

DANCE OF LEADERSHIP STYLE QUESTIONNAIRE

Take this questionnaire before listening to Track 4: Flowing Style on the Dance of Leadership audio file.

This self-assessment tool is designed to help you decide which rhythm(s) and associated leadership style appeals to you on an intuitive level. Decide how strongly the item resonates with you—10 being very strongly attractive to you, 0 being a total turnoff. You may circle any rating between 0 and 10. Sum your responses and place that sum as “SECTION_ TOTAL.” Your score is between 0 and 100 for each section.

FLOWING STYLE IMAGERY	RATING
Fly fishing	0 1 2 3 4 5 6 7 8 9 10
Eagle in flight	0 1 2 3 4 5 6 7 8 9 10
Starry Night by Vincent Van Gogh	0 1 2 3 4 5 6 7 8 9 10
National Museum of the American Indian, DC	0 1 2 3 4 5 6 7 8 9 10
The color green	0 1 2 3 4 5 6 7 8 9 10
Flowing river	0 1 2 3 4 5 6 7 8 9 10
Hula dancing	0 1 2 3 4 5 6 7 8 9 10
Classical music	0 1 2 3 4 5 6 7 8 9 10
Gently falling maple leaf	0 1 2 3 4 5 6 7 8 9 10
Climbing ivy leaves and vines	0 1 2 3 4 5 6 7 8 9 10
SECTION 1 TOTAL	_____

STACCATO STYLE IMAGERY	RATING
Kickboxing	0 1 2 3 4 5 6 7 8 9 10
Woodpecker	0 1 2 3 4 5 6 7 8 9 10
Cubism	0 1 2 3 4 5 6 7 8 9 10
Washington Monument	0 1 2 3 4 5 6 7 8 9 10
The colors black & white	0 1 2 3 4 5 6 7 8 9 10
Metronome	0 1 2 3 4 5 6 7 8 9 10
Flamenco	0 1 2 3 4 5 6 7 8 9 10
Rap / Hip Hop Music	0 1 2 3 4 5 6 7 8 9 10
Lightening	0 1 2 3 4 5 6 7 8 9 10
Cactus	0 1 2 3 4 5 6 7 8 9 10
SECTION 2 TOTAL	_____

CHAOS STYLE IMAGERY	RATING
Surfing	0 1 2 3 4 5 6 7 8 9 10
Monkeys playing	0 1 2 3 4 5 6 7 8 9 10
Jackson Pollack Painting	0 1 2 3 4 5 6 7 8 9 10
Disney Concert Hall / Frank Gehry buildings	0 1 2 3 4 5 6 7 8 9 10
Multicolor	0 1 2 3 4 5 6 7 8 9 10
Roller coaster	0 1 2 3 4 5 6 7 8 9 10
Ecstatic trance dance	0 1 2 3 4 5 6 7 8 9 10
Taksim / music without obvious beat	0 1 2 3 4 5 6 7 8 9 10
Tornado	0 1 2 3 4 5 6 7 8 9 10
Winter (nude) tree branches	0 1 2 3 4 5 6 7 8 9 10
SECTION 3 TOTAL	_____

LYRICAL STYLE IMAGERY	RATING
Swinging	0 1 2 3 4 5 6 7 8 9 10
Songbird	0 1 2 3 4 5 6 7 8 9 10
Octavio Ocampo’s Mona Lisa’s Chair	0 1 2 3 4 5 6 7 8 9 10
Chiang Rai Buddhist Temple	0 1 2 3 4 5 6 7 8 9 10
The color blue	0 1 2 3 4 5 6 7 8 9 10
Champagne bubbles	0 1 2 3 4 5 6 7 8 9 10
Ballet	0 1 2 3 4 5 6 7 8 9 10
Improvisational jazz	0 1 2 3 4 5 6 7 8 9 10
Snowflakes	0 1 2 3 4 5 6 7 8 9 10
Orchid	0 1 2 3 4 5 6 7 8 9 10
SECTION 4 TOTAL	_____

STILLNESS STYLE IMAGERY	RATING
Yoga	0 1 2 3 4 5 6 7 8 9 10
Owl	0 1 2 3 4 5 6 7 8 9 10
Georgia O’Keefe’s Iris	0 1 2 3 4 5 6 7 8 9 10
Stonehenge	0 1 2 3 4 5 6 7 8 9 10
Gold / Silver	0 1 2 3 4 5 6 7 8 9 10
Circle	0 1 2 3 4 5 6 7 8 9 10
Mime	0 1 2 3 4 5 6 7 8 9 10
Om chant	0 1 2 3 4 5 6 7 8 9 10
Desert	0 1 2 3 4 5 6 7 8 9 10
Lotus	0 1 2 3 4 5 6 7 8 9 10
SECTION 5 TOTAL	_____

If your highest score is in Section 1, you have your highest resonance with FLOWING.
 If your highest score is in Section 2, you have your highest resonance with STACCATO.
 If your highest score is in Section 3, you have your highest resonance with CHAOS.
 If your highest score is in Section 4, you have your highest resonance with LYRICAL.
 If your highest score is in Section 5, you have your highest resonance with STILLNESS.

If your high scores are tied with two columns, you resonate to both those styles.
 People with all the scores close together tend to be Lyrical - adaptive.

Also note where you have your lowest resonance.

Remember! This is just to give you some indication of how the different rhythms evoke stronger, more positive energy for you, strong negative energy for you, or moderate energy for you. This is not a test. You cannot fail it. It is designed to provide you with initial insight into your Dance of Leadership style.

* I recommend using the internet to search for images, art, and architecture with which you are not familiar. The audio gives some verbal descriptions but that does not replace seeing the pictures for yourself and noticing your reactions.