

frazzled fit empire



What Gem Are You?

Be sure to send your results back to your coach!

WHAT WILL YOU NEED?

Set aside about an hour to complete the test in one sitting.

Be sure to have a pen & paper to mark answers as you go.

Make sure your environment is a place where you will not be interrupted.

Internet access to send back the results.

Track results with A, B, C, or D.

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Scenario 1:

You have received an item that needs to be assembled.

1. You read ALL the instructions first and take inventory of all parts. (D)
2. You throw the instructions off to the side and only look at the pictures (A)
3. You don't want to be a burden to anyone else so you assemble it alone, but it may take longer than others to do so. (C)
4. You first complain that it hasn't already been assembled and you put it together really fast. You think the manufacturer made a mistake because now you have left over parts. You toss the parts; they were not needed. (B)

Scenario 2: When giving a gift:

1. You find something really nice, in fact so nice you decide to keep it for yourself. You then go buy them something different. (B)
2. You purchase a fun gift that tells the story of an inside joke, or is just a complete gag gift. (A)
3. You make the gift yourself or purchase something and add your own personal touch. (C)
4. You may buy them a card or if you knew what they wanted, it was economical, and fit into your budget, you would make the purchase. (D)

Scenario 3:

Hotel chains now place a card in your room saying that if you want your towels washed please place them on the floor. Your response is:

1. You definitely follow the instructions and hang your towels after use. You want to do your part to save the environment. (C)
2. You read the card and analyze how sincere the hotel actually is. You hang up your towels, because you would never leave them on the floor. (D)
3. You will just throw the towel on the floor by default. You probably didn't even realize there was a card in your room and you're in a hurry anyway, so you're out the door. (A)
4. You will say to yourself "No I paid a high price for this hotel room & I want the full service, including clean fresh towels." (B)

Scenario 4:

You are out with other people. When ordering from a menu at a restaurant:

1. You wait to order to see what everyone else orders first to ensure that you order something different to have the option to taste multiple things from the menu. (A)
2. You look at cost to value and ask yourself, “How much do I get for what price? What makes the most sense to buy?” (D)
3. You usually gravitate to the most expensive item on the menu because you want the best. You typically ask the server, “What’s the best thing on your menu?” (B)
4. If someone else might be picking up the bill, you will choose the least expensive item. You tend to order the healthier option. (C)

Scenario 5:

You are out to dinner with your friends and your server seems to be stressed out. The restaurant is packed. When they deliver your food, you realize that they brought you the wrong dish:

1. Say nothing, it was an honest mistake and you don't wanna further stress the poor server. (C)
2. Immediately send it back ask for a drink while you wait, assuming it will be complimentary. You spend good money on a night out and deserve to get what you ask for. (B)
3. Catch the servers attention and send it back, and say you'd appreciate a discount on your check for the inconvenience. (D)
4. Eat the meal, who knows, it might be better than what you ordered. You may make a comment to the server with no expectations and say something like "It's no problem, I'll eat it anyways!" (A)

Scenario 6:

When it comes to rules:

1. You think that everyone else's rules are silly. When it comes to the rules you invented, you believe everyone should follow them. "It's my way or the highway." But you know what you are talking about. (B)
2. You will naturally follow the rules because you don't want to hurt anyone's feelings or displease anyone. (C)
3. You get a rush from breaking the rules!! (A)
4. You believe that rules were meant to be followed. (D)

Scenario 7:

Pick an occupation that most appeals to you:

1. You prefer to work directly with people, build relationships, and travel. (A)
2. You prefer to work with methods, systems, numbers, processes, and routines. (D)
3. You like what is challenging and makes the most money. (B)
4. You enjoy helping and serving people and working toward a great cause. (C)

Scenario 8:

When it comes to sports:

1. If you can't win then you won't play, because winning is everything. (B)
2. You love to play team sports! If you don't win, it's OK because you enjoyed playing the game with each other. (A)
3. You don't exactly see the point in sports, you have a long task list and some research you'd rather be doing. (D)
4. If you make me play, I'll play, but please don't hurt me and don't scream at me and I really don't care if we win. (C)

Scenario 9:

When it comes to clothing

1. You wear clothes that are comfortable, breathable, non-binding. You also own a lot of things passed down from generation to generation. You generally like earth-tones. (C)
2. You wear bright, trendy, fun, colorful, what's hip. You like funny clothes with jokes on them. It doesn't matter if anyone likes it. You do. (A)
3. You have STYLE! You wear the best brands, the hottest-looking clothes. You don't mind spending a lot on your wardrobe & dress to impress. You mainly wear black. (B)
4. You may have items in your closet that are more than 10 years old, still in good working order. There's no point in replacing them, history repeats itself (D)

Scenario 10:

When it comes to shoes

1. You purchase quality shoes at a discounted price. Among your shoes, you've had many of them for a long time because you wear them until they wear out. (D)
2. You have a lot of comfortable slip on shoes, something that is easy to get into and out of and great to wear all day. You probably love Birkenstocks and during the winter may even wear them with socks. (C)
3. You have tons of shoes and none of them are boring. They are colorful, bedazzled, extreme, or something that always makes them a topic of conversation. (A)
4. You have a selection of top-of-the-line, brand-name shoes. Mostly in black. (B)

Scenario II:

When it comes to accessories:

1. You always have lots of accessories, mixing and matching different bracelets, rings, watches, and earrings (usually inexpensive or fake). You may even have lots of visible tattoos or piercings (A)
2. Your accessories are simple and you only wear maybe a watch and/or wedding band, if anything. (D)
3. You are attracted to the best jewelry, the highest quality stones and metals. Basically you want your jewelry to say I have more money than you (even if I don't). (B)
4. You typically don't wear a lot of jewelry, if you do it is handmade or heirlooms that have been passed down and hold sentimental value. (C)

Scenario 12: Through your formal educational years:

1. You never got in trouble. You probably scored high in either math or science. You were neat and organized, everything in it's proper place. (D)
2. You heard "sit down and shut up" often. You often got in trouble for being loud and tardy. (A)
3. You were the best at everything - well everything you chose to be the best at, because it's silly to be that best at something that is not important. (B)
4. You were a compliant and quite student who listened to most everything your teachers had to say. You worked diligently so that you wouldn't disappoint your teachers and/or parents. (C)

Scenario 13:

When it comes to your car

1. You like a fun car that has really cool colors and the sound system is more expensive than the car itself. You have a lot of stuff in the trunk that you have no idea what's in there. (A)
2. You like the best cars. Clean, sparkling, and capable of getting a lot of attention. It has to be popular and expensive. (B)
3. You like a car with research behind it. It must be cost effective, get good gas mileage, and have longevity. The scheduled maintenance and tune-ups ensure the longevity of the vehicle. Everything must be in good working order. (D)
4. A car should be safe and good for the environment. Your cars in the past have had bumper stickers on the back and pictures of your kids inside. You always have tissues and wipes just in case. (C)

Scenario 14: When driving:

1. You drive slow, and will let everyone into your lane. You stop for pedestrians and will brake for animals on the road. (C)
2. You drive fast, honk the horn at cars and pedestrians. You tailgate and you don't heed the bike lane. (B)
3. You drive fast, talk/text, run yellow lights. Music is very loud, you don't even know there were pedestrians waiting to cross. (A)
4. You tend to obey the traffic signs & law. On the highway you may set your cruise control to be the exact speed limit. It's illogical and insensible to pay for a traffic citation. (D)

Scenario 15:

When packing to go out of town:

1. All of your clothes are thrown in unfolded with shoes on top of the clothes or in with the clothes. Your shampoos and toiletries are also thrown in with everything. (A)
2. You have one complete outfit for each day picked out in advance. All of your toiletries are in separate compartments. Everything is perfectly folded. (D)
3. You bring more clothes than what you need and pack at the last minute because you are so busy. You do keep your toiletries separate and shoes separate. Your bag is not so organized but you'll know what will look good and better than everyone else's when you arrive. (B)
4. You bring very few cosmetics. You don't have a bag that's too heavy because "someone else has to lift this". You always have a first-aid kit just in case someone else needs a bandage. You also packed snacks. (C)

Scenario 16:

When it comes to dating

1. You are on time. You dressed appropriately for whatever the activity may be. (D)
2. You most likely go to a concert or out dancing, something that is active and fun. You will be late because you changed your clothes 10 times because you didn't know what to wear. (A)
3. You would go to an expensive restaurant. (B)
4. You enjoy a nice quiet restaurant that is not too expensive and has an organic flare to it. (C)

Scenario 17:

When you are surrounded by children:

1. You are multitasking, holding a conversation as well as texting and emailing others at the same time. (B)
2. Find most kids to be noisy and rambunctious and difficult to control. (D)
3. Will get out and play with the kids for hours. (A)
4. Suggest a nice quiet activity (like reading) and just enjoy spending time with them. (C)

Scenario 18:

When it comes to money

1. Impulse buyer, you don't know where half of your money ends up. (A)
2. Splurges on expensive items, you tend to purchase items that are the best. (B)
3. Not a huge spender, but you lend or give friends and family money and you may go without because of it. (C)
4. You know where every dime of your money ends up. You never impulse buy; every purchase is thought out thoroughly. (D)

Scenario 19:

When setting goals

1. Set dozens of lofty goals, you are a goal-setter and a go-getter. You tend to overfill your plate and avoid failure at all costs. (B)
2. Assess first and establish practical goals. (D)
3. Volunteer to help other people fulfill their goals, you naturally find a need and fill it. (C)
4. Don't set big goals unless it is to have a good time. You love to start things but rarely finish them! (A)

Scenario 20:

When it comes to solving problems

1. You are a verbal processor, you have to talk out your problems with someone. (A)
2. You come up with several scenarios, map each solution out and decide what the most efficient course of action would be. (D)
3. Fix it fast; you don't have time to deal with problems. But you know your solution is the best possible answer. (B)
4. Become overwhelmed, seek out others for help. You don't want to disappoint anybody. (C)

Scenario 2: An argument breaks out, you are the one who:

1. Probably started it (but you would never admit that). (B)
2. Will quiet down and stay out of it. (C)
3. Try to make light of it and attempt to change the subject. (A)
4. Have a valid argument and lay it out, even if it's harsh. (D)

Scenario 22:

If it's a big decision:

1. Make quick decisions and often change them just as quickly. (A)
2. Never like making a decision, and quickly become stressed out. Especially if the decision can hurt people's feeling. (C)
3. Consider all of the options & make the most logical choice. (D)
4. Make quick decisions. You aren't afraid to make a tough decision and you disregard any obstacles in the way. (B)

Scenario 23: If there was a threat of natural disaster in your area:

1. You are too busy to even think about the disaster. Why waste time concerning yourself with something that may never happen? If it actually did come to your area then you would quickly run out and grab supplies at the last minute. (B)
2. You already have your emergency kit ready and have had it ready to go for years with enough food and fresh water to last your family several months. (D)
3. You have an emergency kit with lots of excess food in case other people didn't prepare; you also have extra flashlights and lots of bandages for everyone else. (C)
4. When you hear about the possibility, you run to the store and stock up on overly processed foods such as chips, donuts, beer, soda, and crackers. And make sure to grab a deck of cards. (A)

Scenario 24:

Spring Cleaning! You open your garage door:

1. There are boxes full of old knick knacks that have been there for years. You can't bring yourself to throw them out. You know that others are in need too so you find some older clothes and furniture to donate. (C)
2. Everything is already organized and pushed to one side stacked perfectly. However, you take the time to implement a new color-coded labeling system on all the boxes. (D)
3. Everything is everywhere. You can barely open the garage door; it's a disaster. Why clean it? You still always find what you need. (A)
4. Your garage is packed full of 'stuff' and you're too busy to clean and organize it. You do a quick clean and shove boxes to one side so you can fit your new car in the garage. You may have thrown away some important family items but who hangs on to stuff anyway? (B)

Scenario 25:

You open your closet doors

1. There is a place for everything. Your closet is organized with the hangers in the same direction and your clothes hang neatly from light to dark. (D)
2. A majority of the hangers are empty, most of your clothes are on the floor in your room. You are lucky if you find two socks that match. (A)
3. Not overly organized or sloppy, you are just too busy to organize it. But your clothes are hanging. (B)
4. Your closet is packed with hand me downs, a lot of neutral tones, and comfortable organic materials because you can't throw anything out. (C)

Scenario 26: You are loading the dishwasher:

1. Load it full with food still encrusted on all the dishes, you don't get to unloading it until the sink is full again of dirty dishes. You often ruin hand-wash only dishes and melt plastic ware by placing them in the high heat rack. (A)
2. Load it with crusty dishes, you don't want to wait for it to be full to run it so start the dishwasher when it's half-full most of the time (B)
Load the dishwasher with pre-rinsed and scraped dishes in an orderly manner with all the silverware matched up in separate, designated areas. (D)
3. Because conserving water and energy is important to you, you don't run the dishwasher until it is totally full so you don't have to run it that often. (C)

Scenario 27:

Shopping at the grocery store

1. Grab and go, the idea is to get out of the store as quickly as possible. (B)
2. Spend entirely too long in the grocery store, buy more than you intended and totally forget to buy the key items you originally went in for. (A)
3. Go straight to the organic section. (C)
4. Have a list, don't buy anything that isn't on it. Shop the sales and look for discounts. (D)

Scenario 28:

Friendships

1. Have lots of friends; people love being around you! You are constantly making new friends and you value relationships and keep in touch with people you have known for a very long time. (A)
2. You have a huge heart for your friends and also maintain many long-term relationships. You are everyone's best friend, but often your kindness gets taken advantage of. (C)
3. You attempt to change people because they tend to let you down. You have a few close friends but it is hard to earn your trust. (D)
4. Everybody knows who you are, you make sure of that. Your closest friends are probably driven and ambition like yourself (but not more than you). (B)

Scenario 29:

When you are in a room full of people

1. You will talk to every single person in the room, and comfortably. (A)
2. You size up everyone in the room, and immediately identify the competition. (B)
3. You find one person and connect really well, spending the whole night in a thoughtful conversation with them. (C)
4. You gravitate away from the main mass of people, sit back, and observe. (D)

Scenario 30:

When talking on the phone

1. You are aware of how much time you are dedicating to the call, being sure not to ask all questions upfront and end the conversation after all important information has been relayed. No reason to linger. (D)
2. Even if it's the cable guy, you talk for at least twenty minutes discussing your favorite TV shows and what you had for lunch. (A)
3. You don't talk a lot, you mostly listen to the other person. You never end the conversation, you are available to them for as long as they need and answer all questions fully. (C)
4. You have a purpose for the conversation and will stay on the phone long enough to make sure that purpose was accomplished. You will keep talking until the other person fully understands. The conversation ends with an action item. (B)

Scenario 3: Public Speaking

1. You have everything written down and explain or present the information in a step-by-step fashion; you tend to use larger vocabulary. (D)
2. You avoid public speaking as much as possible. When forced you keep it short (if not slightly rushed sounding) and tend to be more soft-spoken. (C)
3. You probably should have made note cards but forgot. You are a very animated speaker, using your hands and swaying or walking around while you talk. It may not be the most organized and maybe you unintentionally leave out a few things but in general, you are always enthusiastic about the topic. (A)
4. You are a very confident public speaker and aren't afraid to be the first to present an idea. (B)

Scenario 32:

In conversation with someone one on one

1. You don't talk loud and are more reserved. You tend to be the first to listen and the last to speak. (C)
2. You are pretty loud or animated (or both) when you get to talking to someone. (A)
3. You tend to talk in a rhythm, more monotone. You are not overly loud or soft spoken. You like to ask questions in order to clarity. (D)
4. You tend to dominate the conversation. You are a direct communicator and you emphasize what you think is BEST a lot. You're opinionated and don't like it if people disagree. (B)

Scenario 33:

When visiting the zoo

1. You make a beeline for the birds of prey and wildcat exhibits. In general, see what you want and then leave. (B)
2. You stop by every exhibit and feel a sadness for all the caged animals and typically donate at every opportunity. (C)
3. You have the day planned out and stop by each exhibit and catch every animal show in order of the map. You also pack snacks and water and don't buy anything from inside the park; it's all overpriced. (D)
4. You don't even look at the map, you bounce around the park to each exhibit sign as you see them. You make sure to buy the elephant swirly straw and some cotton candy. (A)

Scenario 34:

Handshake

1. You tend to offer a loose relaxed handshake and often use both hands to shake. (C)
2. You offer a firm quick handshake. (D)
3. You love an enthusiastic shake and tend to not let go or you bypass the hand and offer a hug. (A)
4. You have a strong solid grip when you shake hands; you control when it ends. (B)

SCENARIO 35:

KEEPING TRACK OF TIME

1. Every clock in your house is set to the same time, down to the second. You are always on time. You are never late. (D)
2. You are so busy it is hard to keep track of time. You usually sacrifice eating and sleeping times to get things done. (B)
3. You try to be everywhere early; you don't want to inconvenience anyone. However, it doesn't always workout. (C)
4. If you don't care about being on time, you set your watch 10-30 minutes ahead to help you give extra time and still find yourself late. You lose track of time quickly. (A)

Scenario 36: When home alone

1. Pull out your home task list and begin completing things that need to get done, one by one. (D)
2. Pull out your laptop and continue working. (B)
3. Put on the TV, music, and call someone, all at the same time. (A)
4. Put on some relaxing music and sit down to rest for a bit, maybe enjoy a cup of tea outside. (C)

SCENARIO 37

HOW YOU VIEW PEOPLE

1. You find most people incompetent. (D)
2. You see the good in people. (A)
3. You try to show them up, whoever it is. (B)
4. You do see the good in people, and will give them multiple chances - even if they have hurt you. (C)

Scenario 38:

When at the doctor's office

1. You got there on time and you are frustrated if you are made to wait longer than a few minutes past your appointment time. (D)
2. You got there early and will wait patiently to see the doctor if he's running late. You understand some emergency may have come up that requires the doctor's time. (C)
3. You showed up late and just hope they didn't cancel your appointment. You get out your phone and start texting or make a call. You may even play a game on your phone. (A)
4. Chances are you were a couple minutes late but act as if you were on time. If made to wait more than a reasonable amount of time, you confront the receptionist. If the doctor can't make time for you, you aren't going to sit around all day. (B)

Scenario 39:

Hair

1. Your hair is always trendy, professional, and you get paid a lot of money to maintain it (even if you are a guy). (B)
2. You love experimenting with funky colors, dreadlocks, and a perm, anything! (A)
3. You don't want much to damage your hair with harmful chemicals or processing. Whatever is easy. You don't pay attention much to styling. ©
4. You tend to pick a hairstyle that does not require a lot of time to maintain it. You may have been going to the same barber/hair stylist for 20 years and rarely change your hairstyle. (D)

Scenario 40: Of these four choices, which motivates you most?

1. Serving others (C)
2. Challenge and/or money (B)
3. Fun (A)
4. Facts & figures (D)

CONGRATULATIONS

on completing the assessment!

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Great job! So now what? Look at your paper and add up the number of items that corresponds to the letters A, B, C, and D.

A = Sapphire

B = Ruby

C = Pearl

D = Emerald

BUT HOLD ON!

You don't get just one score, you get two. Everyone has a primary and a secondary Gem. So, if your highest total number of answers corresponds to "D" and the second corresponds to "B" then you are Emerald (primary) and Ruby (secondary).

Keep in mind there are no RIGHT answers or "good gems". Each Gem is excellent in it's own right with strengths and advantages that need to be recognized and honored to maximize communication!

What are YOU?

SAPPHIRES are motivated by fun!

PEARLS are motivated by a cause.

EMERALDS are motivated by facts & figures.

RUBIES are motivated by a challenge and/or money.

You may have found this process imperfect as you analyzed each question and answer. Your greatest struggle was that the answer you had to chose did not describe you with the greatest accuracy. Emerald, remember the directions did say, “Pick one that most accurately describes you...” not what PERFECTLY describes you.

IF YOU ARE AN EMERALD...

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You have places to go, people to see and a list that needed to be finished yesterday. Most rubies have a tendency to skip or skim the instructions, which specifies that for the best results you should read all the answers. You, on the other hand, read the answers until you had a “that’s me” moment, made your selection, and went on to the next question.

IF YOU ARE A RUBY...

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After answering a few questions, your curiosity got the best of you and you began to count the pages to see how long the test was. You may have even experienced some slight perspiration as you saw the length of the test and found it intimidating or hard to focus. Due to your creative nature, there's a good chance that you skipped around instead of answering the question in the order presented.

IF YOU ARE A SAPPHIRE...

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You looked at the test and considered all four answers before making your choice (as you were instructed when you read through the introduction thoroughly). Though you may have been somewhat uneasy answering some very direct questions, you considered what fit you most and continued on.

IF YOU ARE A PEARL...

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FINAL STEPS

Please send your completed assessment to your DIAMOND UPLINE COACH with all 4 Gem types and scores.

Example:

25 A's

5 B's

4 C's

7 D's

After you send your results to your DIAMOND UPLINE, please visit www.FrazzledFitEmpire.com for further training!

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