

Name: _____

Date: _____

This packet contains the text of the reflection questions from the IndigoBasics course on indigoeducationcompany.com in a printable format.

Motivator Reflection

Reflect on how your Motivators show up in your life, guided by the Motivator Reflection.

Top Motivators

What are your top two Motivators?



AESTHETIC
Beauty/Harmony/Art



INDIVIDUALISTIC
Independence/Choice



SOCIAL
Helping Others



THEORETICAL
Knowledge/Learning



TRADITIONAL
Beliefs/Values/Family



UTILITARIAN
Efficiency/Money

Create a list that contains at least 5 ideas of activities, classes, teachers, etc. that align with your top Motivators. For example, an art class is a class that aligns with the Aesthetic Motivator, and an Entrepreneurship club would align with the Utilitarian Motivator. These can be classes and clubs that already exist or that you would like to see at your school.

1. _____
2. _____
3. _____
4. _____
5. _____

How can you apply your top 1-2 Motivators to increase your engagement in classes you aren't naturally interested in?

Bottom Motivators

What is your lowest Motivator?

Based on your lowest Motivator, what activities and classes are you likely to not be engaged or interested in?

How do you deal with things you have to do that are not motivating?

Motivator Statement

Write a Motivator Statement. Your Motivator Statement should be a short paragraph about your top two Motivators, what they mean to you, and how they show up in your life. For example, someone who has Utilitarian #1 and Theoretical #2 likely wants to use their knowledge to make money. *See the course website page for examples of Motivator Statements.*

Write out your Motivator Statement.

DISC Reflection

Reflect on how your DISC traits show up in your life, guided by the DISC Reflection.

D	<input type="text"/>	I	<input type="text"/>	S	<input type="text"/>	C	<input type="text"/>
<i>Dominance</i>		<i>Influencing</i>		<i>Steadiness</i>		<i>Compliance</i>	

Your DISC

What are your most prominent DISC traits? (your highest scores/lowest scores/bridge)

How do these traits show up in your life? When have they impacted you in a positive way?

Ideal Environment Statement

Now, write an Ideal Environment Statement.

Your Ideal Environment Statement should be one to three sentences about your most distinct DISC traits, what they mean to you, and what sort of environment would fit those traits. *See the course website page for examples of Ideal Environment Statements.*

Skills Reflection

Reflect on how your skills show up in your life. Focus on two of your top skills that you want to get better at and write a Maximizing Statement for at least two of your top skills.

Skill #1

Which one of your top skills would you most like to work on? _____

Why do you want to get better at this skill? How will it help you at school or in life?

What strategies are you going to use to get better at this skill? Write out a complete Maximizing Statement using this format: "I plan on getting even better at [Skill] by [Action Step]". *See the course website page for examples of Maximizing Statements.*

Write your Maximizing Statement.

Skill #2

Which other top skill would you most like to work on? _____

Why do you want to get better at this skill? How will it help you at school or in life?

What strategies are you going to use to get better at this skill? Write out a complete Maximizing Statement using this format: "I plan on getting even better at [Skill] by [Action Step]". *See the course website page for examples of Maximizing Statements.*

Write your Maximizing Statement.
