IN DEFENSE OF ADVERSITY

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READER CALL TO ACTION WORKBOOK

INTRODUCTION: FROM COAL TO DIAMONDS

1.	List 3-5	Takeaways/	Learnings (from this	Introduction.
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2. List 3-5 goals you want to achieve in reading this book.

CHAPTER 1: AD ASTERA ASPARATHROUGH HARDSHIP TO THE STARS				
1.	List 3-5 Key Takeaways/Learnings from Chapter 1.			
2.	How do you currently view adversity? In a negative light, a positive light, and why? Can you connect the dots to how an adverse situation actually ended up benefitting you?			
3.	List 5-7, or more of your favorite quotes about overcoming adversity.			
4.	Who are some of your personal inspirations or heroes who've overcome hardships to become successful? What is their story, and why does it inspire you? What did you learn from them that can assist you?			

	CHAPTER 2: THE SUMMER FROM HELL			
1.	List 3-5 Key Takeaways/Learnings from Chapter 2.			
2.	Do you have your "summer from hell" moment and epiphany (feel free to list several if relevant?			
	If so, what was the situation and what were the outcomes, and what did you learn? What can you still learn from it? How has it been a benefit for you (i.e., tangible, or simply a lesson/experience to strengthen you)? Would you do anything different?			

CHAPTER 3: BUILDING A FOUNDATION AND ENVIRONMENT TO GRIND

1.	List 3-5 Takeaways/Learnings from Chapter 3.
2.	What is your typical response to adversity? Is it emotional (limbic system), or rational (cortex based)?
	If emotional, is to freeze/fight/flightor some combination of the three?
3.	When adversity hits, what are your first thoughts and actions?
4.	What events do you consider "adverse"?
	• Change? Risk? Conflict?
	• Issues with others?
	 Not accomplishing goals?
5.	List anything that comes to mind that you view as adversity.

CHAPTER 4: SELF-KNOWLEDGE & SELF-AWARENESS ARE ESSENTIAL

CHAPTER 4. SELI-RIYOWELDGE & SELI-AWARENESS ARE ESSENTIAL
1. List 3-5 Key Takeaways/Learnings from Chapter 4.
2. Think of someone you have issues communicating/connecting with OR need to
do better with (capture their name). (NOTE: There is a graphic on the next page you can use for this exercise)
 List 4-8 words that describe them (i.e., aggressive, gregarious, quiet, contemplativeany words that come to mind).
 List whether this person is "more" Fast-Paced/Outgoing OR "more" Cautious/Reflective.
 List whether this person is "more" People-Oriented OR "more" Task-Oriented.
• List whether this person is "more" Direct OR Indirect.

* NOTE: We will revisit this information later in Chapter 10.

IN DEFENSE OF ADVERSITY---READER CALL TO ACTION WORKBOOK IN DEFENSE OF ADVERSITY **BEHAVIOR STYLE PROFILE TOOL PERSONS NAME: DESCRIPTORS:** (4-6 Words to describe this person) **INDICATOR #1:** (Fast-Paced/Outgoing OR Cautious/Reflective) **INDICATOR #2:** (Task OR People Oriented) **INDICATOR #3:** (Direct OR Indirect) IN DEFENSE OF ADVERSITY **BEHAVIOR STYLE PROFILE TOOL PERSONS NAME: DESCRIPTORS:** (4-6 Words to describe this person) **INDICATOR #1:** (Fast-Paced/Outgoing OR Cautious/Reflective) **INDICATOR #2:** (Task OR People Oriented) **INDICATOR #3:** (Direct OR Indirect)

CHAPTER 5: HIGH D, DOMINANT STYLE

1.	List 3-5 Key Takeaways/Learnings from Chapter 5.
2.	Do you think you're a High D (or if you took the survey, are you?)?
3.	List some people in your world who may be High D's.
	What makes you say that this is their style?
	How do you tend to get along with them?
	What potential issues might you have with them (if any)?
	 When was the last time that things did not go well with them, and why do you think it happened?

CHAPTER 6: THE HIGH I, INFLUENCER STYLE

1.	List 3-5 Key Takeaways/Learnings from Chapter 6.
2.	Do you think you're a High I (or if you took the survey, are you?)?
3.	List some people in your world who may be High I's.
	What makes you say that this is their style?
	How do you tend to get along with them?
	 What potential issues might you have with them (if any)?
	 When was the last time that things did not go well with them, and why do you think it happened?

CHAPTER 7: THE HIGH S, STEADINESS STYLE

1.	List 3-5 Key Takeaways/Learnings that from Chapter 7.
2.	Do you think you're a High S (or if you took the survey, are you?)?
3.	List some people in your world who may be High S's.
	What makes you say that this is their style?
	How do you tend to get along with them?
	What potential issues might you have with them (if any)?
	 When was the last time that things did not go well with them, and why do you think it happened?

CHAPTER 8: THE HIGH C, COMPLIANT STYLE

1. List 3-5 Key Takeaways/Learnings from Chapter 8.
2. Do you think you're a High C (or if you took the survey, are you?)?
3. List some people in your world who may be High C's.
What makes you say that this is their style?
How do you tend to get along with them?
What potential issues might you have with them (if any)?
 When was the last time that things did not go well with them, and why do you think it happened?

CHAPTER 9: EMOTIONAL TRIGGERS & RESPONSES

CHAPTER J. ENIOTIONAL INIGGERS & RESPONSES
1. List 3-5 Key Takeaways/Learnings from Chapter 9.
 Based on your DISC Behavioral Style, and your own personal experience, list situations that Trigger an Emotional Response from you (in other words what things, events, people may set of a Limbic System Response of Freeze/Fight/Flight?)?
 When the Emotional Trigger occurs, how does it manifest (i.e., Freeze/Fight/Flight and/or some blend of the three)?
What can you do to better deal with the Emotional Triggers when they occur?
 What can you do to better ensure a rational, reasoned response versus an emotional response?

CHAPTER 10: SUCCESSFULLY INTERACTING WITH OTHERS

1.	List 3-5 Key Takeaways/Learnings from Chapter 10.
2.	Based on the exercise at the end of Chapter 4 and the cues for reading styles you learned in this chapter, what do you think is the DISC Style of this person?
	(review what you captured in Chapter 4, and compare with what you know about the 4-DISC Styles to profile this person).
	What is their Primary DISC Style?
	 What is their Secondary DISC Style (if they have one)?
3.	What is your DISC Style, and what are the differences between you both (are there similarities or differences?)?
4.	List 3-5 things you can do to improve communication with them.
	 What are 3-5 potential "look-outs" between your style and theirs (things that may cause conflict/adversity)?
	 Profile others who you can improve relationships with, and build the same action plan.

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* Use the two graphics on the following page to help you with this exercise

	Reading the 4-DISC Styles: Descriptors & Indicators			
DISC Style	D = DOMINANCE	I = INFLUENCE	S = STEADINESS	C - COMPLIANCE
High Descriptors	Ambitious	Expressive	Methodical	Analytical
	Forceful	Enthusiastic	Systematic	Contemplative
	Direct	Friendly	Reliable	Conservative
	Decisive	Demonstrative	Steady	Exacting
	Independent	Talkative	Relaxed	Careful
	Challenging	Stimulating	Modest	Deliberative
Indicator #1	Fast-Paced/Outgoing	Fast-Paced/Outgoing	Cautious/Reflective	Cautious/Reflective
Indicator #2	Task-Oriented	People-Oriented	People-Oriented	Task-Oriented
Indicator #3	Direct	Indirect	Indirect	Direct

* Match the information you captured w/High Descriptors & Indicators from above

	IN DEFENSE OF ADVERSITY BEHAVIOR STYLE PROFILE TOOL
PERSONS NAME:	
DESCRIPTORS: (4-6 Words to describe this person)	
INDICATOR #1: (Fast-Paced/Outgoing OR Cautious/Reflective)	
INDICATOR #2: (Task OR People Oriented)	
INDICATOR #3: (Direct OR Indirect)	
Primary Behavior Style:	
Secondary Behavior Style: (if applicable)	
Communication Tips: (list some tips in your communication approach with this person)	1) 2) 3) 4) 5)
Communication - Look-Outs: (list potential "look-outs" between your style, and this person)	1) 2) 3) 4) 5)

Chapter 11: DEVELOP AND ACCESS A RESOURCE OF OPTIONS

 List 3-5 Takeaways/Learnings from Cha 	napter 11.
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- 2. Revisit an adverse situation you've faced and use the Situational Debrief Process from this chapter:
 - (focus on a situation you either <u>failed</u>, <u>struggled</u> and/or <u>didn't' turn out as expected</u>).
 - Capture the Situation
 - Review Outcomes
 - Define Key Learnings
 - Identify Recommended Changes
- 3. Revisit an adverse situation you've faced and use the Situational Debrief Process from this chapter:

(focus on a situation you either succeeded and/or benefitted from the outcome).

- Capture the Situation
- Review Outcomes
- Define Key Learnings
- Identify Recommended Changes

CHAPTER 12: STRENTHENING THE FOUNDATION
1. List 3-5 Key Takeaways/Learnings from Chapter 12.
2. List affirmative steps you can take to Support Yourself.
By what date?
3. List affirmative steps you can take to Invest in Yourself.
By what date?
4. List affirmative steps you will take to Test Yourself.
By what date?
5. List affirmative actions you will take to Refresh Yourself.
By what date?

AND <u>ATTENTIVE</u>
1. List 3-5 Key Takeaways/Learnings from Chapter 13
2. List at least 10-20 things you can be grateful for every day
3. How can you remind yourself daily about these items of gratitude?
5. How can you remind yoursen daily about these items of gratitude:

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1.	List 3-5 Key Takeaways/Learnings from the Closing Chapter.
2.	List 5-10 Steps you'll take after reading this book