

Yada!

THE SCIENCE OF YOU



REPORT FOR:

MEG LUNN

DATE COMPLETED: 9/23/2017



yâda'

To know, comprehend, experience,
discern, discover, understand.

- 01 - YOUR PERSONALITY
- 02 - PERSONALITY DETAIL
- 03 - YOUR STORY
- 04 - YOUR TIME TABLE
- 05 - YOUR TALK STYLE
- 06 - YOUR FIGHT TYPE
- 07 - YOUR FRIENDSHIPS
- 08 - YOUR LOVE LIFE
- 09 - YOUR OUTLOOK
- 10 - UP NEXT

THE SCIENCE OF YOU

WELCOME TO
Yada!

Congratulations on completing the Yada Assessment.

You're about to read one of the most important documents you may ever read. It's a customized report about you - designed to help you know yourself better and be better known by others. In short, your Yada report will help you enjoy incredible relationships.

Yada is literally an ancient word meaning "to know."

A couple of tips as you get started. Consider the information in this report a dialog. You don't have to agree with all of it. In fact, you can feel free to scratch out anything that doesn't ring true for you - especially when those that know you best agree.

But approach it with an open mind. And consider reviewing some of it with others who have also taken the Yada Assessment - it can be a social process with exercises to share together.

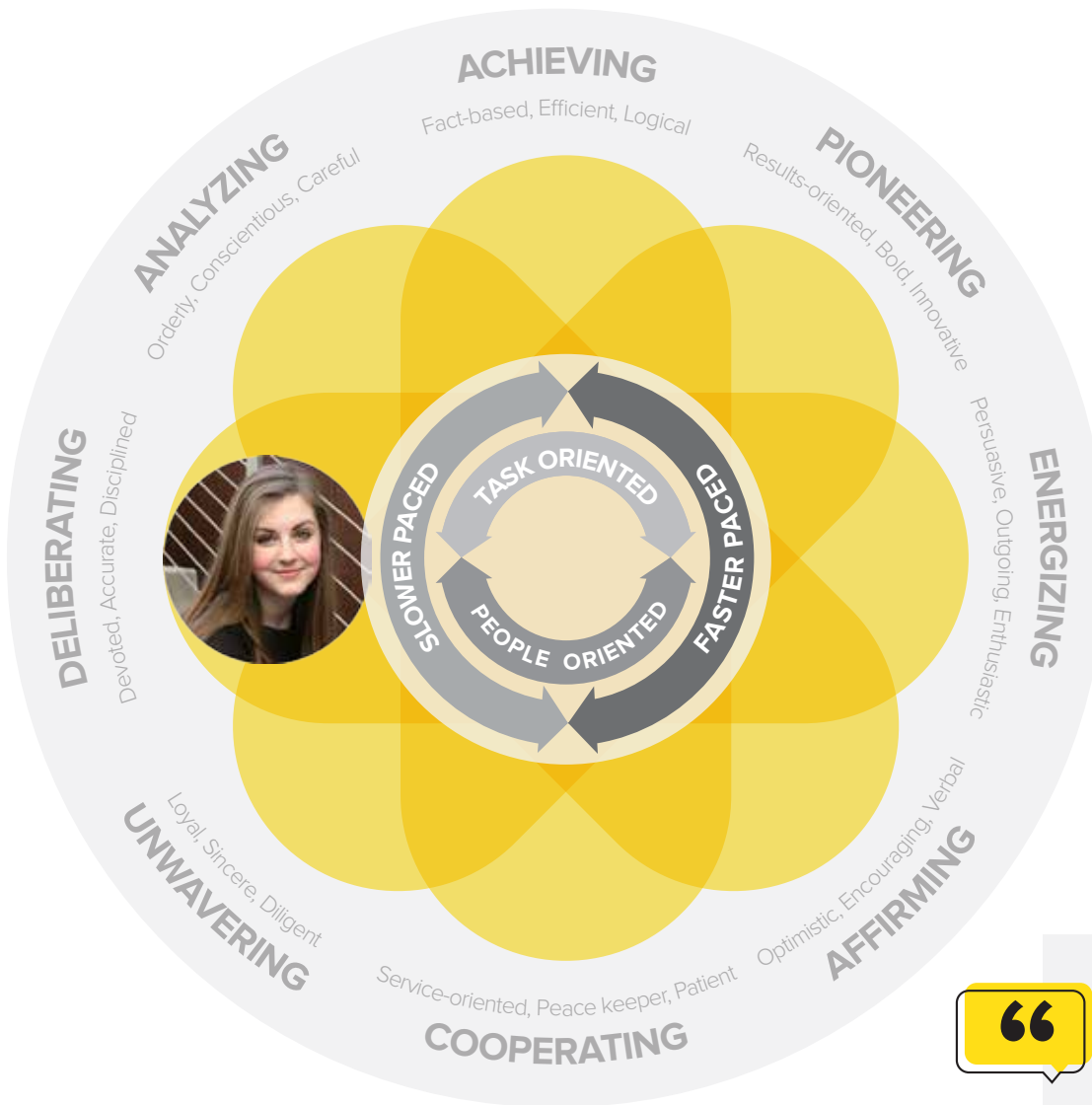
We wish you every success as you get to know yourself better as well as your relationships.



Drs. Les and Leslie Parrott
Founders, Yada.com

YOUR PERSONALITY

Having a clear understanding of your personality—being aware of your hardwiring—is essential to building healthy relationships.



DELIBERATING

You tend to think before you act. As a result, the things you do will be purposeful and deliberate. You will generally not act impulsively. As a result, others may perceive a slowness of thought or action. This results not from slow thinking, but from complete analysis of the situation before acting. You prefer to wait until you're sure of your ground before acting. This might mean after several visits to a new place, or after a few meetings with a new person, you will feel more open to risk or share trust. When a new activity is considered, you may require support or encouragement by your friends to participate or perform in the new activity.

In problem-solving areas, you need tangible, precise and specifically defined projects. Not because of limited thinking ability, but because of critical and analytical concern for perfection. When in decision-making roles, you will usually want to collect many facts and opinions before making a decision. Unlike most other styles who will relax after finishing an activity, you could think of six other ways to do it better. This relates to your need for precision and can be difficult for others to keep up with your standards. You may not reach decisions as fast as others desire. You prefer to make a decision after deliberation, restraint and weight given to many factors.

“

- Are you fast paced or slow paced? Are you task oriented or people oriented? Real life examples?
- Identify the top two statements that you agree with most. Feel free to cross out anything you disagree with.
- Compare where others fall on the personality wheel relative to you.



PERSONALITY DETAIL

Now let's zoom in to four factors of your personality that reveal the true you in day-to-day life.

SOLVING PROBLEMS

REFLECTIVE

4

Patient while weighing pros and cons
"Let's give it some time."

AGGRESSIVE

Likes quick decisions and immediate results
"Let's do it now."

INFLUENCING OTHERS

FACTS

8

Leans into logic and reason
"Show me the evidence."

FEELINGS

Values instincts and gut intuition
"Trust me, this feels right."

REACTING TO CHANGE

ACCEPT

Loves variety and thrives on adventure
"Let's try something new."

RESIST

9

Prefers predictability, consistency and routine
"Let's keep things the way they are."

MAKING DECISIONS

SPONTANEOUS

Impulsive and willing to take a chance
"Let's go for it."

CAUTIOUS

10

Takes their time to do things the right way
"I'm not sure yet."



STRENGTHS YOU BRING TO RELATIONSHIPS

- Great at resolving conflicts
- Careful and informed decision maker
- Rational and objective
- Excellent listener
- Methodical and focused on details
- Considerate and accommodating

“

- What new insight did you gain about your personality?
- What's the most important strength you bring to your relationships?
- What's the strongest part of your personality based on the four factors (at left)?



YOUR STORY

After your personality, the number one thing you bring into any relationship is your story—what makes you unique and interesting.

CONSTRUCTING YOUR NARRATIVE

1.

These are four topics of conversation that will make you interesting to others. Do your best to fill in the inner circle with concrete examples about you.

2.

Like everyone, you have an emotional comfort zone and just beyond its border is where you realize your dreams. Anxiety, opposition and difficulty can prevent you from taking the first step.

In the outer border of the circle, note a couple of practical ways you can step out of your comfort zone (to face your fears) especially when it comes to expanding your competencies and experiences. Be specific and concrete. Your dreams are an important part of your story.

“

- As you consider your story, what do you think seems ordinary to you but might be extraordinary to others?
- What can you do to increase your curiosity quotient?
- What questions can you ask to help others tell their story?



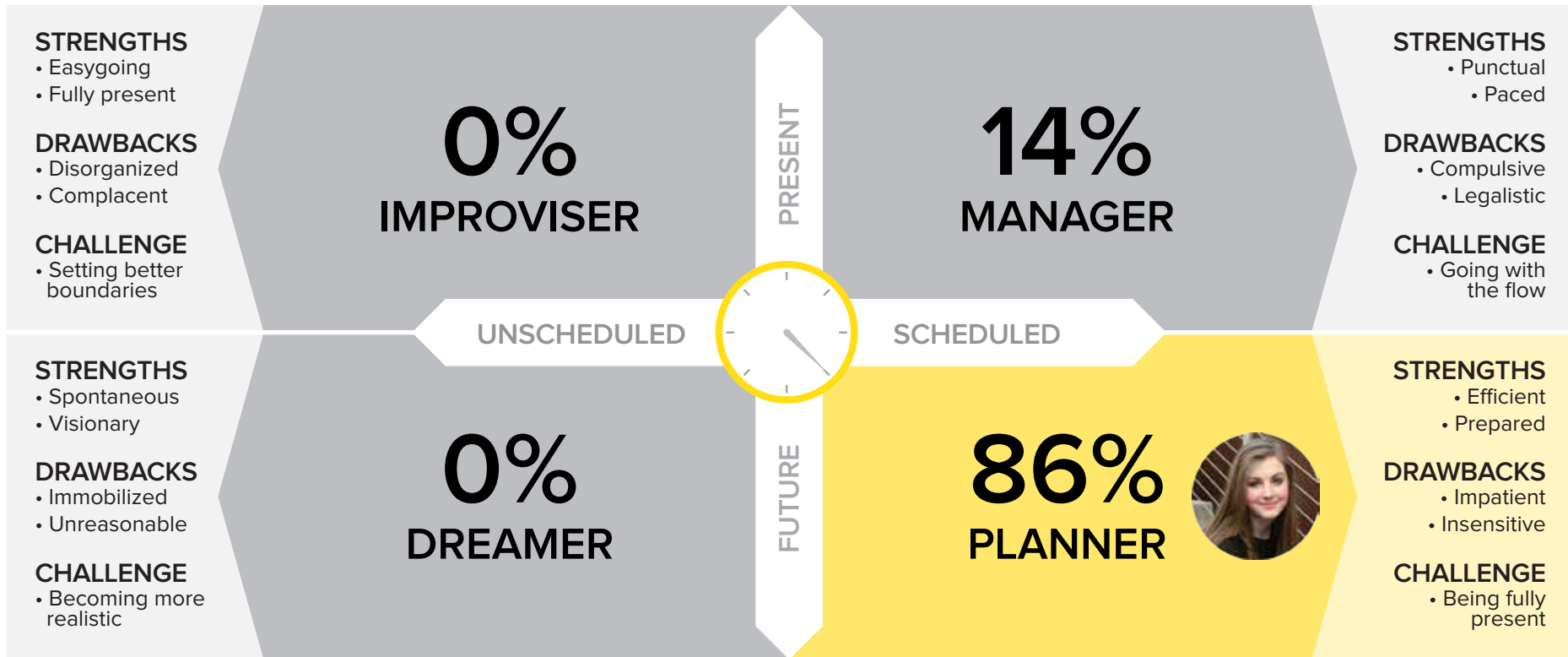
**YOUR
CURIOSITY
QUOTIENT
36%**

You want other people to be interested in you, right? Truth be told, others won't really find you interesting until they know you are genuinely interested in them. That means that you have got to become a pro at asking good questions—and follow-up questions. In short, you've got to be curious. This score represents how adept you are at doing just that.



YOUR TIME TABLE

Okay, so nobody has enough time, right? But when you know your time style, you can reclaim the moments that matter most.



• PLANNER •

Because you are scheduled and future oriented, you live by a plan. You probably live by a to-do list. You delay your gratification to realize your goals. You plan your work and work your plan. In other words, you like to be prepared. Your goals carry you. You're often thinking about what step to take next. You may even live with a heavy dose of urgency about what needs to get done now because it impacts what can be done later. When you have a deadline you like to meet it – in advance. More than other time styles, you try to control your time, making you industrious and productive. When you're late, it's usually by your own design. And while you might benefit from being more fully present on occasion, you're in the top percentile of being efficient and taking action.

“

- When it comes to time, what is your biggest personal challenge—especially in your relationships?
- Now that you see your personal time style, what can you do to better manage your time? Be specific.



YOUR TALK STYLE

Let's talk about talking. Or better yet, listening. How you communicate will make or break your relationships. Seriously.

HOW YOU'RE HARDWIRED FOR CONVERSATION

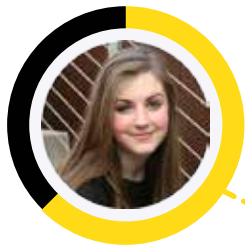
You are a careful communicator, separating emotions from facts and taking time to ensure understanding. You speak with clarity – at least you strive to. You typically provide solid evidence when making a point and you're likely to be troubled when others don't do the same. You can be slow to open up in conversation, keeping your emotions closed up on occasion. Others may ask you to be more vulnerable but that doesn't come naturally for you. And you like to take your time to convey your thoughts well.



COMMUNICATION SKILLS YOU'D LIKE TO IMPROVE

HOW YOU LIKE OTHERS TO COMMUNICATE WITH YOU

- Follow through on what you say.
- Ask "How do you feel about that?"
- Avoid intense agendas with me.
- Convey ideas in nonthreatening manner.
- Provide plenty of support and assurance.



YOUR LISTENING QUOTIENT
60%

Listening to others can be challenging for you. You're probably working on this important skill but you still have more work to do. Keep at it.

“

- *Underline the sentence you resonate with most in your paragraph. Why did it stand out to you? As always, cross out any sentence you disagree with.*
- *What's one practical thing you can do to improve your listening quotient or communication skills? Use an example.*

- Identifying and expressing feelings
- Maintaining eye contact while talking
- Inviting and receiving feedback



YOUR FIGHT TYPE

Let's be honest, conflict is inevitable—even in great relationships. But learning to fight a “good fight” can actually bring you closer.

You are thoughtful and guarded. You are less expressive but also less flexible. You like to focus on the facts, but you'll also probe for the hidden meaning behind another's words. You'll often ask specific questions of the other person as you seek to understand an issue at a deeper level. You'll sometimes ask the same question again until you find the reassurance, feedback, and reasons for their viewpoint. In almost all your conversations, you need information and time to consider carefully whatever is being discussed.

Many of your fights are the result of your feeling criticized or because you have read something into the other person's motivations. Once the disagreement begins, you tend to be very rigid and overly detailed. That is, you may quote what the other person said—even from conversations you had days or weeks earlier—and cite specific instances to back up your points. Instead of verbalizing your conflict, you may even be apt to write a long note that gives a detailed and logical explanation of your grievance. As a tactic, you may also ask questions, much like an attorney, that push the other person into a corner, proving how you are correct and they are wrong. You don't enjoy fighting, but you generally keep your wits about you in the process, unless your failure to convince the other person causes you to withdraw in a morose and moody way.

PERSONAL CONFLICT CHALLENGES

These can limit your ability to successfully manage conflict

- Others may grow tired of your struggle to make timely decisions.
- Because you prefer cooperation over competition, others may feel you're not playful.
- You can get bogged down in details or perfectionistic routines in getting things done.
- You tend to rely on others to make high-risk decisions, ducking responsibility.

“

- As you consider the four fight types, are you able to identify the varying fight types of other people in your life? Place their initials in the appropriate quadrant.
- If you could change one thing instantly about how you manage conflict, what would it be? Why? What practical step can you take to improve this?

★  ★
**COMPETITIVE
FIGHTER**

LIKES TO WIN

★  ★
**COLLABORATIVE
FIGHTER**

TEAM PLAYER

HIGH EXPRESSIVENESS

◀ LOW FLEXIBILITY

★  ★
**CAUTIOUS
FIGHTER**
FULLY PREPARED

LOW EXPRESSIVENESS

HIGH FLEXIBILITY ▶

★  ★
**CONCILIATORY
FIGHTER**
SEEKS PEACE



YOUR FRIENDSHIPS

Good friends are hard to find. But here's the deal: when you become a good and loyal friend, someone will always have your back.

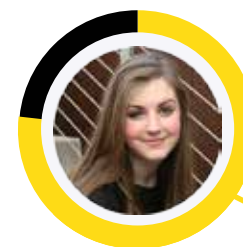
WHAT YOU VALUE IN A FRIEND

Your ideal friend is someone who is light hearted and doesn't take themselves too seriously. They find humor where others don't. You value someone who remember things and dates that are important to you. They are concerned and sincerely want the best for you. And you appreciate a friend who makes you a priority and is available to you when you need them. In short, you never feel like a bother to them.

Loyalty is the glue of friendship. If you can't count on a friend, or they can't count on you, you'll never stick together. The more loyalty you have, the deeper the bond.

WHAT BUGS YOU IN A FRIEND

You have to work hard to remain friends with someone you perceive as always looking out for themselves by taking but rarely giving. Someone who is, in a word, selfish. You don't like it when a person is a busy bee that is always on the go and seems to be almost frantic with activity and tasks. Nor do you appreciate someone who is consumed with themselves to the point that they rarely pay much mind to others.

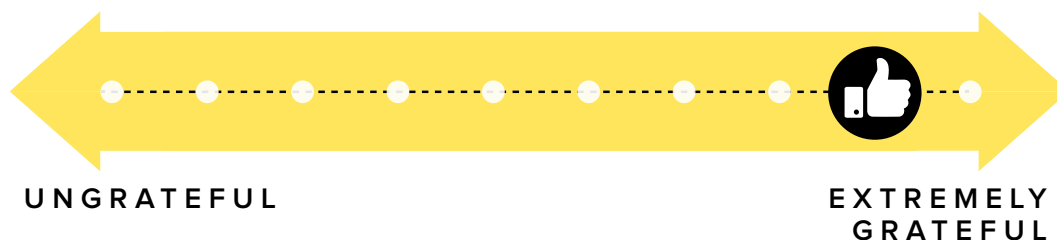


**YOUR
LOYALTY
FACTOR
78%**

Being a loyal friend can be challenging for you. Your commitments are inconsistent and you'll need to keep working at it.

GRATITUDE METER

Gratitude is more than a feeling. It's an attitude, a habit, a choice, a motive, a way of life. How you express appreciation and gratitude is a reflection of your soul's wellbeing.



“

- What do you make of your loyalty factor? What's one specific way to improve it?
- What's the number one thing you value in a friendship and why?
- What's one thing you can do to generate more thankfulness around your friendships? Be specific.



YOUR LOVE LIFE

Hate to break it to you but you can't leave romance to chance. You've got to know what you're looking for if you want to be smart about love.

You've heard it said that "you find what you're looking for." This is particularly true in romance. That's exactly why your list of "deal makers" and "deal breakers" is essential to finding the love of your life. These two self-reported lists will help you know more quickly if someone is worth pursuing.

DEAL MAKERS

- + Generous
- + Intelligence
- + Good Hygiene
- + Values Family
- + Genuinely Humble
- + Certain Age Range
- + Desire for Romance
- + Spiritually Tuned In
- + Desire to Have Children
- + Specific Religious Affiliation

Straying from your list is a recipe for heartache.

DEAL BREAKERS

- Lying
- Pushy
- Smoking
- Drug Use
- Cheating
- Arrogance
- Sloppiness
- Lack of Hygiene
- Spiritual Intolerance
- Rudeness or Offensiveness

YOUR CURRENT MINDSET TOWARD MARRIAGE



RESOLUTE MINDSET

MARRIAGE IS PART OF
MY LIFE PLAN.

RATIONAL MINDSET

MARRIAGE IS TOUGH
BUT WORTH IT.

ROMANTIC MINDSET

MY PERFECT SOUL MATE
IS WAITING FOR ME.

RESTLESS MINDSET

MARRIAGE? HAVEN'T
GIVEN IT MUCH THOUGHT.

RELUCTANT MINDSET

MARRIAGE JUST ISN'T
FOR ME.

You are a true believer when it comes to marriage. In fact, you have the highest marriage motivation of any other category. You are more than twice as likely as your peers to say: "Divorce is not an option." When you marry you plan on it being for life. You resonate with words like devotion, dedication, and commitment. You probably see marriage as a covenant. More than others, you are likely to want to have children at some point, too.

“

• Some people are tempted to compromise on their list of Deal Makers or Deal Breakers because they find someone who has "most of them." This always leads to heartache. How can you ensure you'll stick to your list?

• What do you make of your Marriage Mindset? What makes you feel good and what concerns you and why?



YOUR OUTLOOK

If it hasn't happened to you yet, fasten your seatbelt. Life can unexpectedly take a sharp turn. This is where your attitude determines your destiny.

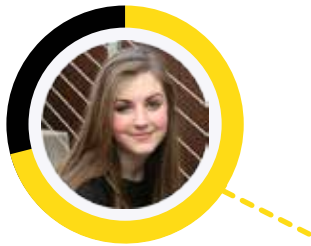
WHEN YOU FACE A CHALLENGE

Here's how you positively cope with difficult circumstances

- + KNOWLEDGEABLE
- + THOROUGH
- + ANALYTICAL

Here's how you negatively cope with difficult circumstances

- FUSSY
- PICKY
- WORRISOME



**YOUR
RESILIENCE
FACTOR
70%**

Life is 10% what happens to you and 90% how you respond to it. This percentage reveals how optimistic, adaptable and resilient you are.

Maintaining resilience can be challenging for you. When faced with an unforeseen difficulty, you occasionally struggle to maintain an up-beat attitude. Worry can sometimes get the best of you and your attitude.

- What concrete action can you take to better cope with circumstances beyond your control? In other words, what can you do to become more resilient? Be specific.
- What actionable goals can you list to help you realize your purpose?

“

DESIGNING YOUR DESTINY

Your outlook does more than help you cope with challenges. It contains the power to make your dreams come true. Why? Because your attitude fuels your goals. And your goals are revealed in your values.

THREE VALUES THAT MATTER MOST TO YOU:

EDUCATION

Increasing your intellectual understanding of life

INDEPENDENCE

Having freedom to do your own thing

MORALITY

Maintaining ethical and religious standards

Craft personal statements based on these three values. Don't worry, this doesn't have to be permanent. Just draft something that seems right for you at this time:

My dream (what gives me energy) is ...

My purpose (what gives me meaning) is ...



UP NEXT

Let's identify your greatest take-aways from this experience.
And if you want to go deeper, we have a suggestion.

MY GREATEST INSIGHT FROM MY REPORT

MY NUMBER ONE GOAL TO WORK ON

WHERE TO NEXT?

Looking to go deeper and take additional steps to fulfilling relationships? Check out our book *Real Relationships* for practical helps and insights to maximizing your relationships. Learn more at store.LesandLeslie.com



Facebook.com/LesandLeslie



Twitter.com/LesParrott



Youtube.com/user/DrsLesandLeslie

