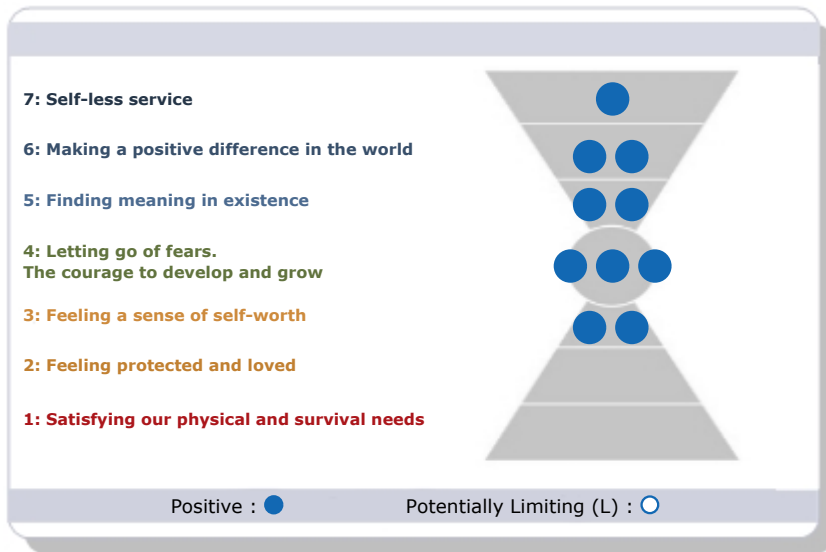




Crystal - Results



| | <u>Area</u> |
|-------------------------|-------------|
| ambition | 3 |
| coaching/ mentoring | 6 |
| compassion | 7 |
| competence | 3 |
| continuous learning | 4 |
| environmental awareness | 6 |
| independence | 4 |
| patience | 5 |
| perseverance | 4 |
| trust | 5 |

From the values you selected it is clear that you seek to uncover more of your authentic self by looking to develop and grow. You are starting to overcome your anxieties and fears.

Your values show:

- You believe in looking for new opportunities to develop and grow, and give support and guidance to others in this regard.
- You show determination and resolution to fulfill your aims without being reliant on others.
- You have high aspirations and seek to improve your circumstances.
- You show a strong sense of caring and feel empathy for others.
- Having a sense of capability and expertise is significant for you.
- Conserving the resources of the planet is a high priority for you and you are conscious of your impact on the world.
- You remain calm in times of frustration and are willing to wait for things to come to fruition.
- Building confidence in others and wanting others to feel they can rely on you are key factors in your interactions.

The type of values you selected indicates that your individual capabilities are most important to you. From your choice of values you also demonstrate care for the greater good (environmental awareness).

Understanding our values helps us better understand ourselves and why we may act or react in the way that we do. For example, if someone undermines one of your values it can result in feelings of hurt; you would be likely to feel upset if your value of "continuous learning" was not being honored by someone else. Similarly, if you make a decision which goes against one of your values this may lead you to feel uneasy or unsettled about the decision, because you are not being true to yourself.