

# The Star Within

with Rob Glick

## Who Are You?

### SELF-ASSESSMENT: Behavioral Styles

#### A. The Director

1. Control and achieve
2. Goal-oriented
3. No nonsense approach and bottom line results
4. Accept challenges, take authority and jump in head first
5. Can be stubborn, impatient, and insensitive to others

#### B. The Socializer

1. Friendly, enthusiastic, and like to be where the action is
2. Enthusiastic, charming, persuasive and warm
3. Eternal optimist
4. Risk takers that make decisions on intuition
5. Can be impatient, doesn't like to be alone, has a short attention span

#### C. The Relater

1. Warm and nurturing
2. Excellent listeners, devoted friends, and loyal employees
3. Mutually supportive and reliable
4. Excellent team player
5. Can be risk averse, go along with others even if they don't agree, and become distressed when there are severe disruptions

#### D. The Thinker

1. Analytical, persistent, and systematic
2. Detail oriented: "content is more important than style"
3. Slow and deliberate
4. Can be overly critical
5. Can suffer from "analysis paralysis"

What is your major behavioral style? \_\_\_\_\_  
*\*the style you share the MOST characteristics with.*

What is your behavioral sub-style? \_\_\_\_\_  
*\*the style you also share several characteristics with, but not as many as your major style.*

### **Who has inspired you?**

Write the name of someone that you look up to and/or has inspired you in some way:

\_\_\_\_\_

List three qualities that describe this person:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**What makes an instructor become a 'Star'?**

1. **Leader**
2. **Motivator**
3. **Educator**
4. **Entertainer**
5. **Organizer**

**Host a Party!!**

**What are 5 steps necessary to successfully transform your class into a PARTY?!**

**Step 1:** several days/weeks out, you \_\_\_\_\_

**Step 2:** the day of, you \_\_\_\_\_

**Step 3:** As your guests arrive, you \_\_\_\_\_

**Step 4:** Throughout the party, you \_\_\_\_\_

**Step 5:** As your guests are leaving, you \_\_\_\_\_

**\*\*Bonus Step:** Once your guests are gone, you \_\_\_\_\_

***Thank you for joining us!***

Web: [www.roblick.com](http://www.roblick.com);

E-mail: [getfitwrob@yahoo.com](mailto:getfitwrob@yahoo.com);



Global Fitness Solutions, LLC; all rights reserved, 2007