

# Proactive Living

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Mitch Carmody, GSP, CCP is a writer, artist and a nationally recognized motivational speaker and grief facilitator. He is the author of several books, and hosts his own Radio Show "Grief Chat". He is a Grief Facilitator for the Tragedy Assistance Program for Survivors (T.A.P.S) of military loss, member of The Association of Death Education and Counseling (A.D.E.C.), and has served on the National Board of Directors for The Compassionate Friends, the largest grief support organization in the world. In 2013 was awarded letter of commendation from President Obama for his several visits to Newtown/ Sandy Hook and for his work with the military.

Mitch's foundational philosophy is Proactive Living and Proactive Grieving (we all grieve something) which is a behavior based response that reduces stress and increases efficiency at home, work or play. We meet daily challenges full on, being all in. Whether experiencing a loss or meeting the challenges of success and personal fulfillment. Knowing who you are and operate is being vulnerable to oneself; to recognize and own our strengths and our weaknesses. This builds our resilience for our rules of engagement in all of life's matters. Capitalize on our strengths and admit our weakness. Being honest, polite and appropriately transparent garners respect and boosts your response-ability.

### *Life in the 100 Acre Wood, the path to authenticity*

This presentation was created to help people discover and validate for themselves what makes them tick. What is your operating system? How do you communicate with people, what are your rules of engagement? Are you reaching your potential? Are you resilient? How do you handle stress? How transparent are you? How do you respond in chaos? What is your strong suit, what is your weakness?

These questions and more will be answered, as we attempt to identify who you are as a person; how are you hard wired for survival and success? How do you respond to people appropriately and effectively? How do you support the village? How do you support yourself? Where do you shine? Where do you fall short?

This presentation includes a personality indicator quiz (PPI) that attempts to identify our footprint as a person on this planet. What is our role in the village, in our community, at work and at play? The quiz utilizes questions that result in categorizing participants as major characters from Winnie the Pooh. What is your base line Pooh-sonality? Who are you in the 100 Acre wood?

The test is simple with 50 yes or no answers. Please answer every answer as honestly as you can; how you normally operate not how you think you operate or should operate but truly as you do operate in a given situation. There is no NA choice; choose yes or no period. Some questions may appear confusing with two components; choose what represents you best. This is for fun and will not go into your employee personal file. ☺

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1. I have a vivid Imagination  
 YES  NO
2. I am a good listener  
 YES  NO
3. I am the life of the party  
 YES  NO
4. I am interested in people  
 YES  NO
5. I am shy but want to be noticed  
 YES  NO
6. I have excellent ideas  
 YES  NO
7. I like to do random acts of kindness  
 YES  NO
8. I need alone time/quiet name  
 YES  NO
9. I am clever and humorous; can be sardonic/sarcastic  
 YES  NO
10. I often feel blue and inadequate  
 YES  NO
11. I am high strung & often impatient  
 YES  NO
12. Somewhat stubborn and I may restate the obvious more than once  
 YES  NO
13. I like solace, libraries & watching PBS  
 YES  NO
14. I sometimes invade peoples spaces  
 YES  NO
15. I am empathetic by nature.  
 YES  NO
16. Somewhat Spock-like showing little reactive emotions, I keep my cool  
 YES  NO
17. I love shopping/running errands  
 YES  NO
18. I am quick to understand things  
 YES  NO
19. I follow the schedule, I have a routine  
 YES  NO
20. I come to work early or stay late  
 YES  NO
21. I often give people compliments  
 YES  NO
22. I get stressed out easily  
 YES  NO
23. I use lots of big words  
 YES  NO
24. I start conversations (sometimes several at once)  
 YES  NO
25. I read a lot and research extensively  
 YES  NO
26. I am an obsessive planner  
 YES  NO
27. I tend to expect negative outcomes and voice my complaints  
 YES  NO
28. I make people feel at ease  
 YES  NO
29. I cry and laugh very easily  
 YES  NO
30. I get projects done right away  
 YES  NO
31. I love to garden  
 YES  NO
32. I have frequent mood swings  
 YES  NO
33. My cup is half-full  
 YES  NO
34. I easily empathize with the concerns of other people and have a soft heart  
 YES  NO

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- 35. I like to mix with people at parties  
 YES  NO
- 36. I am willing to lend a hand but may be reserved in stepping forward  
 YES  NO
- 37. I smile a lot and usually very cheery  
 YES  NO
- 38. I am exacting & particular in my work  
 YES  NO
- 39. I am a big time multi-tasker  
 YES  NO
- 40. I get anxious going to social events  
 YES  NO
- 41. I can tend to talk a lot & over people  
 YES  NO
- 42. I pay attention to details and read the instructions first  
 YES  NO
- 43. I like to be in control; can be short tempered  
 YES  NO
- 44. I am an artist, writer, poet or musician  
 YES  NO
- 45. I worry about things & may complain  
 YES  NO
- 46. I take time for others and open doors physically and metaphorically  
 YES  NO
- 47. I get irritated/ upset easily  
 YES  NO
- 48. I am the getter done person; Johnny on the spot ; never late with deadlines  
 YES  NO
- 49. I am always well prepared  
 YES  NO
- 50. My cup is overflowing; I hug a lot  
 YES  NO

## Calculating your score

Circle total number of YES answers & Tally

1. Total your number of Yes answers\_\_\_\_\_

2. When answer code letter (P,O,W,E.,R) is provided by your instructor for each question, write that letter next to the appropriate test question that was marked yes.

3. Count how many of each letters you scored and list each letter total below.

Total of each Code Letters:

P. \_\_\_\_\_

O. \_\_\_\_\_

W. \_\_\_\_\_

E. \_\_\_\_\_

R. \_\_\_\_\_

4. List your Letter totals highest to lowest to determine you hierarchy of personality types. You strong suit is your high scores

Highest \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Lowest \_\_\_\_\_

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The POWER Personality Indicator (PPI) quiz is a simple diagnostic tool for self assessment of personality traits that we inherit with our DNA. We are who we are, we bring what we bring. Knowing what we bring, and knowing what we cannot, empowers us to capitalize on our best selves. This simple quiz was developed to help people help themselves. To validate their strengths, accept their deficits, and identify areas of improvement in their personal rules of engagement. How we relate to people and how they relate with us whether at home, work, or play; we engage with people all the time. How do you represent yourself? Who are you engaged with? How do you operate in the 100 acre wood?

P.O.W.E.R. is an acronym for the 5 major characters from Milne's classic Winnie the Pooh: Piglet, Owl, Winnie, Eeyore and Rabbit. We are composed of traits from all of these colorful and diverse characters built in to one dynamic individual; it a personal operating system that we are born with. We are a plethora of human qualities and characteristics that personifies how we act and how we are perceived by others. It provides us our basic personality; its assets and its flaws. It fluctuates with our environment, education and experiences as we try to maintain equilibrium in an unbalanced and ever changing world. In theory we are an amalgamation of all the characters, but in practice we draw to the strong suit that we are born with. This is especially true when engaging with others from a place of fear and trauma or extreme courage.

## P.O.W.E. R.

### Piglet

Piglet is a person who is open to experience; one who is passionate, inventive, and curious, with an appreciation for art, emotion, adventure, unusual ideas, and variety of experiences. This person is imaginative, highly independent and depicts a personal preference for a variety of activities over a strict routine with a proclivity for novelty. Piglet can be perceived as unpredictability or having a lack of focus. Moreover they may seek out intense, euphoric experiences, such as skydiving, living abroad, gambling, et cetera.

Piglets have a general appreciation for beauty and willing to try new things. They tend to be, (when compared to others) more creative and more aware of their feelings. They think more abstractly and are more likely to hold unconventional beliefs. They can be politically active and a champion for racial intolerance and equality. Piglets may start many projects at once; change jobs/frequently or start new careers. Some people may perceive them to have a low attention span, scattered and searching, but regardless they are all about heart.

Piglets love to hug, piglets lighten up a room with their energy; they are magnanimous by nature

### Owl

Owl is a person with a tendency to show self-discipline, act dutifully, and aim for achievement against measures or other's expectations. Owls are in control of how they regulate and direct their impulses and emotions. Owls are quiet, studious and take much pride in academic achievement; often writers and/or teachers. Owls maintain a low profile and stay under the radar.

Owls are highly organized and dependable, establish and maintain routines. Owls prefer planned rather than spontaneous behavior and may be perceived as stubborn and resistant to change; Owls may be obsessive in certain personal routines. Although perceived slow to

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change, they are wise and think before they speak. They are extremely adaptive once they have processed facts to their conclusion. Owls are steady as she goes and very resourceful in chaos and posses many survival skills.

Owls love alone time; still waters run deep; Owls are always good counsel.

### Winnie

Winnie loves social harmony and highly value getting along with others. They are generally considerate, kind, generous, trusting and trustworthy, helpful, and willing to compromise their interests with other. Winnies have an altruistic and affable nature and have an optimistic view of human nature and people in general.

Winnie's nature of agreeableness positively correlates with the quality of relationships with one's team members or in any social engagement. Winnies also possess transformational leadership skill; they shine by example. They have a tendency to have many friends and make few enemies. Winnie is compassionate and cooperative rather than suspicious and antagonistic. Winnies stay steadfast and hold firm in their convictions; they are comfortable in their own skin. Winnies have a trusting and helpful nature, and what may be seen as naive or submissive is in fact the power of their own vulnerability and probably the most resilient in the face of trauma.

Winnies want/need to make a positive difference and usually do.

### Eeyore

Eeyores have a tendency to experience negative emotions, such as anger, anxiety, or depression. Often they are emotionally reactive and vulnerable to stress and may complain a lot. They are more likely to interpret ordinary situations as threatening, and minor frustrations as hopelessly difficult. Their negative emotional reactions can persist for long periods of time and they may appear to be in a bad mood, or have mood swings.

Eeyores want to stay in the background, they have a desire to help and be of service by often too shy to step forward. Often come to work early and leave late. Always sees projects and tasks to their end and fruition. Dots his I's and crosses her T's; always keeping deadlines. Eeyores love to be designated for a task as opposed to volunteering. Eeyores tend to be calm, collected and relaxed in most situations. Eeyores do not like to take a leadership role or speak in public, but excel as a major support person in the background. Eeyore is a steadfast friend and that person who would literally give you the shirt off his/her back or give you a ride home.

Eeyores may be complex but are dedicated and trustworthy; people love Eeyore.

### Rabbit

Rabbits are characterized by high energy with a breadth of activities and have a profound ability to easily engage with the external world easily. Rabbits enjoy interacting with people, and are often perceived as High Energy or Type A. They tend to be enthusiastic, action-oriented individuals. They possess high group visibility; very talkative they like to assert themselves and may provide their opinion unsolicited. They like to take leadership roles.

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Rabbits are extraverted, outgoing and energetic and often over-achievers. Filled with positive energy and emotions, they have a tendency for surgency, immediacy and assertiveness. They are highly sociable and seek stimulation in the company of others. Rabbits are talkative by nature and can be perceived as attention-seeking and domineering. Some may consider rabbits to be to be pushy, intolerant and labeled control freaks but regardless they are always there when you need them; they are invaluable in an organization or group for it to be effective.

Rabbits are multi-taskers at heart and are great organizers

### Conclusion

In calculating your scores its highly unlikely that you will be one character alone but rather two or three characters will be prominent and two or three will be less prominent. The higher the score in any one character the more prominent that character is in your personality.

You may score high as a Piglet but not have ALL Piglets characteristics. You may score low as an Eeyore but have still exhibit many Eeyore tendencies. The important thing is to take inventory of ourselves to promote our self worth and gain confidence in what we can provide. We must strive to take advantage of our natural strengths and work on our shortcomings. Be you. Be honest.

So what about Tigger, Kanga, Roo and Christopher Robin? Who do they represent?

Tigger is important figure in the 100 acre wood but not a personality archetype as much as pathology of extremes of human psychology that expresses itself in one character. Tigger has ADHD, OCD, is Hyper Active and Bi-polar. He is Narcissistic jokester with Conduct Disorder, Impulse Control Disorder and has no filters or respect for boundaries.

Tiggers happen; they exist, they hone our survival skills our patience, tolerance and resilience.

Kanga and Roo represent Hope; not characters so much as an *ideal* to strive for; for happiness, success, prosperity and peace.

Christopher Robin is the creator of the 100 acre wood and all who live there. He is not so much a character in the wood but he is our faith; our faith in a Supreme Being who created our story, who we are and what our part is in the story. Christopher Robin is the representation of a supreme being or our higher-self and is our ultimate resource in time of need and a co-celebrant in times of joy.

So Be your Winnie, Use your Piglet, Depend on your Owl, Express your Eeyore & Energize your Rabbit and remember what Christopher Robin said to Pooh:

“You are Braver than you believe, Stronger than you seem and Smarter than you think”

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Answer Key next page

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2. **O** - I am a good listener
3. **R** - I am the life of the party
4. **W** - I am interested in people
5. **E** - I am shy but want to be noticed
6. **P** - I have excellent ideas
7. **E** - I like to do random acts of kindness
8. **W** - I need alone time/quiet name
9. **W** - I can be clever and humorous, can be prone to sardonic wit and sarcasm
10. **E** - I often feel blue and inadequate
11. **R** - I am often impatient and may be considered high strung
12. **R** - I am somewhat stubborn ; I may restate the obvious more than once
13. **O** - I like solace, libraries & watching PBS
14. **P** - I sometimes invade peoples spaces
15. **P** - I am empathetic by nature.
16. **O** - Somewhat Spock-like showing little reactive emotions, I keep my cool
17. **R** - I love shopping/run errands
18. **P** - I am quick to understand things
19. **O** - I follow the schedule, I have a routine
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21. **W** - I often give people complements
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24. **R** - I start conversations (sometimes several at once)
25. **O** - I read a lot research study extensively
26. **R** - I am an obsessive planner
27. **E** - I tend to expect negative outcomes and voice my complaints
28. **W** - I make people feel at ease
29. **P** - I cry and laugh very easily
30. **O** - I get projects done right away
31. **W** - I love to garden
32. **E** - I have frequent mood swings
33. **W** - My cup is half-full
34. **W** - I easily empathize with the concerns of other people and have a soft heart
35. **R** - I like to talk and mix with people at parties

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36. **E** -I am willing to lend a hand but may be reserved in stepping forward

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47. **E** -I get easily irritated and upset

48. **R** -I am the getter done person; Johnny on the spot ; never late with deadlines

49. **O** -I am always well prepared

50. **P** -My cup is overflowing; I hug a lot

Total of yes answers \_\_\_\_\_

Key Letters: List High to Low

P. \_\_\_\_\_ Highest \_\_\_\_\_

O. \_\_\_\_\_

W. \_\_\_\_\_

E. \_\_\_\_\_

R. \_\_\_\_\_ Lowest \_\_\_\_\_