

Words With Wallop For High S Steadying Self

DISC Behavior Style: S for Steadiness

Reserved & People-Oriented

Need: Creating and maintaining steady relationships

Speak these *words with wallop* to reserved & people-oriented individuals who want to create steadiness for themselves.

Quotes From Katie Ledecky

Freestyle Olympic swimmer who broke her own record in the 800m race

Most decorated single-Olympics female athlete

Rio, Brazil 2016

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#### *Steadying herself before a competition*

“I always pray right before a race. The prayer I say is the Hail Mary.”

*Words With Wallop*

“What quiet activity could you do right before something important?”

#### *Steadying herself with a weekly routine*

“I also love going to Mass every week. It’s a great chance to reflect and connect with God. (My faith) has been a big part of my life since I was born.”

*Words With Wallop*

“What quiet activity can you do regularly for reflecting and feeling connected to something greater than you?”