DISC Quick Reference Instructions

For Use with any Online Assessment with a Max Score of 100

Complete and post copies at work, at home and anywhere that will help those around you to better understand your DISC style and how to best communicate with you. It also provides a reminder to yourself about your DISC training and to look for other’s differences to connect and communicate according to their style.

1. Double click on ‘NAME’ and write in your own.
2. Single click to the right of the bullet point in the top box and list three ways that you DO want others to use when communicating with you.
3. Single click to the right of the bullet point in the bottom box and list three ways that you DON’T want others to use when communicating with you.
4. Right click inside empty space in the graph and then select on ‘Edit Data’ to enter in your DISC results numbers for D, I, S and C.
5. Print then fold or cut off the top portion and post the bottom section.

**QUICK REFERENCE**

When communicating with me please DO:

NAME

DISC-U.com/quickreference

When communicating with me please DON’T: