

MY SDS PROFILE
(Social Discipline Style)

In each box below, check all statements that describe how you prefer to be viewed when you are in charge.

What is your preferred style?

HIGH CHALLENGE

TO

- In Control
- Structured
- Rule Bound

WITH

- Fully engaged
- Sets clear limits
- High expectations

**LOW
CONNECTION**

**HIGH
CONNECTION**

NOT

- Sets few limits
- Unemotional
- Disengaged

FOR

- Acts with heart
- Praises frequently
- Expects little accountability

LOW CHALLENGE