

# The Chick Profile “Preview”

Assess your Chicks in Red Heels mentality.

Read and respond to each item as it pertains to your current behavior, using the scale below. Move along quickly, capturing your first reaction.



- 5 - The statement *always* represents you, as you are today (red)
- 4 - The statement *almost always* represents you (green)
- 3 - The statement represents you *more often than not* (yellow)
- 2 - The statement *sometimes* represents you (blue)
- 1 - The statement *never* represents you (purple)

- I have a strong inner belief in my skills and abilities
- I am strong, yet embrace my femininity
- I demonstrate assertiveness
- I draw upon my intellect
- I attend to my “inner appearance” as much as my outer appearance
- I am able to compromise rather than giving in
- I am a *life-long* learner
- I have a vision for my future
- I don’t give up even when the going gets tough
- I conquer fear even though I am scared

	1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**COLUMN TOTALS**      \_\_\_\_\_

**Determine your Red Heel mentality.** Add up the number of checkmarks in each column. The more checkmarks you have in the red and green columns, the greater your confidence and sense of capability. The yellow and blue columns identify those areas where you tend to waver. Your purple responses highlight areas that may benefit from significant change or improvement.

**You are unique!** Your color combination demonstrates that you are a Chick in Red Heels with your own unique heel print. Chicks in Red Heels revel in who they are today (as represented by the red column); and the potential and the possibility they possess of becoming more tomorrow (as represented by the remaining columns).

**My potential! My possibility!** Identify 1-3 areas you would like to focus on for further development:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

**My plan of action!** Our Chicks in Red Heels community has many ways to assist you in your growth and development. Peruse our website to determine which community resources will best serve your needs. The full profile is available in our Red Heel Resource Library. Member login required. Please contact us if you have questions.