



TRANSFORMATION PERSONALITY TYPE

High-Awareness Personality

You benefit from your attention to detail of the changes you need to make in your life. You will make sure you cross all the t's and dot all the i's. Some people tend to think you're an overthinker and may worry too much. But you like to say that you're more cautious and like to prepare for the worse.

Coaching tips for transformation.

- Learn to challenge your limiting beliefs and be more aware of how you allow negative things penetrate your thoughts.
- Managing your stress will help you move forward in your transformation.
- Learning your strength in resiliency is your biggest advocate for transformation.
- Remind yourself not to obsess over the smaller details that are irrelevant to your bigger picture.
- Find someone to be your sounding board who is unbiased and emotionally mature to help you weed through larger issues.

