



Welcome To Fashion a New Lifestyle Profile!

Shape Profiling is based on the notion that we tend to be attracted to certain shapes and forms in our environments based on our personalities, attitudes, education and experiences, and the way in which our individual brain functions.

Some shapes indicate we have a need to be logical and organised in our approach to life. Other shapes process information in a less linear and more configural (mosaic) way. The differences affect the way you perceive the world, think, act and the people you choose to be your friends and associates.

Some people chose a shape that isn't their true shape. This means you have chosen to exercise some traits that are learned. This can easily happen if you were raised by someone who is strong in one of the personalities, as opposed to revealing your 'natural' personality. The questions and your curiosity may begin the process of you reflecting on how you have been influenced. This can help your self-confidence improve immensely.

As well as parental influences, we can also end up with odd combinations because our work requires us to do certain tasks that force us to develop strengths in an area. Stepping up and operating from an unnatural personality trait can become draining over time.

Firstly, understand no shape is better or worse than another shape, they all have their strengths and weaknesses. What is fantastic though is once we understand all the shapes we can begin to bring the qualities of some of our least prefer shape into certain situations. I have spent this year working on developing my least preferred shape so I can have all the advantages of the shapes added to my make-up case. Some situations definitely call for us to take on different personalities. Understanding what motivates others and what their focus is means you can communicate more effectively, appreciate and respect the differences in others and generally improve business and personal relationships.

Enjoy reading about your personality type and begin to use this model to increase your self- confidence. Understanding yourself can begin the process of Self-Compassion, clarity and connection with you and others.

Let's get started!

First take a piece of A4 paper and using the whole space I would like you to draw a square, a triangle, a circle, a rectangle and a squiggle. Then put #5 beside the shape you like the least. A #1 beside the shape you like the most, #2 the second favourite, #3 the third favourite and lastly #4 beside the shape that is left

Congratulations you have finished!

Now take a look at what the shapes reveal in the follow pages...

Square Characteristics:

The most dominant characteristic of the square is their determination to get the job done. They need life to be predictable: everything in the right place at the right time.

Squares are constantly organizing the people and things around them. They truly believe in the saying "a messy desk equals a disorganized mind." Squares make excellent administrators. They are better at following a plan than making one.

Squares have excellent attention to detail. The square is a data-collector. He loves to collect information, enter it into a database, or file it under the appropriate heading.

***Positive:** Organised, reliable, hard-working, detailed, perfectionistic, knowledgeable, analytical, logical, practical, determined, persevering and patient.*

***Barriers:** Nit-picking, procrastinating, cool, aloof and resistant to change.*

When push comes to shove the square procrastinates over decision-making, particularly if it involves upsetting the status quo. Can be loners or prefer one-on-one. The Square often speaks slowly and may focus on details.

Words That Can Describe the Square are:

| | | |
|---------------|-------------|-------------------|
| Calculating | Classic | Critical thinking |
| Cool and Calm | Deliberate | Detailed |
| Exacting | Factual | Fastidious |
| High Ideals | Intentional | Logical |
| Love the arts | Tidy | Persistent |
| Practical | Predictable | Objective |
| On time | Reserved | Well-mannered |

Self-Confidence Is the Best Outfit:

Squares can love 'state-of-the art' everything. They are strongly classic in their clothing preference, tending towards straight lines and more formal looks. Meaning they often dress conservatively, preferring to wear grey, blue, white and other neutral colours. However there are some squares that prefer the eclectic look-hippie, grunge or alternative. These are the squares that aren't so into appearance as they are more interested in the inner person.

Triangle Characteristics:

Linear cousin to the square, the triangle is less interested in the work, more interested in the career. The triangle is ambitious and his/her focus is at the top. The triangle represents leadership and initiative. The triangle is a very decisive person, loves to make the decisions – for themselves and everybody. Usually successful and likes to be seen as such. He/she analyses a situation swiftly, makes smart decisions. Others that are less sure, tend to follow without hesitation.

The triangle can often be seen wearing "power" colours like red and black, or other strong colours. They tend to prefer quality and brand names and are usually very groomed. Triangles usually speak at a fast pace and like to be direct and to the point.

***Positive:** Leader, focus, initiative, bottom-line, ambitious, driven, result-orientated, smart working, and decisive.*

***Barriers:** Impatient, tactless / too direct, insensitive and can step on others to get what they want.*

Words That Describe the Triangle

| | | |
|------------------|---------------|---------------|
| Adventurous | Authoritative | Brave |
| Change-Makers | Commanding | Competitive |
| Decision-Makers | Daring | Doer |
| Enjoys Challenge | Focused | Goal-Driven |
| Independent | Impulsive | Likes to Lead |
| Opinionated | Productive | Quick |
| Single-Minded | Restless | Visionary |

Self-Confidence Is the Best Outfit:

The triangle is a practical dresser whose appearance is likely to impress. However, they spend little attention or time on this issue.

No high, kick-ass shoes because they like to get to their destination in the shortest possible time, so their clothing has to assist them in this, not hold them back.

Triangles don't tend to wear flowery or patterned outfits. Top-shelf quality clothes have great appeal. Their hair also needs to be practical and easy to maintain.

You won't see triangles wandering around in shopping malls. They shop with a focus and a mission, to get what they need and then get out of there. Internet shopping could appeal so they could shop quickly and then move on to more important things.

Rectangle Characteristics:

The rectangle is a transitory state: you are undergoing some major changes in your life. The rectangle often coincides with a change in career or personal life, or the anticipation of a change.

The rectangle indicates dissatisfaction with things as they are and a search for a better situation. The rectangle person is often confused, being unsure of themselves at this particular time.

They have often been hard working and unrecognized in "square" jobs and have become resentful. Psychologically, the rectangle is a person growing out of a "square" behaviour.

***Positive:** State of transition, exciting, searching, inquisitive, growing, courageous and flexible.*

Barriers: Confused, inconsistent, unpredictable and non-committal.

Rectangles can be unpredictable. A rectangle may appear to be "a different person", even within the same day. This is a stage – it will pass. Rectangles are experiencing a state of growth, a movement to a new plateau. They feel much excitement, and are searching, learning and growing.

The rectangle can have a mixture of descriptive words and their clothes tend to reflect their true personality type. However they may also like to experiment with other clothes style.

Circle Characteristics:

The circle is the lover among us. They genuinely care about people. They will do whatever it takes to make the family, friends and co-workers happy. Their focus is to smooth the waters and keep the peace.

Harmonious, sensitive and caring, the circle is the best communicator. They tend to be the best listeners, establishing empathy quickly. Circles are great team players, popular with work associates. As leaders, circles can try too hard to please.

Circles stress integration over separation; they are holistic thinkers, "have a nice day" and invented the smiley face on company memos. Circles wilt in solitary jobs, needing to be working with people.

***Positive:** Friendly, nurturing, persuasive, empathetic, generous, stabilizing, reflective, right and left brained.*

***Barriers:** Over-personal, manipulative, gossipy, self-blaming, indecisive, can suffer under conflict, overweight and can over-step boundaries.*

Words That Describe the Circle:

| | | |
|--------------|-----------------|-----------------|
| Approachable | Avoids Conflict | Accepting |
| Balanced | Claming | Dislikes Change |
| Dry Humour | Easy-Going | Good Listener |
| Level-Headed | Likes Routine | Loyal |
| Mediator | Nurturing | Patient |
| Reliable | Relaxed | Steady |
| Tolerant | Understanding | Willing |

Self-Confidence Is the Best Outfit:

They don't necessarily put a lot of emphasis on what they wear. Usually it's comfortable trainers, slip on boots or shoes that can be the key piece in the wardrobe. They put the least amount of time into their presentation style. However they can still be stylish if they wish or if they have a touch of triangle or square within them.

Squiggle Characteristics

Truly right-brained, and the most creative of all the profiles, the squiggle uses configural (multi-dimension), not linear thought processes. The truly great ideas have been produced by squiggles. They always look for new ways to do things. They challenge the status quo. Squiggles are future-orientated and are more interested in possibilities than reality. When it's a new and exciting idea, the squiggle bounces off the walls, telling everyone about it. The squiggle isn't interested in specific details such as facts and figures- only the innovative idea at the end of it. The squiggle disdains structured and mechanized environments. They want lots of variety and stimulation.

***Positive:** Creative, conceptual, futuristic, intuitive, expressive, motivating, witty and sensuous.*

***Barriers:** Disorganized, impractical, unrealistic, illogical, inhibited, eccentric and naive.*

Words That Describe the Squiggle:

| | | |
|---------------|-----------|-------------------|
| Animated | Vivacious | Enjoys new things |
| Encouraging | Energetic | Enthusiastic |
| Expressive | Friendly | Funloving |
| Enerous | Outgoing | Loves Variety |
| Motivator | Open | Playful |
| Promoter | Positive | Social |
| Takes Chances | Talker | Forgiving |

Self-Confidence Is The Best Outfit

Squiggles love colour and their clothing has to be stylish and vibrant. And they love to be eye-catching. They love perfumes or anything that will get them a compliment or be a conversation starter. Accessories are bold and distracting; anything that makes them visible. When they are walking down the street, it is apparent that squiggles are observing their reflection in the window. It's not long before they are thinking to themselves, 'Man do I look great!'

With thanks to my guest, Sharleen Greer



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