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Raiders of the Lost Spark: Personal or Personality

Presented by:
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Speak, Inc., Speaker Bureau
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RAIDERS OF THE LOST SPARK: PERSON OR PERSONALITY?



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Raiders of the Lost Spark: Personal or Personality?

To put the world in order, we must first put the nation in order; to put the nation in order, we must put the family in order; to put the family in order, we must cultivate our personal life; and to cultivate our personal life, we must first set our hearts right. Confucius

Who is my Spark Raider -

How I've been handling -

Why this is a problem to me -

If it gets solved, what's my payoff -

People Skills

An ancient legend says that Hercules became irritated by a strange-looking animal that blocked his path in a threatening manner. In anger he struck it with his club. As he went on his way, he encountered the same creature again several times, and in each instance the beast grew larger and more fearsome than before. At last a heavenly messenger appeared and warned Hercules to stop his furious assaults, saying, "The monster is Strife and you are stirring it up. Just let it alone and it will shrivel and cease to trouble you."

Choices I Have

The need for change bulldozed a road down the center of my mind. Maya Angelou

Change

Adapt

Leave

My Spark Raider

(or...the person, without whom, my life would be much better)

Circle the TEN words or phrases that most closely describe him or her

Disorganized

Scatterbrained

Talkative or animated

Sarcastic

Phony or theatrical

Stretches truth or lies

Practical joker

Self-promoting

Impulsive

Emotional

Has status symbols

Makes blunt statements

Restless

Demanding

Arrogant

Outspoken

Quick to react

Aggressive

Egocentric

Argumentative

Possessive

Complacent or lenient

Patient or calming

Over promises

Under delivers

Accommodating

Avoids confrontation

Considerate

No opinions

Predictable

Perfectionist

Over analytical

Resists change

Nit picker

Complains or whines

Negative or wet blanket

Seeks solid proof

Non-communicative

Nags

Expressionless

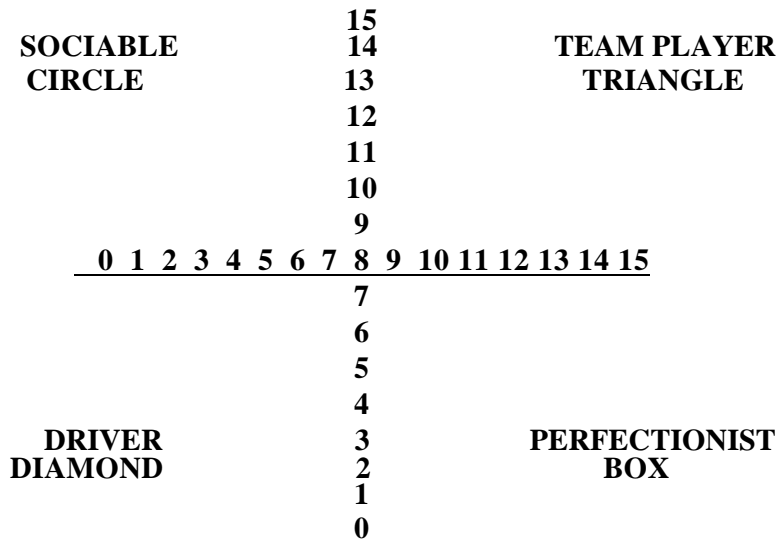
With your first thought check one word from each pair--the word that applies most of the time

	A	or		B
more lively	_____		more quiet	_____
more competitive	_____		more cooperative	_____
more forceful	_____		more shy	_____
more exacting	_____		more tolerant	_____
more of a doer	_____		more of a thinker	_____
more jovial	_____		more solemn	_____
more challenging	_____		more tolerant	_____
more confronting	_____		more compromising	_____
more effusive	_____		more reserved	_____
more liberal	_____		more conservative	_____
more flashy	_____		more demure	_____
more empathetic	_____		more moderate	_____
more fervent	_____		more mild	_____
more insistent	_____		more easy-going	_____
more candid	_____		more understated	_____
			TOTAL	_____

Total the checks in column B, find number on horizontal line on graph, draw a vertical line through it.

	C	or		D
more theatrical	_____		more conforming	_____
more impromptu	_____		more planned	_____
more instinctive	_____		more deliberate	_____
more responsive	_____		more self controlled	_____
more improvised	_____		more prepared	_____
more spontaneous	_____		more rehearsed	_____
more intimate	_____		more distant	_____
more unconstrained	_____		more cautious	_____
more dramatic	_____		more proper	_____
more flexible	_____		more precise	_____
more feeling	_____		more thinking	_____
more people oriented	_____		more task oriented	_____
more impetuous	_____		more discreet	_____
more flamboyant	_____		more matter-of-fact	_____
more warm	_____		more cool	_____
TOTAL	_____			_____

Total the checks in column C, find number on vertical line on graph, draw a horizontal line through it.



Strategies for Handling Spark Raiders

I personally think we developed language because of our deep inner need to complain. Jane Wagner

SOCIABLE

People Oriented

Fun Loving

Animated

Stylish

Talkative

Banana:

Drop it by:

TEAM PLAYER

Easy Going

Responsible

Dependable

Patient

Helpful

Banana:

Drop it by:

DRIVER

Adventuresome

Confident

Competitive

Decisive

Impatient

Banana:

Drop it by:

PERFECTIONIST

Predictable

Organized

Scrupulous

Precise

Straight-laced

Banana:

Drop it by:

Personal Spark Extras

Go to bed on time * Write things down * Get organized * Laugh * Remember you are not the director of the universe * Do not read the front section of the newspaper * Slow down * Become forgiving * Meet happy friends * Eat right * Be alone a bit of each day * Turn off your cell phone * Read the comics * Get up on time * Live within your budget * Shut up sooner and longer * Get enough exercise * Delegate more tasks * Allow more time to get there * Back up your computer * Get extra house and car keys * Take some really deep, slow breaths * Pamper the Kid in you daily * Unclutter your house and office * Give away clothes that no longer fit * Laugh more * Stop feeling guilty * Make some fun happen at work * Take breaks * Turn off the TV * Go to the Dog Park * Plan to be with friends * Cut out perfectionism * Let go of grudges * Dream for yourself * Go on a vacation * Stop procrastinating * Put energy into things that matter to you * Pick your battles * Learn to play * Go outside NOW * Get a pet * Save more money * Make a master list each day * Establish prime time for yourself * Turn off phone ringers * Plan tomorrow the day before * Start moving * Trust your gut more * Learn to say NO more * Stop sweating the small stuff * Listen more and better * Laugh even more

My Commitment

The greatest thing in this world is not so much where we are, but in what direction we are moving. Oliver Wendell Holmes

I will Let Go of:

By this date:

Signature _____ **Today's Date** _____

About Your Presenter

Connie Merritt, RN, PHN speaks, writes and coaches on improving relationships at work and home. As a regular at the University library and a technowiz, she synthesizes the latest research on medicine, psychology and sociology. More than 500,000 men and women from a variety of corporations and professional organizations have experienced her programs. Her award-winning book, *Finding Love (Again!)*, helps the dating impaired find and keep love. When not playing above and below the oceans of the world with her husband, Lynn Hughes, they're at home in Laguna Beach, California, with Lucy the Labrador and Maggie Rose, an American Quarter Horse.

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