

Words With Wallop For High D Controlling Self

DISC Behavior Style: D for Dominance

Outgoing & Task-Oriented

Need: Taking control of one's own behavior

Speak these *words with wallop* to outgoing & task-oriented individuals who need to take control of their own behavior.

Quotes From Michael Phelps

Most decorated athlete in Olympic history

Retired after the 2016 Rio, Brazil Olympics

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#### *Being satisfied with his accomplishments*

"If I bring back only one gold people are going to say it's a disappointment. But not too many of them own an Olympic gold medal so if I get one I'm going to be happy."

#### *Words With Wallop*

"Take pride in each accomplishment."

#### *Establishing healthy relationships with people to leave behind his unhealthy relationship with alcohol*

"I sent myself down a downward spiral. I think it was more of, of a sign than anything else. That I had to get something under control, whatever it was."

#### *Words With Wallop*

"Set personal goals for your relationships with family and friends."

#### *Taking control of his behavior to create swimming success without remorse or regrets*

"I learned how fast you can go from being an international hero to being a reference in a joke on a late night talk show."

#### *Words With Wallop*

"Reach for your goals in ways that preserve your dignity."