

Yada!

THE SCIENCE OF YOU



ROMMATE REPORT FOR:

MEG LUNN AND JENNY WHEELER

CREATED: 9/23/2017

Y!™

yâda'

To know, comprehend, experience,
discern, discover, understand.

- 01 - YOUR PERSONALITY
- 02 - PERSONALITY DETAIL
- 03 - YOUR STORY
- 04 - YOUR TIME TABLE
- 05 - YOUR TALK STYLE
- 06 - YOUR FIGHT TYPE
- 07 - YOUR FRIENDSHIPS
- 08 - YOUR LOVE LIFE
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- 10 - UP NEXT

THE SCIENCE OF YOU

WELCOME TO
Yada!™

Congratulations on completing the Yada Assessment.

You're about to read one of the most important documents you may ever read. It's a customized report about you - designed to help you know yourself better and be better known by others. In short, your Yada report will help you enjoy incredible relationships.

Yada is literally an ancient word meaning "to know."

A couple of tips as you get started. Consider the information in this report a dialog. You don't have to agree with all of it. In fact, you can feel free to scratch out anything that doesn't ring true for you - especially when those that know you best agree.

But approach it with an open mind. And consider reviewing some of it with others who have also taken the Yada Assessment - it can be a social process with exercises to share together.

We wish you every success as you get to know yourself better as well as your relationships.

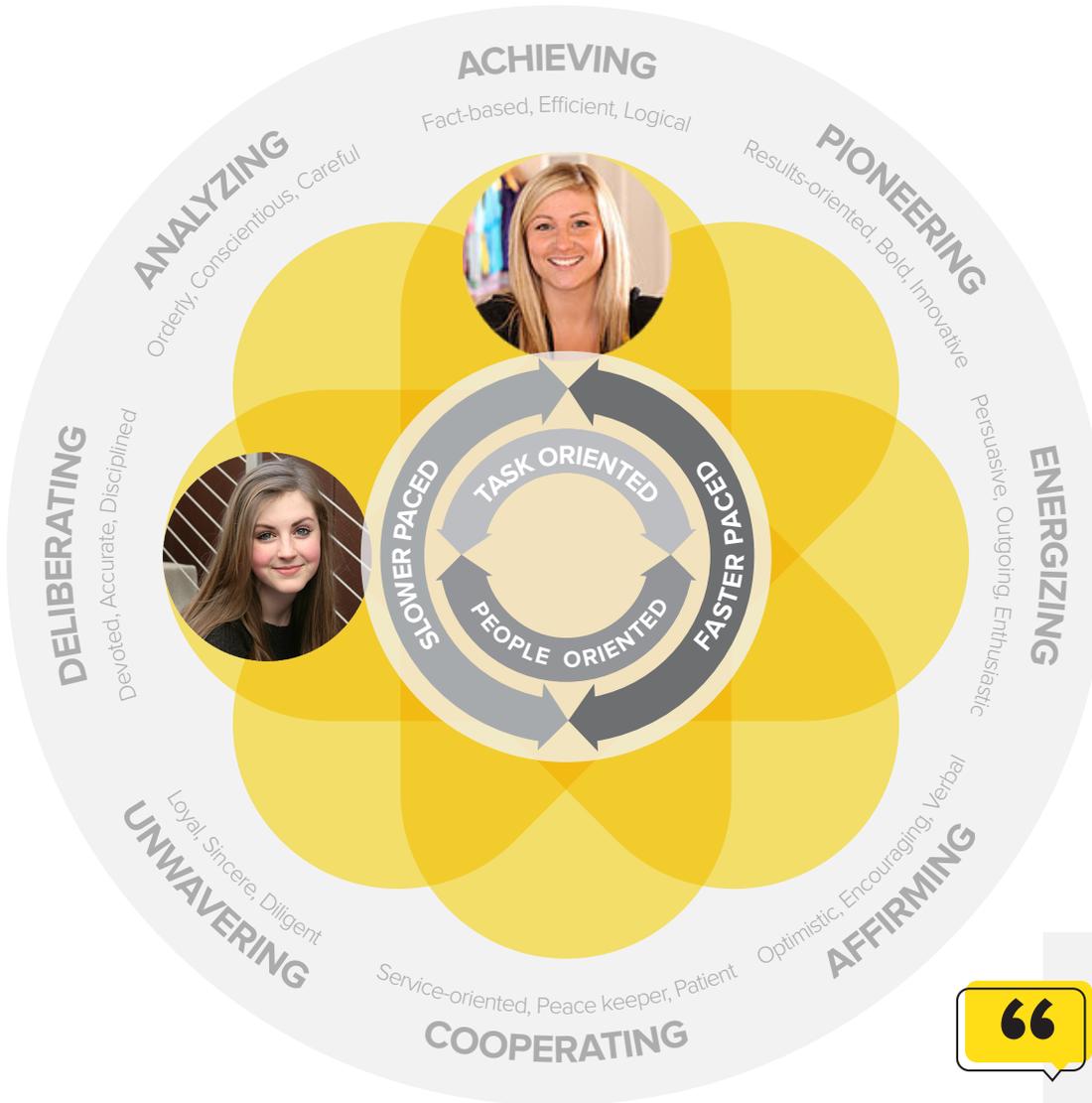


Les & Leslie

Drs. Les and Leslie Parrott
Founders, Yada.com

YOUR PERSONALITIES

Having a clear understanding of your personality—being aware of your hardwiring—is essential to building healthy relationships.



DELIBERATING & ACHIEVING

You tend to think before you act. As a result, the things you do will be purposeful and deliberate. You will generally not act impulsively. As a result, others may perceive a slowness of thought or action. This results not from slow thinking, but from complete analysis of the situation before acting. You prefer to wait until you're sure of your ground before acting. This might mean after several visits to a new place, or after a few meetings with a new person, you will feel more open to risk or share trust. When a new activity is considered, you may require support or encouragement by your friends to participate or perform in the new activity.

In problem-solving areas, you need tangible, precise and specifically defined projects. Not because of limited thinking ability, but because of critical and analytical concern for perfection. When in decision-making roles, you will usually want to collect many facts and opinions before making a decision. Unlike most other styles who will relax after finishing an activity, you could think of six other ways to do it better. This relates to your need for precision and can be difficult for others to keep up with your standards. You may not reach decisions as fast as others desire. You prefer to make a decision after deliberation, restraint and weight given to many factors.

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- Are you fast paced or slow paced? Are you task oriented or people oriented? Real life examples?
- Identify the top two statements that you agree with most. Feel free to cross out anything you disagree with.
- Compare where others fall on the personality wheel relative to you.



YOUR FIGHT TYPES

Now let's zoom in to four factors of your personality that reveal the true you in day-to-day life.

WHAT JENNY NEEDS TO KNOW:

Many of your fights are the result of your feeling criticized or because you have read something into the other person's motivations. Once the disagreement begins, you tend to be very rigid and overly detailed. That is, you may quote what the other person said—even from conversations you had days or weeks earlier—and cite specific instances to back up your points. Instead of verbalizing your conflict, you may even be apt to write a long note that gives a detailed and logical explanation of your grievance. As a tactic, you may also ask questions, much like an attorney, that push the other person into a corner, proving how you are correct and they are wrong. You don't enjoy fighting, but you generally keep your wits about you in the process, unless your failure to convince the other person causes you to withdraw in a morose and moody way.

WHAT MEG NEEDS TO KNOW:

Many of your fights are the result of your feeling criticized or because you have read something into the other person's motivations. Once the disagreement begins, you tend to be very rigid and overly detailed. That is, you may quote what the other person said—even from conversations you had days or weeks earlier—and cite specific instances to back up your points. Instead of verbalizing your conflict, you may even be apt to write a long note that gives a detailed and logical explanation of your grievance. As a tactic, you may also ask questions, much like an attorney, that push the other person into a corner, proving how you are correct and they are wrong. You don't enjoy fighting, but you generally keep your wits about you in the process, unless your failure to convince the other person causes you to withdraw in a morose and moody way.



- As you consider the four fight types, are you able to identify the varying fight types of other people in your life? Place their initials in the appropriate quadrant.
- If you could change one thing instantly about how you manage conflict, what would it be? Why? What practical step can you take to improve this?



YOUR TALK STYLES

After your personality, the number one thing you bring into any relationship is your story—what makes you unique and interesting.



WHEN TALKING TO JENNY

You are a careful communicator, separating emotions from facts and taking time to ensure understanding. You speak with clarity – at least you strive to. You typically provide solid evidence when making a point and you're likely to be troubled when others don't do the same. You can be slow to open up in conversation, keeping your emotions closed up on occasion. Others may ask you to be more vulnerable but that doesn't come naturally for you. And you like to take your time to convey your thoughts well. Separating emotions from facts and taking time to ensure understanding.

- Follow through on what you say.
- Ask "How do you feel about that?"
- Avoid intense agendas with me.
- Convey ideas in nonthreatening manner.
- Provide plenty of support and assurance.



WHEN TALKING TO MEG

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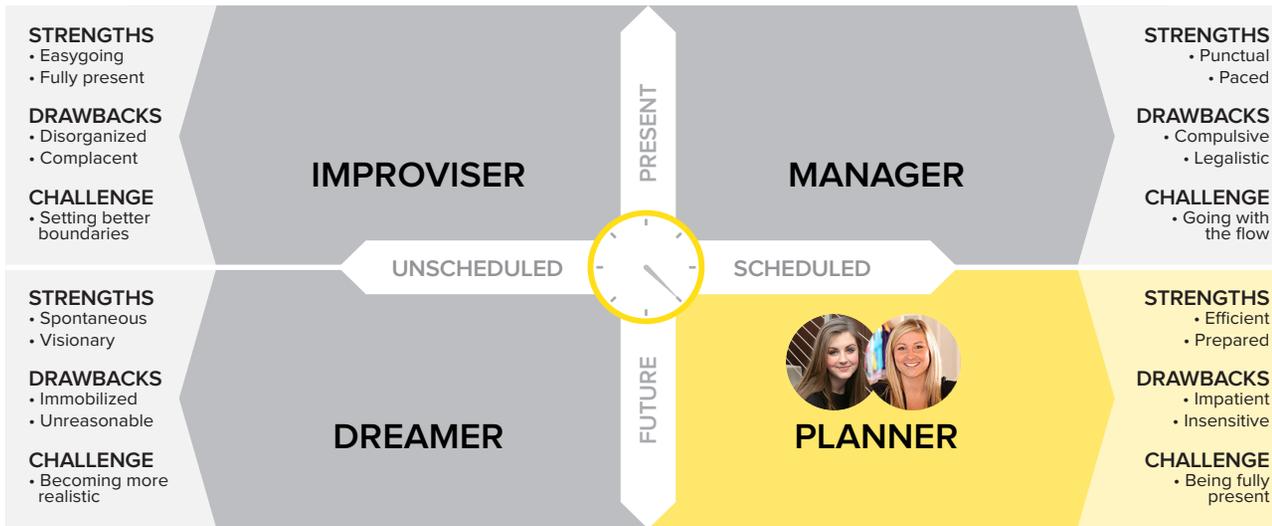


- *Underline the sentence you resonate with most in your paragraph. Why did it stand out to you? As always, cross out any sentence you disagree with.*
- *What's one practical thing you can do to improve your listening quotient or communication skills? Use an example.*



YOUR TIME TABLES

Okay, so nobody has enough time, right? But when you know your time style, you can reclaim the moments that matter most.



- *When it comes to time, what is your biggest personal challenge—especially in your relationships?*
- *Now that you see your personal time style, what can you do to better manage your time? Be specific.*
- *Now that you see your personal time style, what can you do to better manage your time? Be specific.*

• PLANNER & PLANNER •

Because you are scheduled and future oriented, you live by a plan. You probably live by a to-do list. You delay your gratification to realize your goals. You plan your work and work your plan. In other words, you like to be prepared. Your goals carry you. You're often thinking about what step to take next. You may even live with a heavy dose of urgency about what needs to get done now because it impacts what can be done later. When you have a deadline you like to meet it – in advance. More than other time styles, you try to control your time, making you industrious and productive. When you're late, it's usually by your own design. And while you might benefit from being more fully present on occasion, you're in the top percentile of being efficient and taking action.

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UP NEXT

Let's identify your greatest take-aways from this experience. And if you want to go deeper, we have a suggestion.

MY GREATEST INSIGHT FROM MY REPORT

MY NUMBER ONE GOAL TO WORK ON

WHERE TO NEXT?

Looking to go deeper and take additional steps to fulfilling relationships? Check out our book *Real Relationships* for practical helps and insights to maximizing your relationships. Learn more at store.LesandLeslie.com



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