

Dial into Your DNA-V Strengths

This disk will help you apply flexible strength to a challenge. As you think about a challenging situation, answer these questions. What are your evaluations and thoughts (A)? What sensations and feelings do you notice in your body (N)? What might you do in this situation (D)? What kind of person do you want to be in this situation (V)? What aspects of D, N, and A will help you build value?

