

**HAP**

**Health  
Awareness  
Profile**



**PARTICIPANT REPORT**  
For Self-Awareness

**Kelly Sample**

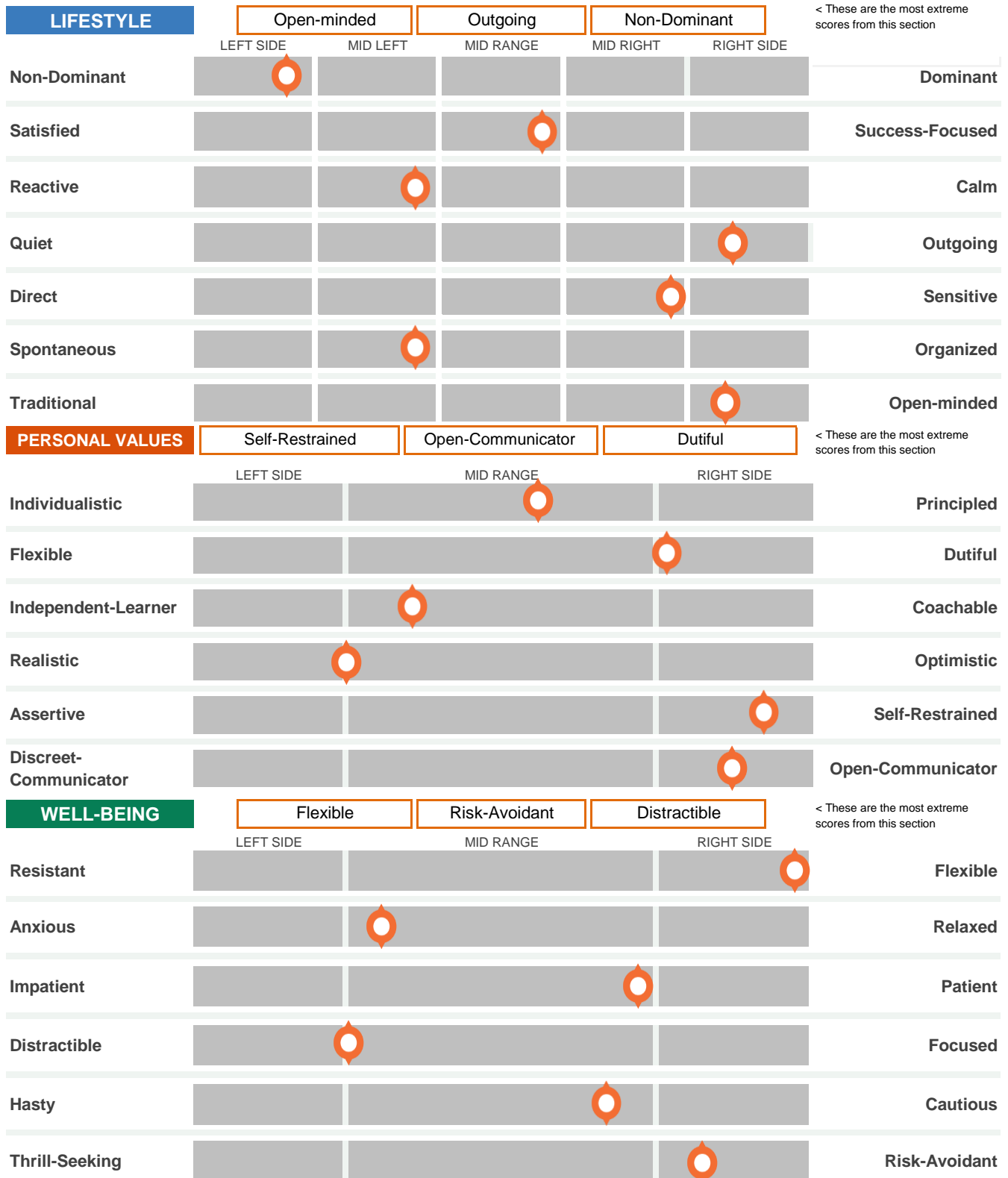
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INTRODUCTION

This report is a summary of different aspects of your personality. Keep in mind as you read the report that right side scores are not necessarily better than left side scores. There are positive and negative implications for both right side and left side scores.





## STRENGTHS

### Positive aspects of your results:

#### Flexible

- You'll accept and follow existing rules and plans
- You're open to hearing feedback and coaching
- You'll accept changes in plans or re-training

#### Outgoing

- You quickly build relationships with new people
- You enjoy interacting with others and talking
- Others feel you are quite open and friendly
- You are comfortable being the center of attention if required

#### Sensitive

- Others feel you are helpful and considerate
- You avoid conflict
- You are understanding of others and sensitive to their feelings
- You are focused on cooperation and group efforts

#### Self-Restrained

- You keep emotions under control
- You handle stress or conflict without becoming moody or angered
- You're not easily annoyed or offended
- You're seen as patient and understanding with others

#### Open-minded

- You are very flexible and open to change
- You enjoy thinking about strategy and the 'big picture'
- You like trying new things
- You are good at finding creative solutions to problems

#### Risk-Avoidant

- You won't tolerate unneeded risks
- You can easily identify risks that can be avoided
- You be able to recognize and point out others' risky behavior

#### Patient

- You respond well to positive feedback
- You can stay calm under typical stress
- You will be a supportive team member

#### Open-Communicator

- You easily trust others with information
- You start communication with others
- You support knowledge-sharing and teamwork
- You're seen as open and 'easy-to-talk-to'

## CHALLENGES

### Potential challenges and self-coaching tips related to your results:

#### Non-Dominant

- Practice and get used to the feeling of directing others
- Talk with others when you're not comfortable taking a leadership role
- Speak your mind when it's really important, even if it feels uncomfortable
- At times, others may seem too aggressive. Accept that they just have a stronger desire to be in charge

#### Realistic

- Don't hesitate to question things that seem wrong
- Try to offer helpful suggestions for improvement to others
- Tell others when you're feeling frustrated or discouraged and ask for suggestions
- Ask your coach and/or health care provider to tell you what you're doing right as well as what you're doing wrong

#### Flexible

- Don't hold back on stopping and questioning how things are being done
- Don't "blindly" follow rules when standard procedures aren't appropriate
- Encourage others to follow standard guidelines when they are appropriate

#### Independent-Learner

- Try not to feel threatened or defensive when coaches and/or health care providers give you feedback. Let them point out areas for you to improve
- Focus your thoughts on the positive results that could happen if you try something new
- Usually a coach and/or a health care provider knows best, but not always. Don't hesitate to question things or get advice from other experts

#### Distractible

- You may become bored when doing long stretches of repetitive tasks
- Ask your coach and/or health care provider for suggestions on how to add variety to your tasks
- Organize yourself fully before and after tasks

#### Anxious

- Review training to stay confident in your abilities
- Ask your coach and/or health care provider for regular feedback
- Remind yourself to see mistakes as opportunities for learning and growth

#### Self-Restrained

- Sometimes you need to show frustration so others can understand how you feel
- Make sure you are upfront and firm if someone crosses an important boundary with you
- In some situations, anger is okay. Just be careful not to direct it at others unless absolutely necessary

#### Spontaneous

- Try to recognize situations where you should focus on the "big picture" and situations where you should focus on the details
- You may prefer to respond to stressful or unfamiliar/unusual situations by planning. Try to react quickly when needed
- When your goals seem unclear, ask your coach and/or health care provider to clarify the strategy and what you need to focus on



**Key questions to ask your health care team/provider based on your results:**

**Non-Dominant**

**Suggested questions to ask your health care team/provider:**

What role can others (i.e. family/friends, health providers) play in my health care?

How does my health providers collect ideas and input from myself and other people in my circle of care?

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**Distractible**

**Suggested questions to ask your health care team/provider:**

Are there any repetitive tasks in my health care/health management plan?

Are there any changes to my routine that I can make to add variety to my day and keep me engaged?

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**Realistic**

**Suggested questions to ask your health care team/provider:**

What are some of the positive aspects of my health care/management plan that I should be focussing on?

What can I do to avoid negative thoughts and getting discouraged?

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**Anxious**

**Suggested questions to ask your health care team/provider:**

Are there any time-sensitive activities or tasks related to my health management plan?

What are some potentially stressful aspects of my health care plan and/or my condition?

## Key Themes About Your Results

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1. When you look at the Strengths and Challenges/Self-Coaching Tips sections of your report, what are the top three things you agree accurately describe you and that you already knew about yourself?

2. What are the things which surprised you, but, after thinking about it further or talking with others, you do agree accurately describe you?

3. Is there anything you disagree with and feel does not accurately describe you? Have you talked with others to hear if they feel it describes you?

4. Based on the information in this section, what do you believe are your personal strengths?

5. What are your areas for improvement or traits that may stand in your way of success?

**Creating your action steps to support your health journey**


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- The **Action Plan** allows you to provide details on **health-related behaviors** that you want to focus on for better health.
- The **Action Plan** helps you understand how your personality traits impact your health-related behaviors and how to create a healthier environment for yourself and those who care about you.

**Your Example:**


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Please provide a specific example of a behavior or action from your own experience that impacted your health

**1. Describe what you were thinking and feeling at the time.**

**2. Describe what triggered your behavior or what caused you to act this way.**

**3. Describe the potential consequences. Who was affected? Who else could have been impacted?**

**4. What are your goals for improving? What is the end result you are committing to reaching?**

**5. What are some difficulties you might face when trying to improve?**

**6. What can you do to minimize these difficulties?**

**7. What are the benefits to you and to others for improving?**

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## HEALTH SELF-AWARENESS

**Health Self-Awareness** is the process of understanding and recognizing how your thoughts, feelings, and behaviors affect your health journey and your health self-management

