

Maximize Your

Power

*Module 1
Study Guide*

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Behavior

the way a person
control

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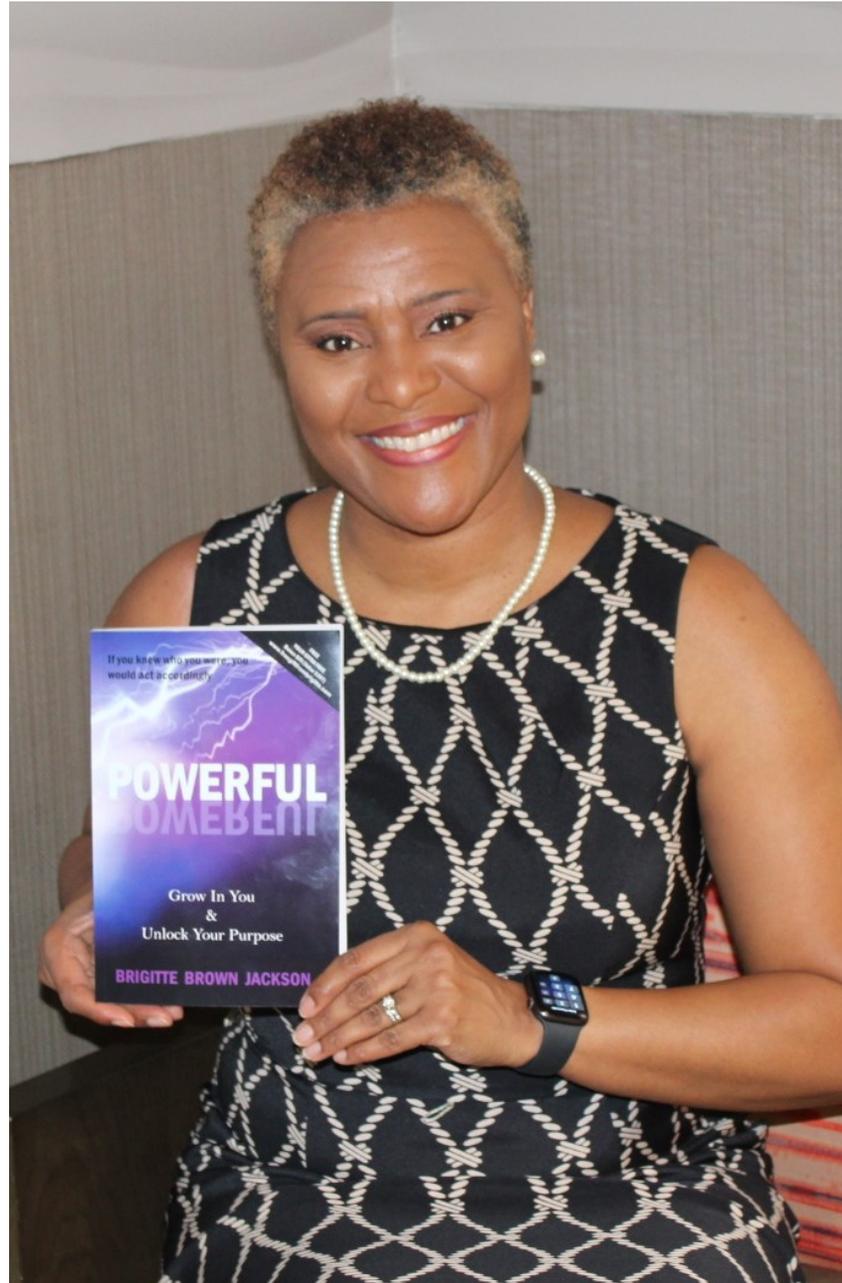
HEY THERE, I'M BRIGITTE!

Hey, it's your girl Brigitte, your Partner in Success. I am so happy you purchased my book, *Powerful: Grow in You & Unlock Your Purpose*. Thank you for investing your time in opening this Module and begin the process to uplevel your life. I realize you could be doing anything else with your time but you are entrusting me with your time and talent. I assure you that your time will not be in vain.

I truly believe in this learning process, as I stated in my book, I have used these same processes and grew myself and my coaching clients. I foresee you doing the same.

Blessings,

Brigitte
Execution Coach



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Maximizing Your Power ONLINE TRAINING



Hey Powerful People

Welcome! This study guide was created to help you navigate your learning. Use this guide to take notes and collect nuggets from the talking points in the Module.

Please refer back to the videos when necessary so you can put action on the learning. Remember the Jim Rohn quote, knowledge is nothing if there is no action with it.

Thank you for showing up for yourself and putting in the work to maximize your purpose. If you happen to be on social media and desire to share a nugget from your learning, will you consider using the following hashtags?

#powerfulgrowinyou

#maximizeyourpower

Happy Learning!

4 TYPES OF DISC

Behavior Preferences

DECISIVE

Is motivated by _____



INTERACTIVE

Is motivated by _____



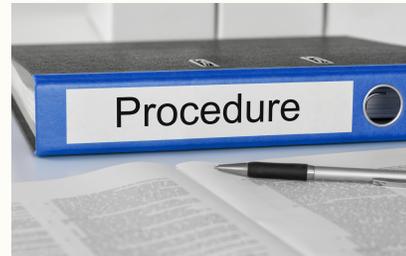
STEADINESS

Is motivated by _____



CAUTIOUS

Is motivated by _____



WHAT IS YOUR SUPERPOWER?

I am a(an) _____

Here are my qualities:

4 DISC TYPES

How do they show up?

INTROVERTED

Which two types are introverted?



EXTROVERTED

Which two types are extroverted?



TASK ORIENTED

Which two types are task oriented?



PEOPLE ORIENTED

Which two types are people oriented?



NOTES

WHAT IS YOUR SUPERPOWER?

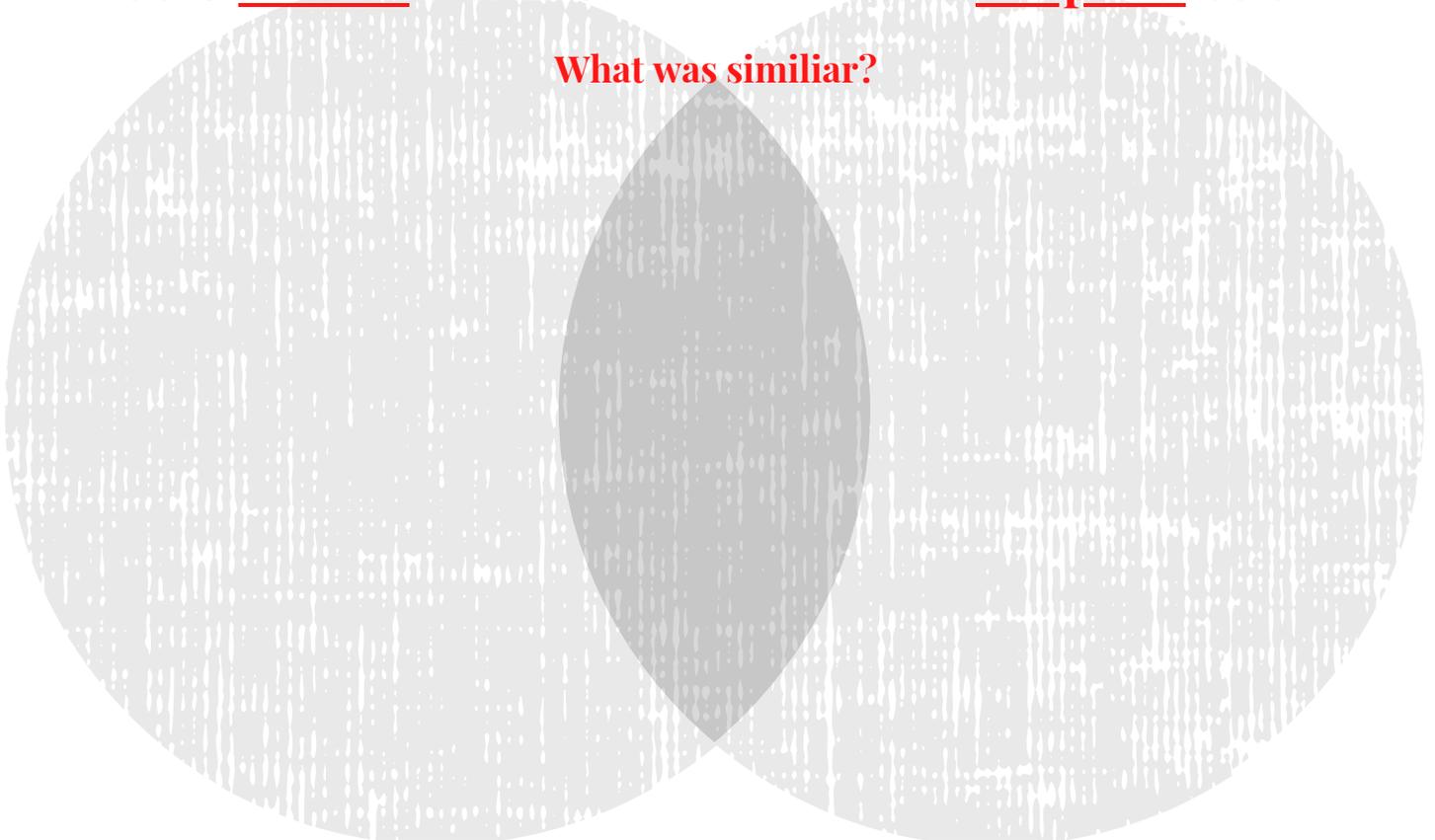
Natural vs. Adaptive

How did it feel writing with your dominant (natural) vs. nondominant (adaptive) hand?

What did Natural feel like?

What did Adaptive feel like?

What was similar?



Lessons about adapting your behavior:

Decisive: Motivated by Problems

What do you know about the D type?

What did you learn about the D or Decisive behavior preference? List at least 3 facts.

Fact 1:

Fact 2:

Fact 3:

How can D's communicate better?

for
increasing
talents

for
eliminating
weaknesses

Who do you know that is a D? _____

Other notes:

Interactive: Motivated by People

What do you know about the I type?

What did you learn about the I or Interactive behavior preference? List at least 3 facts.

Fact 1:

Fact 2:

Fact 3:

How can I's communicate better?

for
increasing
talents

for
eliminating
weaknesses

Who do you know that is an I? _____

Other notes:

Stabilizing: Motivated by Pace

What do you know about the S type?

What did you learn about the S or Stabilizing behavior preference? List at least 3 facts.

Fact 1:

Fact 2:

Fact 3:

How can S's communicate better?

for
increasing
talents

for
eliminating
weaknesses

Who do you know that is a S? _____

Other notes:

Cautious: Motivated by Protocols

What do you know about the C type?

What did you learn about the C or Cautious behavior preference? List at least 3 facts.

Fact 1:

Fact 2:

Fact 3:

How can C's communicate better?

for
increasing
talents

for
eliminating
weaknesses

Who do you know that is a C? _____

Other notes:

My Core Preference

WITH THE NEW KNOWLEDGE, I HAVE ABOUT MY CORE PREFERENCE, HOW I CAN IMPROVE IN THESE AREAS?



PERSONAL



PROFESSIONAL



HEALTH



EDUCATION



FINANCE



RELATIONSHIPS

Values That Move Our Passion

From the module define each word:

- Aesthetic
- Economic
- Individualistic
- Political
- Regulatory
- Altruist
- Theoretical

WHAT DO YOU THINK YOUR VALUE IS?

The Value Index

- Values push you to your passion.
- What you value you tend to run toward.

I learned:



7-Day Intentions

Now that you're familiar with the different types of behavior preferences, let's take a look at what you'd like to focus on accomplishing for the upcoming week.

What are your intentions for the next 7 days? Be very specific. How will you put this learning into action.

Ideas of how to be more successful

List your ideas here:

Celebrate my strengths.

Note my self-talk.

Be positive with my thinking.

Time to Prioritize

Select 3 goals you would like to work on for this week. Accentuate the positive and you will decrease your weaknesses.

1

2

3

You are the designer of your destiny; you are the author of your story.
~ Lisa Nichols

7-Day Calendar

PUT ALL THE GREAT THINGS THAT YOU WILL DO HERE

You can get some incredible things done in short spans of time.

Keep your promises to yourself as you would anyone else. Use this calendar to place the ideas from the previous page on the day this week that you will do it.

What will you do this week to help increase your effectiveness?

MON	TUE	WED	THUR	FRI
SAT	SUN			

What will you do NEXT week to help increase your effectiveness?

MON	TUE	WED	THUR	FRI
SAT	SUN			

Module 1 Study Guide

You nailed it! How does it feel?



You've shown up. You took notes. You learned about yourself. You set your intentions. Now open the next module and let's put some more action on the learning. See you in Module 2.

I am so proud of you!

5 Tips for Success of Each Module



Bonus Tip

Be very aware of your daily actions and behaviors. Monitor yourself.

My mission in life is not merely to survive, but to thrive;
and to do so with some passion, some compassion,
some humor, and some style.

— Maya Angelou