

Finding Your Song

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ONE: The Disciplined Reformer

My Strength: I spot what's wrong and fix it so things run fair and right.

TWO: The Nurturing Helper

My Strength: I notice needs and give steady, warm help so people feel cared for.

THREE: The Successful Achiever

My Strength: I plan, act, and finish — I make goals happen for myself and others.

FOUR: The Expressive Romantic

My Strength: I create honest, beautiful work that helps others feel truly seen.

FIVE: The Wise Investigator

My Strength: I dig into details, simplify what's complex, and explain it clearly.

SIX: The Loyal Protector

My Strength: I keep watch, keep promises, and make people feel safe and steady.

SEVEN: The Joyful Adventurer

My Strength: I bring energy, new ideas, and hope that turns things into possibility.

EIGHT: The Powerful Asserter

My Strength: I step up, protect people, and push forward with confident leadership.

NINE: The Easygoing Peacemaker

My Strength: I calm tension, smooth things over, and help people reconnect

ONE: The Disciplined Reformer

Question: Do you love justice? Do you love ending your day knowing that you did things the right way?

How I Show Up: I notice what's out of order and take steady, principled action to make things fair and right.

Characteristics:

Disciplined	Consistent	Improves themselves
Behaved	Loves to be good	Improves others
Loves justice	Fair	High standards
Loves perfection	Conscientious	

As a Disciplined Reformer, you have the desire to change the world. As one who is principled, you easily see what needs to be improved and are willing to do the right thing to make sure that happens. Being good feels natural.

At your best:

You are good, wise, realistic, noble, straightforward, and accurate.

TWO: The Nurturing Helper

Question: Do you love helping meet people's needs?

How I Show Up: I notice what people need and meet them with steady, generous care.

Characteristics:

Loves people	Feels others needs	Tender
Serves others	Cheerful	Helpful
Compassionate	Concerned	Empathetic
Warm	Caring	Generous

As a Nurturing Helper, you easily notice and focus on what people need. You take pride in your ability to make people feel special and anticipate their needs. You are self-sufficient and confident.

Harmonious, intimate, mutual relationships are central to your life. You're compassionate and empathetic, and you often place others' needs before your own. You readily step in to offer service and practical help.

At your best:

You are warm, generous, empathic, enthusiastic, and nurturing. You relate easily to people, enjoy giving to others and quickly jump in to help.

THREE: The Successful Achiever

Question: Do you love ending your day knowing you fully accomplished everything you set out to do?

How I Show Up: I love others by producing results - bringing goals to a reality

Characteristics:

Efficient	Admired	Impressive
Confident	Successful	Self-Starter
Accomplishes Goals	Practical	Motivator
Completes tasks	Highly Social	

As a Successful Achiever, you motivate others and can't help but be productive and outstanding. You value efficiency, perseverance, and competence. You naturally push yourself to do more. You thrive when work runs smoothly and on schedule, and others admire your competence and drive.

At your best:

You are energetic, charming, optimistic, confident, self-assured, and competent. You make a tremendous leader and motivate others to live up to their potential.

FOUR: The Expressive Romantic

Question: Do you feel very deeply and love being in touch with the deepest part of yourself?

How I Show Up: I live and create with authenticity, sharing soulful, beautiful offerings that help others recognize their own uniqueness.

Characteristics:

Deep	Creative	Self-aware
Original	Loves inner journey	Vulnerable
Intuitive	Introspective	Unique
Sensitive	Cherishes beauty	Imaginative

As an Expressive Romantic, you are artistic, creative and love being unique, and different from others. You love understanding those around you, and also love feeling understood. You cherish the journey to discovering the meaning of life.

At your best:

You are imaginative, sensitive, intuitive, creative, and honest. You are self-aware, and in touch with the hidden depths of human nature.

FIVE: The Wise Investigator

Question: Do you absolutely love gaining knowledge and researching the details – to the point where you get so focused on digging for wisdom that you can get tunnel-visioned?

How I Show Up: I gather information and offer careful, thoughtful explanations that make complex matters understandable and usable.

Characteristics:

Knowledgeable	Gentle	Analytical
Observant	Speculative	Independent
Perceptive	Profound	Self-Sufficient
Wise	Loves to Learn	Focused
Thorough	Loves Research	Calm

As the Wise Investigator, you value knowledge and learning. You are objective, focused, calm, perceptive, insightful, and curious. You have ingenious insight.

At your best:

You are independent and self-sufficient, and not highly influenced by social pressure or material possessions.

SIX: The Loyal Protector

Question: Are you more loyal than most of your friends, and sometimes even get frustrated that people aren't as loyal as you?

How I Show Up: I create safety by staying loyal, honoring commitments, and being reliably present.

Characteristics:

Faithful	Keep their word	Cooperative
Giving	Reliable	Predictable
Nurture friendships	Trustworthy	Cautious
Responsible	Warm-hearted	Loves Traditions
Honor commitments	Upholds authority	

As the Loyal Protector, you are attracted to and value loyalty. Keeping your word and honoring your commitments makes the world a safer, more secure, more reliable, trustworthy place to live in. Feeling a sense of belonging and finding someone trustworthy to depend on is important to you. You are a great friend.

At your best: You are trustworthy, responsible, alert, insightful, loyal, compassionate, and sympathetic to underdog causes.

SEVEN: The Joyful Adventurer

Question: Do you love adventure and spontaneity? Do you make having a good time a high priority?

How I Show Up: I lift others with joy and enthusiasm, offering new possibilities, lightness, and hope.

Characteristics:

Happy	Enthusiastic	Hopeful
Positive	Playful	Amusing
Spontaneous	Fun	Optimistic

You love to be happy, plan fun things and value joy, variety, and excitement. You love contributing to the joy in every circumstance, bringing hope and possibilities.

At your best:

You are optimistic, enthusiastic, spontaneous, idealistic, curious, generous, and often multitalented. You uplift and enliven others and are fun to be around.

EIGHT: The Powerful Asserter

Question: Do your determination and passion drive you to conquer your goals and at your best – you feel unstoppable?

How I Show Up: I step forward with strength and clear direction—protecting people, taking charge, and making bold decisions.

Characteristics:

Strong	Influential	Determined
Independent	Strong Leader	Courageous
Straightforward	Direct	Charismatic
Assertive	Decisive	Protective

As a Powerful Asserter, you are internally strong and in control. You are a tremendous leader and motivated to make an impact on the world. You aren't intimidated by a challenge, in fact, you will push through and creatively find ways to accomplish your passion. With determination, you naturally turn your vision into a reality.

At your best: You are charismatic, confident, direct, decisive, courageous, and protective of your loved ones.

NINE: The Easygoing Peacemaker

Question: Do you feel awkward when there's disagreement and quickly want to bring peace to volatile situations?

How I Show Up: I love others by seeing all sides and creating compromise and harmony

Characteristics:

Flexible	Keeps the peace at all	Unpretentious
Easygoing	costs	Accepting
Patient	Loves harmony and unity	Supportive
Non-judgmental	Calm	

As an easygoing peacemaker, you long to make the world a comfortable and conflict-free place to live in. You are naturally peaceful, and calm and prefer to go with the flow.

Creating peace and connection matters most to you. You're patient, generous, and able to see multiple perspectives, which helps others settle and reconnect. You naturally soothe tension, and you're growing in the confidence to protect your own needs while keeping harmony.

At your best:

You are adaptable, compassionate, easygoing, supportive, patient, and nonjudgmental...you go with the flow.