

# PHASE 2

## BEHAVIOURS

We have many behaviours, be it Positive or Negative. From thought comes your feelings/emotions and from there come your behaviour. It is very important to be aware of these. There may be some which are stopping you from succeeding. Please be honest with your answers. Please tick which is applicable to yourself

Behaviours	Description	Yes	No
Active	Always busy with something		
Ambitious	Strongly wants to succeed		
Cautious	Being very careful		
Conscientious	Taking time to do things right		
Creative	Someone who can make up things easily or think of new things		
Curious	Always wanting to know things		
Logical	Using clear and sound reasoning		
Organised	Dealing with one's affairs efficiently		
Perfectionist	Wants everything to be done right and perfectly		
Precis	Careful and with great attention to detail		
Anxious	Worried, uneasy, or nervous		
Careless	Not being careful: rushing into things		
Impatient	Quickly irritated and easily provoked		
Lazy	Unwilling to work or showing a lack of effort		
Rigid	Being unwilling to change one's outlook, belief, or response		
Scatterbrained	Inattentive and forgetful		
Slapdash	Performing work quickly and carelessly		
Sober	Serious, sensible or solemn		
Undisciplined	Lacking in discipline		
Volatile	Changing moods very quickly		
Altruistic	Shows selfless concern for others		
Caring	Desires to help people		
Compassionate	Feels or shows sympathy or concern for others		
Considerate	Thinks of others		
Faithful	Being loyal		
Impartial	Treats all persons equally: fair and just		
Kind	Thoughtful, caring		
Opleasant	Polite		
Polite	Exhibiting good manners		
Aggressive	Verbally or physically threatening		
Argumentative	Often arguing with people		
Sincere	Being totally honest		
Bossy	Always telling people what to do		

Behaviours	Description	Yes	No
Domineering	Constantly trying to control others		
Flaky	Unstable and unreliable		
Inconsiderate	Not caring about others or their feelings		
Manipulative	Always trying to influences other people		
Rude	Treating people badly: breaking social rules		
Spiteful	Seeking revenge: hurting others because you didn't get what you want		
Guarded	Cautious and reserved		
Loner	Preferring not to socialise with others		
Maverick	Unorthodox or independent		
Reflective	Engaged in deep thought		
Reticent	Not revealing one's thoughts easily		
Retiring	Shy and fond of being alone		
Reserved	Keeps thoughts and feelings to himself		
Self-aware	Possessing in-depth knowledge of one's thought and feelings		
Sensitive	Quick to detect or respond to slight changes, signals, or influences		
Shy	Quiet and reserved: lacing in confidence		
Affable	Friendly, good-natured, and easy to talk to		
Amiable	Displays a friendly or pleasant manner		
Assertive	Confident and forceful		
Authoritative	Commanding and self-confident: someone who is likely to be respected or obeyed		
Charismatic	Shows a compelling charm that inspires devotion in others		
Enthusiastic	Showing intense excitement, interest, or approval		
Gregarious	Fond of company, sociable		
Persuasive	Able to convince others to do or believe something		
Self-assured	Confident in one's character		
Talkative	Fond of making conversation with others		

Now it is your turn, please list any behaviours you know you have which is not on the list?

Behaviours	Description	Yes	No

The behaviours which your are not happy with please list them here?


What are you going to do about them? What is the solution?

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Below are some examples for a Solution;

Speak to a Coach

Speak to a Counsellor?

Speak to a Psychologist

Read books

Meditate on the behaviour

Do EFT on the behaviour (if you want to know EFT I can teach you I am a Level 2 Practitioner in EFT)

Write in a journal, you will be surprised with what comes up

Become more aware of your triggers for the/these behaviours and write them down