



Week 2: Personality Assessment

When I used to do some personal training, I used a similar set of questions that you see below to help my client and I figure out a best plan for their lives. I feel that there is so much to be learned about ourselves before we dive into any program. We often will find out more information as the program continues, but it never hurts to examine a few things.

These questions are all going to address a bit of our “personality” which is composed of many things as you will see below. Answer these questions as best as you can. Remember: each of these should provoke thought connecting YOU with your health. Once you understand some basics of yourself, you can really unlock the key to your health success!

Prayer: Father, open my heart and unveil to me ways that you would want me to change. Give me wisdom and clarity as I complete this so that I may learn more about how my life can be waven with this gift of health. Amen

I want to point out and clarify a few questions so I will denote the “**febYOUary connection**” with this little heart! ♥

1.) When you have your splurge food in your house, are you able to eat it with control and management?
(Circle answer)

0 1 2 3 4 5
(never-always)

2) If you had to choose, would you consider yourself a “0-60” (aka. all or nothing) person or an “even steven” (one speed consistently)?

3.) When you are put on a new budget, cleaning schedule, or bible study, do you go hard and fully committed, or do you maintain steadiness?

4.) Do you find yourself giving up (on health and items in question #3) as soon as you mess up or do you get back in the game at the next chance?

5.) Is there someone in your life that you feel the need to “keep up with” in regards to exercise, belongings, relationship etc

Yes___ No___

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♥ Understanding if you have extreme tendencies will go very far in your way to finding a plan that works for you. If you find that you are one of those “0-60” people (like me!) then your approach to food and exercise will look differently than someone who is “even steven” (my best friend and husband!) I can’t do what they do because it ends in sabotage! I find that we often carry over certain traits in one area of life to another. I ask the question about the comparison factor because so many of us do this. If you are trying to “be” someone else--in workout, marriage, house, or anything else, you will fail miserably and be unhappy!
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6.) When working out with a group of people, are you easily intimidated, or motivated?

Easily Intimidated _____ Motivated_____ Mix of both_____

7.) Do you get a better workout with someone leading you in a class or DVD or on your own?

Leading me_____ On own_____

8.) Do you find yourself justifying food choices or being easily swayed when you are out to eat with others or do you stick to your plan?

Going with crowd_____ Hold consistent_____

9.) Does a person keeping you accountable (weekly, daily etc) make you more anxious or perform better?

Anxious_____ Better_____

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♥ Some of us are forcing a workout plan and method that works because it works for someone else! If you find that a group setting enhances your workout and keeps you more accountable, then why aren’t you doing it? Some of you are more introverted and need exercise that helps reset you, using a more calm method. High intensity, loud groups may leave you drained. A good plan is only one you can keep consistently. Do what you like and brings you to life!
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10.) Do you enjoy learning about new exercises, trends, and nutritional info? Do you find yourself pulling out recipes and exercises from magazines to implement?

Yes___ No___

11.) Do you consider yourself athletic?

Yes___ No___

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♥ If you find yourself interested in creating your own routines, researching the newest trend out there, and think of yourself as pretty athletic, then maybe it's time for you to take the lead! You can become a group exercise instructor, personal trainer or a friend who encourages other friends who are struggling. You may be surprised how going to this next level will enhance your own journey!
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12.) Do seeing women who look strong, fit, and/or lean stir up feelings of jealousy and resentment or do you find them motivating?

Resentment___ Motivating___ Depends on day_____

13.) Do you have a history of eating disorders?

Yes___ No___

14.) Do you still struggle with an eating disorder?

Yes___ No___

15.) Do you carry past hurts that still linger from words that someone said about your body?

Yes___ No___

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♥ If you have or are dealing with an eating disorder or some past hurts, then you will have to put your guard up a little bit more. Seeing others may be de-motivating for you instead of motivating and may trigger habits that aren't healthy. Consider unsubscribing from magazines, blogs, or pages that may stir up these feelings inside. And if you don't have a history of an eating disorder and still struggle with other women's physiques, then I suggest you do the same. Just because one girl flexing her biceps is motivating for one, doesn't mean it has to be for another. And that's ok. And this goes without saying, but make sure you are talking through your struggles with someone who is trained to help.
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15) If you are married, does your husband encourage, hinder, or stay neutral in your health journey?

Encourage___ Hinder_____ Neutral_____

16.) Do you have flexibility with your budget in regards to food and exercise expenses?

Yes, a little_____ Yes, a lot_____ Not one bit_____

17.) Do you have children at home with you a majority of the day?

Yes_____ No_____

18.) Do you have family members who have food allergies or special dietary requirements?

Yes_____ No_____

19.) If you are a mother, is being one a top motivation for staying healthy?

Yes_____ No_____

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♥ Our family make-up plays a HUGE part into our health. Some of us have very supportive husbands and others do not. If you have one who is holding you back, I ask you to pray about talking to him. Share your feelings and reasons why being a healthy wife and mom is so supportive, then give specific practical ways that you would like his help/encouragement. We have to take into consideration money, children, ages of children, special dietary requirements, to name a few, when we look at our role in our family's health. It's no small task and there's no right answer. I encourage you to talk to moms who you see doing things right. Get advice, do some research and then get your plan.
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20.) What is one thing you can take away from this assessment that will help you in your journey? (If you feel comfortable sharing, please return back to the blog and write it in the comments section!)
