

Your Daily Harmonic Profile with Degrees

Select choices below and record here
 EXAMPLE: E₂D₃A₁

Use the "gauges" to the right to guide you in responding to the following:

PERCEIVE MY WORLD

QUESTION 1: How will you perceive your day; Emotionally (E) or Logically (L)? Choose only one "degree" below...



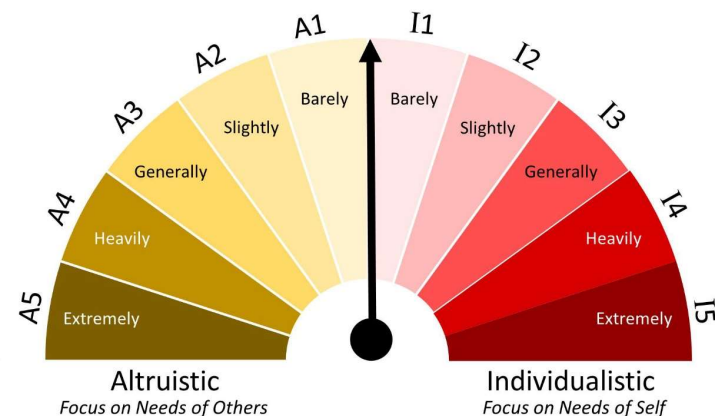
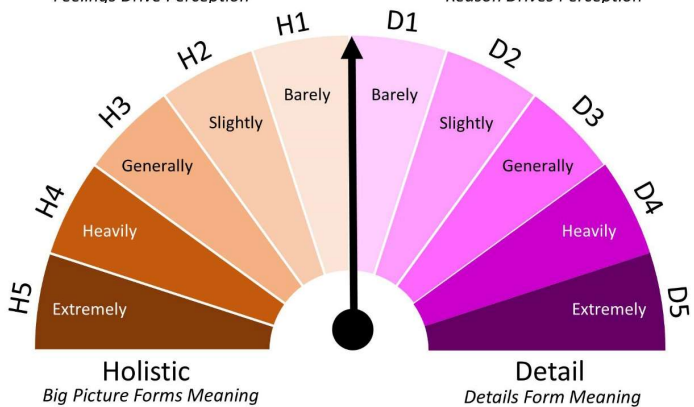
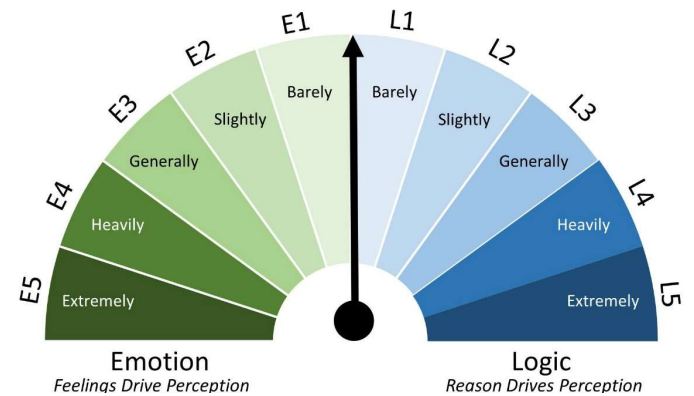
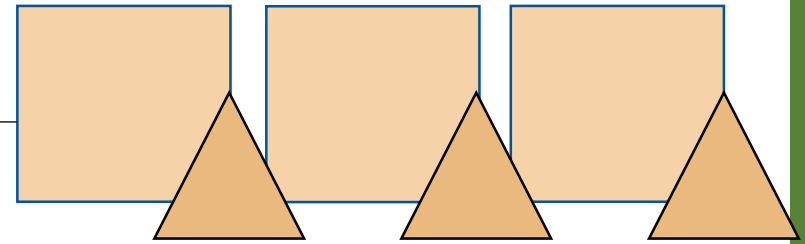
CONSTRUCT MY WORLD

QUESTION 2: How will you approach your day; Holistically (H) through big picture vision or Detailed (D) focused vision? Choose only one "degree" below...



ENGAGE MY WORLD

QUESTION 3: How will you engage your day; Altruistically in service of others (A) or Individualistically (I) in service of self? Choose only one "degree" below...



Your Personal Harmonic Type

Which "Roo" are you?

Visit <http://www.cultureharmonics.com> for full profiles, mind maps, and many more insights on your individual type.

LDA
The Keeperoo

Dedicated
Perceptive
Reliable
Protective



LHI
The Loyalroo

Trustworthy
Loyal
Dependable
Productive



LDI
The Dataroo

Focused
Honest
Unbiased
Attentive



LHA
The Visiroo

Courageous
Curious
Visionary
Active



EDA
The Morpharoo

Versatile
Inquisitive
Driven
Listener



EHA
The Chiparoo

Generous
Enthusiastic
Energetic
Volunteers



EDI
The Wanderoo

Creative
Intelligent
Nomadic
Talented



EHI
The Thrivearoo

Opportunist, Questioner
Adapter, Thinker



Consonance

Spheres of Harmonic Influence

Dissonance

1 2 3 4 5 6 7 8 9 10

Community Harmonics

Neighborhood, religion, country, world, etc.

Occupation Harmonics

Work, school, hobby, sport, recreation, etc.

Relationship Harmonics

Partner, spouse, children, closest friend, etc.

Harmonics is a range from "Consonance" to "Dissonance" in your life. Your Spheres of Harmonic Influence Score represents the range of harmony across three essential spheres. Think about your personal relationships, how you occupy your time, and your extended community. How would you rate your degree of harmony across these spheres of influence in your life? Record your scores on the right and total them below.



Core Self

Record a score of consonance or dissonance for each sphere below.

Relationship Harmonics

Score = (1-10)

Occupation Harmonics

Score = (1-10)

Community Harmonics

Score = (1-10)

Total your Spheres of Influence Score

SCORES

- 1= Extremely Consonant
- 2= Heavily Consonant
- 3= Generally Consonant
- 4= Slightly Consonant
- 5= Barely Consonant
- 6= Barely Dissonant
- 7= Slightly Dissonant
- 8= Generally Dissonant
- 9= Heavily Dissonant
- 10= Extremely Dissonant



Spheres of Influence Scores and Harmonic Responses

Harmonic movement is the ebb and flow of consonance and dissonance throughout your life. Your selected range of Spheres of Influence Scores offer valuable insights to harmonic responses you may explore as you continue to adapt to life's changing conditions.



"Life is a constant harmonic movement."

THE CONSONANT LIFE

SCORE RANGE = 1-10: You likely live in a "consonant world" where you are surrounded by those with like minds and values. This can create comfort and security. This can also inhibit risk and creativity. You may benefit from exploring new experiences within your Relationship Sphere, expanding your interests within your Occupation Sphere, and challenging your comfort zone within your Community Sphere. Creating a little dissonance within your Spheres can stimulate harmony.

THE CENTERED LIFE

SCORE RANGE = 11-20: You likely live in a "centered world" where those around you offer diverse and stimulating experiences. This is typically an overall beneficial position, where harmony characterizes one or more of your Spheres of Influence. Part of the challenge of maintaining this state is it can lead to individual complacency in your Relationship Sphere, Occupation Sphere, and Community Sphere. As life conditions change in these Spheres, be aware of the need to temporarily embrace ranges of consonance or dissonance until you return to center.

THE DISSONANT LIFE

SCORE RANGE = 21-30: You likely live in a "dissonant world" where disruption and tension within or across your Spheres of Influence may be common. While prolonged occurrence of this situation is typically not advantageous, there can be some benefits. Dissonance in your Relationship Sphere, Occupation Sphere, and Community Sphere creates a chance to reflect and change such conditions. It also can lead to creativity, fortitude, and courage as you rise to its challenges. Chaos stimulates and with adversity comes opportunity!