PROSCAN · STRESS FOUNDATIONAL COURSE

Course Worksheet

Your companion for every exercise and timer in the course, in video order.

NAME

DATE

How to use this worksheet

- Keep your ProScan report open while you watch—either printed beside you or in a browser tab.
- Each section matches one exercise or timer screen in the videos, with the video timestamp so you can find it.
- The coloured callout tells you which page of your printed ProScan report to turn to.
- "On screen" repeats the instructions exactly as they appear in the video.
- Tick "Done in my report" when you have circled, highlighted or starred in your report. Type your answers in the boxes, or print the worksheet and write by hand.
- Finish with the action summary and your key takeaways and commitments at the end.

Course map

BEFORE YOU BEGIN — Intro, no exercises
Insight From Business Leaders

START HERE — Intro, no exercises
Why ProScan Works: The Research Behind Your Results

PRIMER — Intro, no exercises
Your ProScan, Made Useful

CHAPTER 1 — 9 exercises
Your Natural Self: Leading From Who You Really Are

CHAPTER 2 — 8 exercises
Your Priority Environment: What Your Work Is Asking of You

CHAPTER 3 — 2 exercises
Your Outward Self: How Others Might Experience You Under Pressure

CHAPTER 1

Your Natural Self:

Leading From Who You Really Are

1 Confirm Your Natural Self

Video 03:21

In your printed ProScan report: Page 4

ON SCREEN

> Page 4
> #1 Circle or highlight what is "you" at your best.

- [ ] Done in my report: circled or highlighted on page 4

Words or phrases I marked (optional notes)

2 Unpack Your Strongest Behavioral Trait

Video 07:00

In your printed ProScan report: Page 5

ON SCREEN

> Page 5
> #1 Circle or highlight what is "you" at your best.
> #2 Star one line that you would want your leadership team to know about you.

- [ ] #1 Done in my report: circled or highlighted on page 5
- [ ] #2 Done in my report: starred one line

#2 The line I starred

3 Clarify Your Trait Pairs

Video 08:15

In your printed ProScan report: Page 6

ON SCREEN

Page 6
Note #1: Where does this trait pair create leverage in the company?
Note #2: Where does this trait pair create drag when I force others to act like me?

Note #1: Leverage in the company

Note #2: Drag when I force others to act like me

4 Review Your Logic

Video 09:32

In your printed ProScan report: Page 7

ON SCREEN

Page 7
Review your go-to decision-making style.

- [ ] Done in my report: reviewed page 7

My go-to decision-making style (optional notes)

5 Measure Your Energy Capacity

Video 10:46

In your printed ProScan report: Page 8

ON SCREEN

Page 8
Circle or highlight what in the Energy Style and energy level describes you best.

- [ ] Done in my report: circled or highlighted on page 8

What describes me best (optional notes)

6 Highlight Your Communication and Leadership Style

Video 13:32

In your printed ProScan report: Page 9

ON SCREEN

Page 9
#1 Circle or highlight what sounds like you communicating at your best.
#2 Circle or highlight how you prefer others to communicate to you.
#3 Circle or highlight you leading at your best.
#4 Star one line every direct report should know about how you lead.

- [ ] #1 Done in my report
- [ ] #2 Done in my report
- [ ] #3 Done in my report
- [ ] #4 Done in my report: starred one line

#4 The line I starred

7 Page 9 · Write One Sentence Each

Video 15:15

In your printed ProScan report: Page 9

ON SCREEN

Page 9
#1 Where does my communication style create speed in the organization?
#2 Where does my communication style create drag when I assume everyone wants information the way I do?
#3 Where does my leadership style create followership in the organization?
#4 Where do I need a hire or lieutenant so the organization isn't capped by my natural style alone?

#1 Speed

#2 Drag

#3 Followership

#4 Hire or lieutenant

8 Draft Your Scale One-Liner

Video 16:08

In your printed ProScan report: Pages 4–9 (everything you marked)

ON SCREEN

> Close
> Using what you've circled or highlighted throughout this module, come up with a single sentence or phrase to fill in the blank:
> When I'm at my Natural Self, I _____ — and that's what we scale.

When I'm at my Natural Self, I _____ **— and that's what we scale.**

9 Finalize Your Scale One-Liner

Video 17:00

In your printed ProScan report: Pages 4, 5 and 9 (plus the growth stack)

ON SCREEN

> Close
> Select keywords from what you circled or highlighted on page 4, page 5, the growth stack, and page 9.

Keywords I selected

My rephrased sentence

CHAPTER 2

Your Priority Environment:

What Your Work Is Asking of You

1 Assess Your Dominance Shift

Video 06:04

In your printed ProScan report: Page 12 (Stress Analysis)

ON SCREEN

> On the graph: did Dominance shift up or down from your natural self?
> Read the Dominance paragraph — more controlling, or less controlling.
> That paragraph is not a verdict. It is a clue about the pressure.

Dominance shifted: ☐ Up ☐ Down

☐ Done in my report: read the Dominance paragraph

The clue about the pressure (optional notes)

2 Assess Your Extroversion Shift

Video 08:15

In your printed ProScan report: Page 12 (Stress Analysis)

ON SCREEN

> On the graph: did Extroversion shift up or down from your natural self?
> Read the Extroversion paragraph — more friendly, or less outgoing.
> That paragraph is not a verdict. It is a clue about the pressure.

Extroversion shifted: ☐ Up ☐ Down

☐ Done in my report: read the Extroversion paragraph

The clue about the pressure (optional notes)

3 Assess Your Pace Shift

Video 09:57

In your printed ProScan report: Page 12 (Stress Analysis)

ON SCREEN

On the graph: did Pace shift up or down from your natural self?
Read the Pace paragraph — more patient, or less patient.
That paragraph is not a verdict. It is a clue about the pressure.

Pace shifted: ☐ Up ☐ Down

☐ Done in my report: read the Pace paragraph

The clue about the pressure (optional notes)

4 Assess Your Conformity Shift

Video 11:44

In your printed ProScan report: Page 12 (Stress Analysis)

ON SCREEN

On the graph: did Conformity shift up or down from your natural self?
Read the Conformity paragraph — more fact-conscious, or more feeling-conscious.
That paragraph is not a verdict. It is a clue about the pressure.

Conformity shifted: ☐ Up ☐ Down

☐ Done in my report: read the Conformity paragraph

The clue about the pressure (optional notes)

5 Assess Your Logic Shift

Video 13:18

In your printed ProScan report: Page 12 (Stress Analysis)

ON SCREEN

On the graph: did Logic shift up or down from your natural self?
Read the Logic paragraph — more factual, or more feeling-conscious.
That paragraph is not a verdict. It is a clue about the pressure.

Logic shifted: ☐ Up ☐ Down

☐ Done in my report: read the Logic paragraph

The clue about the pressure (optional notes)

6 Map Your Trait Shifts

Video 16:16

In your printed ProScan report: Page 12 (Stress Analysis)

ON SCREEN

> 1. Arrow up or down · 2. Work pressure H/M/L
> 3. People · situation · circumstances

Trait	1. Arrow		2. Work pressure			3. People · situation · circumstances
Dominance	☐ Up	☐ Down	☐ H	☐ M	☐ L	
Extroversion	☐ Up	☐ Down	☐ H	☐ M	☐ L	
Pace	☐ Up	☐ Down	☐ H	☐ M	☐ L	
Conformity	☐ Up	☐ Down	☐ H	☐ M	☐ L	
Logic	☐ Up	☐ Down	☐ H	☐ M	☐ L	

7 Review Your Satisfaction Level

Video 18:41

In your printed ProScan report: Page 14

ON SCREEN

> Does it feel fulfilled — or is the effort not paying off?
> Page 14

☐ Done in my report: read my level on page 14

My satisfaction level

Fulfilled, or not paying off? (optional notes)

8 Measure Your Energy Drain

Video 20:56

In your printed ProScan report: Page 15

ON SCREEN

> Turn to page 15 of your ProScan report and identify two measurements:
> 1. How much energy drain you are currently experiencing
> 2. How much energy you still have available to pursue your goals and aspirations

1. Energy drain I am currently experiencing

2. Energy I still have available

CHAPTER 3

Your Outward Self:

How Others Might Experience You Under Pressure

1 Compare Your Natural and Outward Self

Video 02:04

In your printed ProScan report: ProScan Data Sheet

ON SCREEN

Compare Basic (blue) → Predictor / Outward Self (green)
On your ProScan Data Sheet
Notice where your Outward Self differs from your Natural Self.
That gap is the pressure. It shows how your pattern might shift,
and how others might experience you differently when the pressure is on.

☐ Done in my report: compared blue to green on the Data Sheet

Where my Outward Self differs from my Natural Self

2 Review How Others Experience You Under Pressure

Video 03:02

In your printed ProScan report: Pages 16–17 (Section 3)

ON SCREEN

Turn to Section 3 — pages 16 and 17
Read the descriptions
This just might be how others experience you under pressure if the pressure is high.

☐ Done in my report: read the descriptions on pages 16–17

(Optional) Comments

Action summary

Every report page used in the course, by chapter. Tick each one when it is done.

CHAPTER 1 · Your Natural Self: Leading From Who You Really Are

#	EXERCISE	VIDEO	REPORT PAGE	DONE
1	Confirm Your Natural Self	03:21	**Page 4**	☐
2	Unpack Your Strongest Behavioral Trait	07:00	**Page 5**	☐
3	Clarify Your Trait Pairs	08:15	**Page 6**	☐
4	Review Your Logic	09:32	**Page 7**	☐
5	Measure Your Energy Capacity	10:46	**Page 8**	☐
6	Highlight Your Communication and Leadership Style	13:32	**Page 9**	☐
7	Page 9 · Write One Sentence Each	15:15	**Page 9**	☐
8	Draft Your Scale One-Liner	16:08	**Pages 4–9 (everything you marked)**	☐
9	Finalize Your Scale One-Liner	17:00	**Pages 4, 5 and 9 (plus the growth stack)**	☐

CHAPTER 2 · Your Priority Environment: What Your Work Is Asking of You

#	EXERCISE	VIDEO	REPORT PAGE	DONE
1	Assess Your Dominance Shift	06:04	**Page 12 (Stress Analysis)**	☐
2	Assess Your Extroversion Shift	08:15	**Page 12 (Stress Analysis)**	☐
3	Assess Your Pace Shift	09:57	**Page 12 (Stress Analysis)**	☐
4	Assess Your Conformity Shift	11:44	**Page 12 (Stress Analysis)**	☐
5	Assess Your Logic Shift	13:18	**Page 12 (Stress Analysis)**	☐
6	Map Your Trait Shifts	16:16	**Page 12 (Stress Analysis)**	☐
7	Review Your Satisfaction Level	18:41	**Page 14**	☐
8	Measure Your Energy Drain	20:56	**Page 15**	☐

CHAPTER 3 · Your Outward Self: How Others Might Experience You Under Pressure

#	EXERCISE	VIDEO	REPORT PAGE	DONE
1	Compare Your Natural and Outward Self	02:04	**ProScan Data Sheet**	☐
2	Review How Others Experience You Under Pressure	03:02	**Pages 16–17 (Section 3)**	☐

Key takeaways and commitments

CHAPTER 1 · NATURAL SELF: my key takeaway

CHAPTER 2 · PRIORITY ENVIRONMENT: my key takeaway

CHAPTER 3 · OUTWARD SELF: my key takeaway

Your one action this week

From the course wrap-up: pick one insight, share it with someone you trust, and ask how they experience you under pressure.

The one insight I picked

Who I will share it with, and when

What they told me about how they experience me under pressure

My commitment