

Words With Wallop For High D Controlling Self

DISC Behavior Style: D for Dominance

Outgoing & Task-Oriented

Need: Controlling one's own response to difficult situations

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

Quotes From Simone Manuel

First black woman to win an Olympic gold medal for individual swimming
Rio, Brazil 2016

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#### *Seeing equality between herself and others*

"There were many moments that I had doubts about whether I was doing the right sport – if this was for me. I always looked around and realized that there weren't many people who looked like myself when I was younger. But I just stuck with it because it was what I loved to do."

#### *Words With Wallop*

"Act on your equal right to participate."

#### *Ignoring negative people and negative situations to focus on winning*

"When I was younger I realized they (Venus and Serena Williams) were a minority in the sport they participated in, and that's the same role I'm playing now. Just the fact that I knew their journey wasn't easy and that they made it and reached their goals made me want to do the same thing in my sport."

#### *Words With Wallop*

"Cope with difficulties by staying focused on your goals."

#### *Combining work and play*

"I have an easy time keeping up with my friends (especially my dorm friends). We eat lunch and dinner together and sometimes do our homework in the lounge."

#### *Words With Wallop*

"Put a little play in your work."