



Know your Body Knowledge Style

Becoming your Own "Life" Choreographer

Styles run through everything. Styles bring the strength of this system for living into a new visibility. When you know your style, you can see what to do and how to do it. I want you to become your own choreographer. I can teach you the steps. It's up to you to identify your style. The first step is to acknowledge you have a unique style of living with your body. Once you know the steps, and you understand your own style, you are ready to begin.

So how do you know your Body Knowledge Style?

After years of observing and working with my clients, I developed the following Body Knowledge Styles.

Directions:

1. For each of the 4 styles UNDERLINE each Bullet point that applies to you.
2. Put the 4 styles in order of which one is predominant and which one is least.
3. Send your observations to me by using this form: www.bodyawe.com/contact/.
4. I will help you use these answers to make shopping more enjoyable and pick the best wardrobe ever!

Organized (O)

- You are at your best when everything is in order.
 - You are punctual. You are committed to being on time.
 - You like rules, regulations and routines.
 - You are happiest when you are organized.
 - Your first action when accepting a project is to create a schedule.
 - You envision the end result before you act.
 - You practice S.M.A.R.T* goal time management.
 - You keep a journal or a log to track daily progress.
- *SMART: Specific, Measurable, Achievable, Realistic and Time Framed.

Analytical (A)

- You love complexity, it fascinates and challenges you.
- You take a concept, break it down, study it and explain it to others.
- You enjoy working out problems.
- You learn the principles and theories behind them.
- You love a challenge.
- You are imaginative, but you are reality based.
- You are most receptive to a new experience when everything is explained to you.
- You like to have numbers and facts to back up statements and beliefs.



Spontaneous (S)

- You see life as fun. You like to play.
- Your strategy is always changing.
- You are not attracted to rules and regulations.
- You will follow rules if they are simple, complications frustrate you.
- You are willing to change the rules if circumstances change.
- You need natural reasons to do things.
- You like the spur of the moment.
- You love people and the exchange of energy between people.

Inspirational (I)

- You thrive in environments where people learn.
- Your spirit lifts when others look to you for inspiration.
- You are creative.
- You are concerned about others' personal growth.
- You gravitate toward mind-body principles.
- You like to believe anything is possible.
- You motivate others.
- You are at your best when you focus on the positive.

Remember, send me your results using the form at www.bodyawe.com/contact/ and we will discuss how to implement your styles.