



"I know how things should be done."

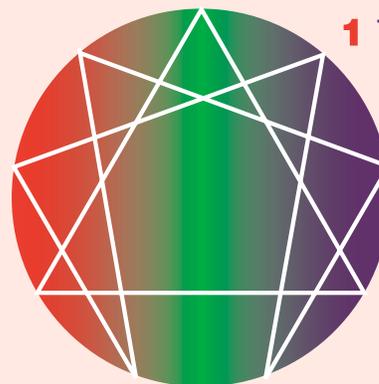
Overview

As a Type 1 woman, you tend to be pragmatic, hard working, detailed-oriented, and very dutiful. More importantly, you want to be respectable, to do what is right and what you feel is appropriate. You see yourself as rational, orderly, and principled. You would like others to see you as reliable, responsible, and ethical. Your idealized image is that you are hardworking and do what is right.

Gifted with a strong sense of purpose, you have high ideals and like to follow protocol, policies, and procedures. You are sincere, earnest, and diligent and take pride in doing things well. As a Type 1, you value honesty, integrity, and objectivity. Conscientious and methodical, you focus on paying close attention to detail. Earnest and hardworking, you are particular and constantly strive to improve.

You have a strong 'internal critic' that reminds you of what you should and shouldn't do. At times, you can be judgmental and critical of others, telling them what you think is right. You behave this way because you want to help people avoid mistakes. Your belief is that there is only one way to do things and that is the right way. As a perfectionist, you feel that if something is worth doing, it is worth doing right. As a result, you are only satisfied with what appeals to your strong sense of what is moral. Idealistic, you naturally wish to educate others to help them improve themselves.

Life for you is about adhering to your strong internal set of standards. Sometimes, you wish that you could let go and have more fun. This can be hard for you to do unless you are on vacation because of your strong work ethic. You



1 The Reformer

innately recognize that in most situations there are standard operational procedures. Privately, you may criticize yourself for your shortcomings far more than you ever criticize anyone else. Because you can be so hard on yourself, you long for positive feedback, serenity and happiness.

Your path of personal transformation is to relax and permit yourself to respond to life versus bracing yourself against it. The universe is unfolding exactly as it was meant to. Realize that you and all things are inherently perfect just as they are.

Famous Type 1s

Hillary Clinton, Harrison Ford, Jodie Foster, Al Gore, Peter Graves, Katharine Hepburn, Martin Luther, Nelson Mandela, George McGovern

World View

The world is imperfect. My role is to improve it, myself and others.

Focus of Attention

What is imperfect within me, others and the world? How can I make things perfect?

Basic Fear

Of being bad, defective, evil, corrupt, and imperfect

Basic Desire

To have integrity, be good, be perfect

Strengths

- Detail Oriented
- Responsible
- Crusader
- Neat
- Pragmatic
- Honest
- Wise
- Dutiful

Areas That Prevent Personal Growth

- Perfectionist
- Critical
- Controlling
- Impatient
- Curt
- Repressed Anger
- Resentful
- Sulking

Steps for Personal Transformation

- Delegate Tasks
- Establish Down Time
- Developing Hobbies
- Focus On What Is Going Right
- Provide Constructive Feedback
- Realize That Perfection Is An Illusion