Student Aptitude™ Stress Report

Sage

Have stress? Join the club!

You can use your excellent Authentic Abilities to take control of reducing stress and overcoming obstacles.

We've shown you how to do your best. Now we'll help you ditch all the rest.

"Success is the Freedom to be yourself" – Kathy Kolbe

Be you.

There seems to be no way to avoid stress. As an

ASSESSOR

you need data to give you helpful directions for reducing stress in your life. In order to select the most useful of the tips we've provided especially for you, factor in the results from these questions. On a scale of 1-5 (With 5 being the highest) []1. What level of stress are you in now?[]2. How consistent is your level of stress?[]3. How different would your life be if you could lower your stress? []After you've evaluated the impact of stress in your life, consider how to integrate our tips into it.
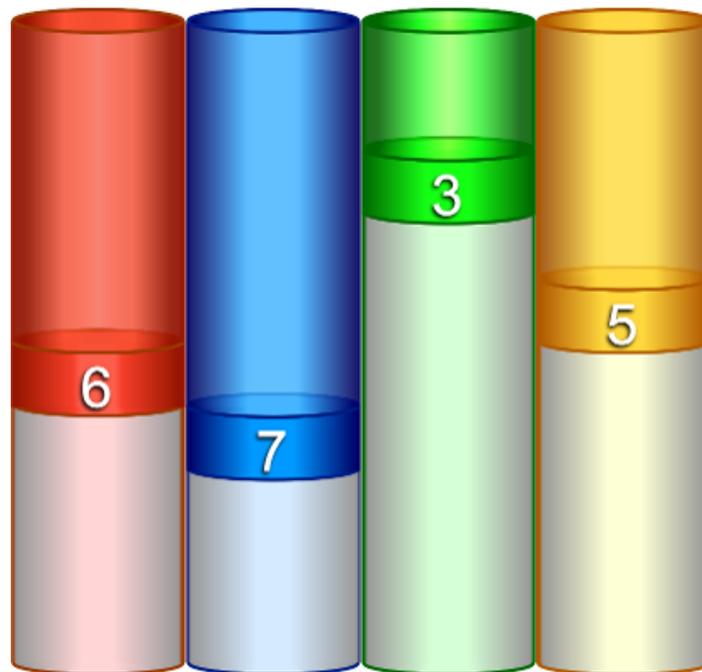
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Check out the following Tips and Tricks. They're proven to reduce stress for people who share your Authentic Abilities.

A perfect world would use your Authentic Ability to be on schedule, organize activities, and do the

Planning

For you to avoid the stress, you need to avoid:

- Incomplete assignments
- Too many loose ends
- Lots of interruptions

Tips & Tricks

- Don't expect others to stay within the lines. Most people vary their path more than you do.
- Use systems you create to satisfy your need for order.
- Get over trying to finish everything you start perfectly. Find work by setting many "mini" goals.
- Allocate the amount of time you will spend on things you're required to do.
- Be sure you've gathered everything you need before starting a project.
- Work until you've done what's doable — not until you're done with everything you planned to do.

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You can reduce the probability of having stress by removing anything that limits your freedom to be yourself. Use your Authentic Ability for

Explaining

For instance, it is bound to be stressful for you when:

- Trying to get people around you to act appropriately
- Rules aren't enforced
- People expect you to know what's on their mind

Tips & Tricks

- Ask questions about why others are doing what they're doing, without judging.
- Don't get too deep into a situation before checking if you're meeting expectations.
- Ask others how you could help with something they are trying to do.
- Get others to confirm the reason for exceptions.
- Offer to edit and proofread rather than originate written work.
- State some of your assumptions and ask others how accurate they are.

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You are so handy—and so able to fix things—that your Authentic Abilities are in great demand. If you weren't naturally so willing to help people with

Restoring

you could avoid the stress of always having projects pile up. You deserve working situations that allow you to:

- Physically move around
- Have the right tools to fix things
- Decide for yourself what needs to be done

Tips & Tricks

- Work with people who appreciate your contributions— and who provide different abilities.
- Set aside personal chunks of time, every week, for your own projects.
- Be open to trading your abilities to craft solutions for others' efforts to do things that help you.
- Demonstrate what you're doing before it's too late to change it.
- If someone needs you to explain how you did something, ask them to find an example.
- Qualify your use of time based on what you currently need to be doing.

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You are a critical part of the innovation process. Without your contributions, 1000's of hours of human effort would be wasted.

Your Authentic Ability for
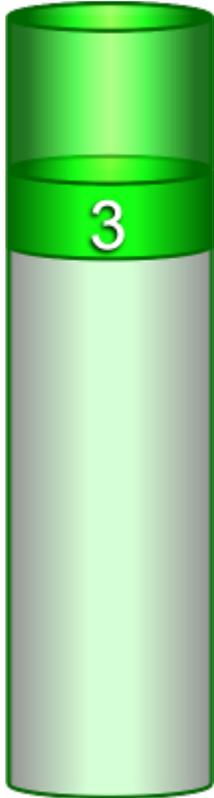
Stabilizing

is essential to any project. That's because you naturally convert wild ideas into doable tasks. Doing that can be stressful if:

- There are last minute changes
- You have several short deadlines
- People don't own up to making things up

Tips & Tricks

- Seek consensus on how much time and energy would be too much.
- Ask others working with you to consider worst-case scenarios.
- Before you set your own goals, consider how achieving them (or not) could affect you.
- Reduce uncertainties by defining objectives and time frames.
- Get enough information before you start a task. Know how it will be evaluated.
- Commit to doing a task — not to unlimited use of your abilities.

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