

# About the General Report

The information in this report will provide you with powerful insight into the Striving Styles Personality System, and specific information on the Leader Style. You'll learn how individuals with this Style get their needs met – in relationships, in leisure, at work and in communication.

The General Report will deepen your knowledge of the behaviors of this Style that lead towards self-actualization (growing, developing and thriving), and how this Style will behave when they are being self-protective (merely surviving).

## **BASED ON THE LEADER STRIVING STYLE, THIS REPORT HELPS YOU TO:**

- Build awareness of the innate needs that drive your behavior
- Understand your inner impulses, attitudes and behaviors
- Look beyond your behavior to the emotions and needs that cause it
- Learn what activates your self-protective behaviors
- Examine your life and find out whether you are meeting the needs of your Style
- Understand how to create the conditions in which you are most likely to thrive
- Choose behaviors that move you toward your desired outcomes



**Y**ou'll find lots more resources to help you to leverage your Squad and realize your potential at [WhoAreYouMeantToBe.com](http://WhoAreYouMeantToBe.com).

## PUT WORK FIRST

Leader's emotional and social lives are not always as important to them as other aspects of their lives. The easiest way for them to satisfy their need to be in control is through work. Leaders channel their striving energy into their careers and they tend to be so focused on work that personal relationships suffer. Although they enjoy time spent with family, it often takes second place to work. They rarely have romantic ideals about their mates, preferring functional relationships with an attractive, well-ordered home, meals served punctually and maintenance accomplished on schedule. Their goal is to create a family system where children can be brought up to be productive and healthy, and the partnership between man and woman is harmonious.

Leaders are assertive and can be domineering, but they are hard workers with extremely high standards, especially for themselves. It is common for their workaholic tendencies to wreak havoc upon both their personal relationships and their physical health.

**L**eaders forget they are human, often getting caught up in the pursuit of their goals. They don't set limits on how far they can push themselves to work. To Leaders, if they think they can do something, they should be able to do it.



## The Need to Be In Control in Leisure

**LEADERS PREFER LEISURE ACTIVITIES WHICH HAVE A PURPOSE, OR WHERE THEY HAVE A ROLE IN SHAPING THE OUTCOME OF THE ACTIVITY (I.E. HOSTING A SOCIAL EVENT, PLAYING ON A TEAM SPORT, OR VOLUNTEERING AT A LOCAL FUNDRAISING EVENT).**

### **Family traditions are important to Leaders.**

Family traditions have special meaning for Leaders, and they willingly participate in observing them, even those that they don't particularly enjoy. They tend to take these opportunities to see friends, former colleagues and relatives, as they are usually so tied up with their work and community activities that they rarely have time for socializing. Functions such as award dinners, annual picnics, weddings and Thanksgiving and Christmas gatherings provide them with the chance to visit people for pleasure. This approach to human relations through traditions and rituals is quite satisfactory to Leaders but may prove inadequate for others who want to spend more personal time with them.

**Leaders enjoy organizing and leading during recreation.** During their leisure time, Leaders take leadership positions in community groups, where they can attend social gatherings or sporting events and play competitive sports. Because they are so focused on their careers, they often have few interests outside of work. Leaders are drawn to activities where they can use their strengths while at the same time being involved with other family members and the community.

ways associated with them, doing so takes us out of our comfort zone and we are unable to sustain these behaviors for long. Your Predominant Style determines both what your Associate Styles are, and what your Auxiliary Styles are.

## Using Your Whole Brain with the SSPS

You are born hard-wired at birth to use or favor one quadrant of the brain over the other three. In order to self-actualize and achieve your potential, you must use your brain as a whole, with each quadrant and its corresponding Striving Style from your Squad contributing to your overall functioning. The four Styles that make up your Striving Style Squad are designed to be used together. Each of the quadrants of the brain is balanced by the talents and abilities of one of the other corresponding quadrants. By using all four striving energies found in your Striving Style Squad, you emerge as a stronger, more capable human being.

The challenge that you face is to not over-identify with your Striving Style and think of it as your personality. Because the brain continues to form new connections, you are able to create links between members of your

Squad, increasing your ability to use reason, emotion, and instincts together. Knowing how your brain is structured and organized will help you understand where your striving energies and needs come from and how to leverage them to become who you are meant to be.

## How the SSPS Works

The Striving Styles Personality System fast-tracks the process of becoming conscious – bringing the self, the mechanics of your mind, and your predominant need into awareness. Through the SSPS, you are able to see how your predominant need influences your behavior and how you are most likely to behave, both when you are self-actualizing and when you are simply trying to survive.

Knowing your Striving Style allows you to direct your behavior toward your desired outcomes, rather than react to your circumstances. This knowledge shows you how to satisfy your predominant need, and enables you to understand why it is important to meet the needs of the other Striving Styles on your Squad. This is done by using the developmental process of building self-awareness, learning the discipline of self-care, harnessing your emotions, and developing relationship awareness and relationship care.

### The four functional areas are:

- Defining (upper left)
- Understanding (upper right)
- Experiencing (lower left)
- Relating (lower right)

Each functional area is associated with two of the Striving Styles. One of the Styles has an external focus, interacting with the outer world when performing its role. The other Style has an internal focus, interacting with the inner world when performing its role.

