



**The Windridge Worksheet is designed for use with your Winslow Report**

Please read through your Winslow Report at least three times.

- The first time through the Report you may find yourself taken back by the insights uncovered; don't be surprised by this. Simply take some time to let the results sink in and revisit in a few days.
- Second time, you will start noticing where certain trait descriptions and scores show up in your everyday interactions at work and at home. Some people show their results to their spouse or significant other simply to identify, "Have you seen this tendency in me?"
- Third time, you are most likely starting to strategize ways to capitalize on your strengths and develop identified areas for improvement.

These exercises will help you direct your attention to the traits that will be the most valuable in your personal pursuit of excellence.

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## WINDRIDGE WORKSHEET:

Name:

1. Describe your typical week's duties in simple terms.

2. Which three of your current trait scores are most likely to help you achieve your goals?

A. \_\_\_\_\_ ( ) score.... Why?

B. \_\_\_\_\_ ( ) score.... Why?

C. \_\_\_\_\_ ( ) score.... Why?



3. Which three of your current trait scores are most likely to restrain you from achieving your goals?

A. \_\_\_\_\_ ( ) score.... Why?

B. \_\_\_\_\_ ( ) score.... Why?

C. \_\_\_\_\_ ( ) score.... Why?



4. List three action steps for capitalizing on your strength scores:

5. List three action steps for modifying the trait scores that restrain you from achieving your goals: