

# My C.A.R.D. Profile



## 1. Who I am

**Activity:** Rank Order 1-4 (1 = most like me 4 = least like me)

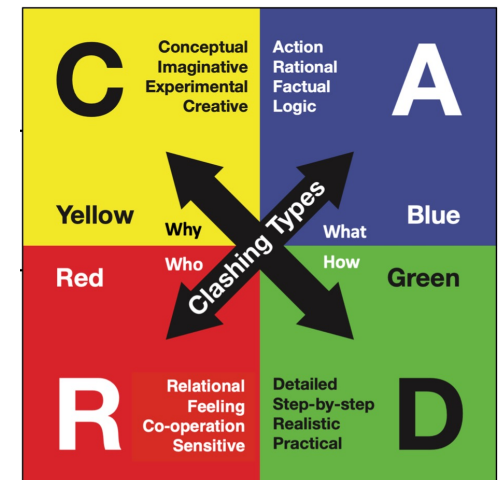
CONCEPT	ACTION	RELATIONAL	DETAIL
I like to focus on thinking 'big picture' – innovating and solving complex problems.	I like to focus on the here and now – taking logical & realistic steps to get things done.	I like to focus on making sure people feel engaged and work together effectively.	I like to focus on the detail and the process – making sure things are done properly.

## 2. Working with others: clashes and comfort zones

**Activity:** Based on your preferences above, who are you most likely to clash with and who are you most comfortable working with?

I'm most comfortable working with...

I'm at risk of clashing with...



### 3. Motivating myself with praise



CONCEPT	ACTION	RELATIONAL	DETAIL
Awesome! Amazing! Genius!	Great job! Well done! Nice one!	You're so kind! You're so helpful! You're so nice!	That's perfect! That's excellent! That's brilliant!

**Activity:** Identify the 'praise' that resonates most with you (ie., makes you feel really good inside)...

---

### 4. Understanding my inner critic

CONCEPT	ACTION	RELATIONAL	DETAIL
I'm an idiot / dumb! I'm stupid! I should be smarter!	I'm lazy! I suck/ I'm hopeless! I should've done better!	I'm a loser / can't fit in! I'm ugly / unattractive! People should like me!	I should've got it right! I'm a fraud / failure! I'm not good enough!

**Activity:** Identify the negative self-talk most reflective of your 'inner critic'...

---

### 5. Supporting myself when I'm struggling

CONCEPT	ACTION	RELATIONAL	DETAIL
"No one is an instant genius! Everyone needs time to think things through."	"You're not a machine! Your best varies according to your energy at the time."	"Not everyone has to like me! I accept myself as I am. Friendships take time."	"No one is perfect. Everyone makes mistakes as part of improving."

**Activity:** Identify the supportive/ positive self-talk you need to remind yourself of when struggling...

---