



# NSRC Guidelines

Guidelines in the Establishment of the National Service Reserve Corps

## The "I-MIN" PERSONALITY TEST

Below are ten horizontal lines with four words on each line, one in each column. In each line, put the number "1" next to the word that best describes you in that line; a "3" next to the word that describes you next best; a "2" to the next best word, and a "4" by the word that least describes you. On each horizontal line of words, you will then have one "4", one "3", one "2", and one "1".

**For example:** One choice for the first line of words would be as follows:

3 Likes Authority    4 Enthusiastic    2 Sensitive Feelings    1 Likes Instructions

| L                      | O                     | G                         | B                      |
|------------------------|-----------------------|---------------------------|------------------------|
| 1. ___ Likes Authority | ___ Enthusiastic      | ___ Sensitive Feelings    | ___ Likes Instructions |
| 2. ___ Takes Charge    | ___ Takes Risks       | ___ Loyal                 | ___ Accurate           |
| 3. ___ Determined      | ___ Visionary         | ___ Calm, Even Keel       | ___ Consistent         |
| 4. ___ Enterprising    | ___ Very Verbal       | ___ Enjoys Routine        | ___ Predictable        |
| 5. ___ Competitive     | ___ Promoter          | ___ Dislikes Change       | ___ Practical          |
| 6. ___ Problem Solver  | ___ Enjoys Popularity | ___ Gives In To Others    | ___ Factual            |
| 7. ___ Productive      | ___ Fun-Loving        | ___ Avoids Confrontations | ___ Conscientious      |
| 8. ___ Bold            | ___ Likes Variety     | ___ Sympathetic           | ___ Perfectionist      |
| 9. ___ Decision Maker  | ___ Spontaneous       | ___ Nurturing             | ___ Detail-Oriented    |
| 10. ___ Persistent     | ___ Inspirational     | ___ Peacemaker            | ___ Analytical         |
| ___ TOTAL "L"          | ___ TOTAL "O"         | ___ TOTAL "G"             | ___ TOTAL "B"          |

**Total up the numbers for each vertical column (L, O, G, B).**

## 1.1 You as You

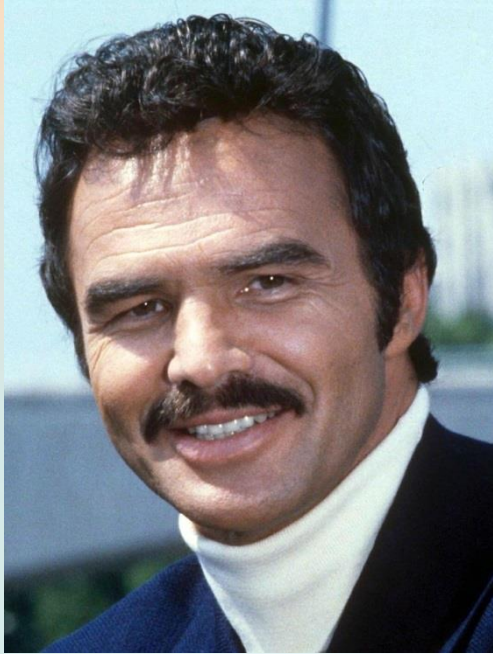
**You are you and what you think. You are unique in your own way. Only you can control your destiny and make a difference in your life.**

Dare to dream! Dare to be!



Beethoven was totally deaf,  
yet he produced musical  
masterpiece.

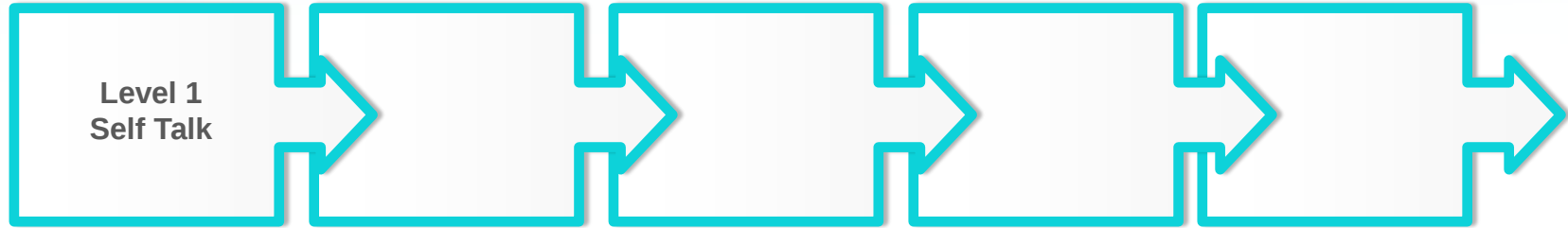
Dare to dream! Dare to be!



Burt Reynolds washed dishes for a living before he became an actor.

# The Levels of Self Talk

Self-talk is a way to override our past negative programming by erasing or replacing it with conscious, positive new directions. It is a practical way to live with active intent rather than by passive acceptance.



## Level 1: The Level of Negative Acceptance (*"I Can't..."*)

L1

The Level of Negative acceptance is the lowest, least beneficial level and the most harmful level of self-talk. It is a self-talk by which you say something bad or negative about yourself, **and you accept it**. It is characterized by words, **"I can't..."** or **"If only I could..."**. It is our of telling ourselves to hesitate, question our capabilities, and accept less than we know we could have done.

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Self-talk is a way to override our past negative programming by erasing or replacing it with conscious, positive new directions. It is a practical way to live with active intent rather than by passive acceptance.



## Level 5: The Level of Universal Affirmation (*"It is..."*)

L5

This level of self-talk has been spoken for thousands of years. It is as old as the ancient religions which inspired it. It is the self-talk of **"Oneness" with God**. This level speaks of a unity of spirit, a divine and timeless cosmic affinity which transcends all worldly things and gives meaning to our being. This is the self talk for seekers, still living among mankind, but anxious to find greater reward. It sounds like: **"I am one of the universe and it is one with me. I am fit, within it, and exist as a shining spark in a firmament of divine goodness."**