checkbox"/> Cautious	<input type="checkbox"/> Patient	<input type="checkbox"/> Approachable
<input type="checkbox"/> Impatient	<input type="checkbox"/> Perfectionistic	<input type="checkbox"/> Indecisive	<input type="checkbox"/> Forgetful
<input type="checkbox"/> Competitive	<input type="checkbox"/> Orderly	<input type="checkbox"/> Cooperative	<input type="checkbox"/> Convincing
<input type="checkbox"/> Self-directed	<input type="checkbox"/> Focused	<input type="checkbox"/> Extra-Miler	<input type="checkbox"/> People-oriented
<input type="checkbox"/> Restless	<input type="checkbox"/> Skeptical	<input type="checkbox"/> Undirected	<input type="checkbox"/> Undisciplined
<input type="checkbox"/> Influential	<input type="checkbox"/> Time Conscious	<input type="checkbox"/> Good Mediator	<input type="checkbox"/> Inspirational
<input type="checkbox"/> To the point	<input type="checkbox"/> Specific Details	<input type="checkbox"/> Helpful	<input type="checkbox"/> Interesting
<input type="checkbox"/> Total	<input type="checkbox"/> Total	<input type="checkbox"/> Total	<input type="checkbox"/> Total

The CORE® Snapshot was designed to provide a quick look at your current self perception. It is single dimensional, while the entire CORE® Profile is multi-dimensional. Thus, the Snapshot may not represent your true nature. However, through early conditioning or current circumstances, you may have altered your own self perception and with this tool, you can begin to uncover just how much inefficiency, discomfort with others, or low energy you may be experiencing. If you feel like you are constantly living an uphill battle, you may not be living authentically. Are you ready to “coast downhill” and feel energized? Learn more about the CORE® profile and coaching for getting back to who you are, at www.contagiouscoaching.com.

General CORE® Attributes

page 2 of 2

**COMMANDER
(column A)**

Normally:

- Extroverted, Assertive, Serious
- Thrives on Power and Authority
- Decisive – Results/Action Oriented
- Direct, Matter of Fact Relating
- Enjoys Competition, Challenge and Purposeful Activity
- Relates to Clear Cut Decisions and Tangible Benefits

Under Stress Becomes:

- Aggressive
- Bossy and Controlling
- Impatient
- Louder
- Belligerent

**ORGANIZER
(column B)**

Normally:

- Introverted, Reserved, Serious
- Thrives on Order and Procedure
- Detailed – Systems Oriented
- Thorough, Cautious Relating
- Enjoys Structure, Predictability, and Factual Information
- Relates to Constancy, Planning, Accuracy and Dependability

Under Stress Becomes:

- Passive Aggressive
- Withdrawn/Cold
- Stubborn/Resistant
- Narrow Minded
- Silent or Sarcastic

**ENTERTAINER
(column D)**

Normally:

- Extroverted, Assertive, Playful
- Thrives on Action and Enthusiasm
- Energetic – Interaction Oriented
- Friendly, Matter of Fact Relating
- Enjoys Spontaneity, Change and Communicating
- Relates to Discussion, Debate, and Friendly Competition

Under Stress Becomes:

- Aggressive
- Pushy/Argumentative
- Impatient
- Louder
- Demanding

**RELATER
(column C)**

Normally:

- Introverted, Reserved, Playful
- Thrives on Cooperation and Sharing
- Patient – Construction Oriented
- Friendly, Supportive Relating
- Enjoys Stability, Reassurance, and Pleasant Surroundings
- Relates to Loyalty, Flexibility, Consistency, and Duty

Under Stress Becomes:

- Passive, Submissive
- Withdrawn/Hurt
- Stubborn/Sensitive
- Guilt Laden
- Silent or Tearful