

# Wellness Workbook

## Feeling Good with Extended DISC®

The *Wellness Workbook* is designed to help you build greater self-awareness and wellbeing using insights from your Extended DISC® results. It highlights your natural strengths, motivators, and everyday habits that support feeling confident, balanced, and fulfilled. By understanding what helps you perform at your best, you can make small, meaningful choices that enhance your energy, relationships, and satisfaction in both work and life.

## Sam Sample

**Organisation:**

**FinxS**

**Date:**

**05.11.2025**



FEEL BETTER & WORK BETTER

STRENGTHEN YOUR  
WELLBEING BY  
UNDERSTANDING WHAT  
MAKES YOU, YOU.



## Welcome to Your “Feeling Good” Workbook

Feeling good isn't just a personal goal – it's a foundation for success at work, at home, and in all the relationships that matter to you. Positive wellbeing affects how we think, make decisions, manage challenges, and interact with others. When we take time to understand ourselves and nurture our strengths, we naturally perform better, feel more resilient, and experience greater satisfaction in life.



### This workbook is designed to help you:

- **Understand your natural behavioural style** and how it influences the way you respond to situations, interact with others, and manage stress.
- **Focus on your strengths** and motivators so you can build on what comes naturally to you.
- **Discover personalised strategies** to boost your mood, energy, and overall wellbeing, both at work and in your personal life.
- **Create a simple action plan** for everyday practices that help you feel more balanced, energised, and confident.

By completing this workbook, you'll gain practical insights and tools to:

- Improve your daily energy and mood.
- Build stronger, more effective relationships.
- Enhance your performance and satisfaction at work.
- Strengthen your resilience to stress and challenges.

Think of this workbook as a personal guide to feeling good – one that adapts to who you are, what drives you, and the unique ways you naturally shine. Take your time with each section, reflect honestly, and choose the exercises and strategies that feel right for you.



## Understanding Your Style

Sam, your natural behavioural style shapes how you think, act, and respond in different situations. By understanding your style, you can better harness your strengths, manage challenges, and improve how you interact with others.

### Your Style

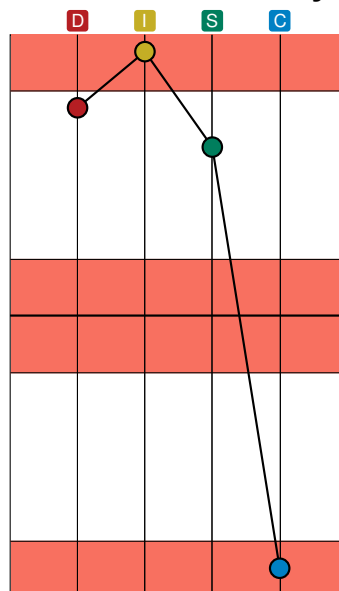
Your DISC style is: IDS (I - 40%, D - 35%, S - 25%)



**DO YOU WANT TO HEAR HOW AMAZING PEOPLE WITH A STYLE LIKE YOURS ARE?**  
LET'S TAKE A LOOK!

People with dominant **I Style** are energetic, enthusiastic, and people-oriented. Skilled at building relationships and inspiring others.

### Profile II - Natural Style





## Your Strengths

Your *Strengths* represent the behaviours and abilities that come most naturally to you. They reflect how you instinctively think, act, and achieve results when you're operating at your best.

When you lean into your natural strengths, you're more likely to feel confident, productive, and fulfilled. These are the qualities that others often recognise and value in you, and they form the foundation of your wellbeing and success.

Sam, the list below highlights your strongest attributes based on your behavioural style. You may recognise all of them, or only a few - either way, they're valuable insights into what helps you perform and feel good.

### Your strengths can help you:

- Identify what you do best and what comes most naturally.
- Build confidence by focusing on areas of genuine talent.
- Find opportunities to apply your strengths more intentionally.
- Recognise the link between using your strengths and feeling energised.

### Here are your strengths, Sam:

- Are competitive in a people-oriented way
- Can keep people motivated
- Don't crush others when changing things
- Take notice of emotions
- Can generate ideas
- Have a longer perspective in perceiving things
- Can sell your ideas to others
- Dare to work without instructions
- Are encouraging and positive
- Can be patient
- Do what is best for the team
- Like people

#### Take a moment to reflect on your list:

Which strengths do you rely on most often? How do these contribute to your success and wellbeing? Are there strengths you'd like to use more in your day-to-day life?



TIME TO REFLECT

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## Your Motivators

The *Motivators* section describes things that typically inspire and energise someone with your behavioural style. These are factors you are likely to respond positively to and that can help you feel more engaged, fulfilled, and productive.

You'll find your personalised list of motivators below, drawn directly from your Extended DISC® results. You may not connect with every item, and that's okay – this list is intended as a starting point for reflection and discussion.

### Your motivators can help you:

- Understand your own behaviour more clearly.
- Compare what motivates you with the requirements of your current role.
- Find more effective ways to use your natural strengths.
- Identify potential solutions to communication or engagement challenges.

### Here is the information about you and your Motivators:

You are motivated by social human contacts, good human relationships, acceptance in the team and co-operation. You thrive when you have the freedom to make your own decisions rather than strictly following others, but you enjoy creating a dynamic and uplifting atmosphere. You like independence inside an organised company. You also need a certain amount of freedom.

- Good and lively friends
- Positive and excited atmosphere
- Freedom in how to take care of responsibilities
- People who are easy to get involved
- Openness in communication
- Freedom from detailed tasks
- Opportunity to join in
- Free discussion
- Lofty ideas and changes to work with you
- Having own opinion been heard
- New opportunities
- Positive way to promote things

#### Take a moment to read through your list.

Which motivators feel most relevant to you right now? Which ones could you actively build into your work and personal life to help you feel more energised and balanced?



TIME TO REFLECT

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## Your Natural Tendencies

Your *Natural Tendencies* describe the ways you instinctively behave, think, and respond when you are being your most authentic self. These are patterns that feel natural and require little conscious effort - they reflect how you're wired to act, communicate, and approach tasks.

In this section, you'll see a selection of your **highest-scoring tendencies**. These represent the behaviours that are most consistent and comfortable for you. They are not fixed traits, but rather your natural starting points - areas where you're likely to operate with confidence and ease.

### Understanding your natural tendencies can help you:

- Recognise which behaviours come most naturally to you.
- Understand what energises you versus what requires more effort.
- Gain awareness of how others may perceive your behaviour.
- Find opportunities to adapt and maintain positive interactions.

### A Few Of Your Top Natural Tendencies:

These insights are designed to highlight your natural comfort zone - the behaviours that help you perform, connect, and feel your best when you use them effectively.

Actively demonstrating that success should be shared by staff and customers:	-5	-4	-3	-2	-1	0	1	2	3	4	5
Encouraging independent thinking:	-5	-4	-3	-2	-1	0	1	2	3	4	5
Inspiring and encouraging people:	-5	-4	-3	-2	-1	0	1	2	3	4	5
Setting motivating goals:	-5	-4	-3	-2	-1	0	1	2	3	4	5
Introducing fresh perspectives:	-5	-4	-3	-2	-1	0	1	2	3	4	5

#### Take a moment to reflect on the list above.

Which tendencies describe you best? How do these support your wellbeing and performance? Are there times when these strong tendencies could become overused or create stress?



## TIME TO REFLECT

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## Self-Reflection Activity

Taking a few minutes to reflect on your strengths, motivators, and natural tendencies helps you recognise how they influence your wellbeing and daily experiences. This awareness is the first step towards using your natural style more effectively; and feeling good while doing it.

### Try reflecting on these questions:

- Which of your strengths do you use most often in your day-to-day life?
- How do your motivators show up in your work or personal goals?
- Which of your natural tendencies help you feel most energised and authentic?
- Are there situations where your natural style might create challenges or stress?
- What small adjustments could help you feel more balanced and fulfilled?

You can jot down your thoughts or simply take a moment to consider them quietly. The goal is not to change who you are, but to understand how to use your natural style in ways that support your wellbeing.

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## Daily Feel-Good Moments

Taking a few moments each day to pause and reflect helps you maintain balance and strengthen self-awareness. These short prompts are designed to **align with your natural behavioural style** and support everyday wellbeing.

Choose one or two questions that feel relevant to you today, write your thoughts down or simply reflect quietly.

### Your dominant behavioural style is Influence (I) Style

You bring energy, optimism, and connection. Reflection helps you stay centred and manage your enthusiasm effectively.

#### Try reflecting on:

- Who did I connect with meaningfully today?
- When did I truly listen and understand others?
- How did I use my positivity to encourage someone?
- What gave me joy or laughter today?

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#### Tip

Reflection doesn't need to take long; even two minutes can make a difference. Over time, you'll notice how these small check-ins help you feel clearer, calmer, and more in control.





## Mood-Boosting Activities

Feeling good is about more than just avoiding stress — it's about building habits that energise, motivate, and restore you. The activities below are designed to fit your natural style and strengthen your overall sense of wellbeing.

Use this section as inspiration for your week. Try one or two activities each day, or pick a few that best fit your energy and goals right now.

As an **I style**, you feel best when you can connect, create, and communicate. You bring enthusiasm and warmth to your environment, and your positive energy lifts others. When you feel disconnected or uninspired, it helps to focus on meaningful interactions and creative expression.

### What keeps you feeling good:

- Positive social connections
- Opportunities to express ideas
- Recognition and encouragement
- Variety and fun in daily tasks
- Shared enthusiasm and inspiration

### Mood-boosting activities:

- Have a genuine conversation with someone who energises you.
- Start your day with music or something creative.
- Share encouragement or appreciation with a colleague or friend.
- Write down three things that made you smile today.
- Take regular breaks to move, chat, or change your scenery.
- Do something playful or imaginative to refresh your energy.

### Reflect on:

- Who did I connect with meaningfully today?
- How did I bring positivity to others?
- What can I do tomorrow to stay inspired and connected?

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## Personal Action Plan

You've explored your strengths, motivators, natural tendencies, and the activities that help you feel your best. Now it's time to bring everything together into your own "Feeling Good Plan".

This plan helps you turn awareness into action. By focusing on what naturally works for you, you can create small, meaningful routines that strengthen your wellbeing and motivation at work and beyond.

### Step 1: Reflect on What Works for You

Think about what you've learned so far.

- Which strengths give you the most energy when you use them?
- Which motivators are most present in your current role or lifestyle?
- Which daily activities or habits help you feel calm, confident, and fulfilled?

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### Step 2: Choose Your "Feeling Good" Habits

Pick two or three actions you'd like to practise regularly. These could be small habits, daily reflections, or mood-boosting activities that align with your style.

Examples:

- Setting a clear goal each morning (D)
- Connecting with someone positive (I)
- Taking quiet time each evening (S)
- Planning the next day calmly (C)

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### Step 3: Make It Real

Think about when and how you'll use these habits.

- When will you include them in your day or week?
- What reminders will help you keep them up?
- Who or what can support you to stay consistent?

Example: *I'll take five minutes each morning to review my goals while having coffee.*

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### Step 4: Keep It Positive

Remember that feeling good is not about perfection, but consistency. Notice what works, celebrate progress, and keep adjusting as you go.

**Tip:** Revisit this plan every few weeks to see what feels right and what you might want to add or change.



## Congratulations on Completing Your Feeling Good Workbook!

You've taken the time to explore your natural behavioural style, reflect on what motivates you, and identify the habits that support your wellbeing. These insights help you make small, powerful changes that bring more balance, confidence, and joy to your daily life.

Remember, feeling good is not about being perfect. It's about making choices that align with who you are and what helps you thrive. Every time you use your strengths, follow your motivators, or practise one of your positive habits, you're strengthening your resilience and sense of fulfilment.

Keep revisiting your workbook whenever you need a reminder of what works best for you. Each reflection, habit, or action builds towards a happier, more energised version of yourself.



### A Final Thought

True wellbeing comes from understanding yourself and using that knowledge in a positive way. The more you honour your natural style, the more authentic, confident, and capable you become; both at work and in life.