



Know the definition and jurisdiction of each S.C.O.R.E.® component. This is your overall attitude.

***Self-Discipline* or “S” is the willingness and commitment while executing well-defined tasks that lead to well-defined goals and ultimately your Visions.**

**High S** has jurisdiction over vision, dreams, foresight, goals, strategy, tactics, scheme, determination, insistence, diligence, tasks, tolerance, resolution, perseverance, self-control, commitment, dedication, willingness and purpose.

**Low S** has jurisdiction over aimlessness, procrastination, impatience, frustration, being lost, chaos, confusion, disordered, jumbled, puzzled, intolerance, annoyed, disoriented, poor time management, tardiness, disorganized, and incompetent, or muddled.

---

***Concentration* or “C” is the ability to mentally and physically focus your energy while executing well-defined tasks that lead to well-defined goals and ultimately your Visions.**

**High C** has jurisdiction over quality, focus, attentiveness, precision, exactness, correctness, resolve, determination, application, accuracy and single-mindedness.

**Low C** has jurisdiction over daydreaming, distraction, inattention, carelessness, negligence, lack of focus, boredom, mistakenness, imprecision, incompetence, ineffectiveness, inaccuracy, ineptitude, wastefulness, and inefficiency, wastefulness, absent-mindedness, and uselessness.

---

***Optimism or “O” is the belief, expectancy and knowing while executing well-defined tasks that lead to well-defined goals and ultimately your Visions.***

**High O** has jurisdiction over trust, confidence, pride, self-esteem, belief, certainty, expectancy, self-respect, self-worth, willpower, self-assurance, faith, and a sense of knowing

**Low O** has jurisdiction over pessimism, distrust, doubt, gloom, fear, negativity, cynicism, uncertainty, reservation, hesitation, skepticism, disbelief, hopelessness, impossibility, futility, bleakness, desperateness, negativity, fatalism, low self-esteem, low self-worth, low self-respect, among other undesirable traits.

---

***Relaxation or “R” is being comfortable (free from anxiety, worry and fear) while executing well-defined tasks that lead to well-defined goals and ultimately your Visions.***

**High R** has jurisdiction over calmness, tranquility, peacefulness, stillness, composure, quietude, poise, ease, and serenity.

**Low R** has jurisdiction over anxiety, worry, apprehension, concern, agitation, burden, fear, dread, distress, panic, alarm, trepidation, anger, and most other negative reactions to stress.

---

***Enjoyment or “E” is the passion, pleasure and satisfaction while executing well-defined tasks that lead to well-defined goals and ultimately your Visions.***

**High E** has jurisdiction over thoughts that convey movement, desire, pleasure, rapture, hunger, eagerness, inspiration, motivation, stimulus, delight, elation, liveliness, stimulation, animation, thrill, encouragement, exhilaration, passion, craving, happiness, alertness, nimbleness, gladness, cheerfulness, contentment, glee, bliss, joyfulness, and ecstasy.

**Low E** has jurisdiction over sorrow, blues, melancholy, sadness, wretchedness, displeasure, anger, apathy, laziness, lethargy, lumbering, listlessness, discontentment, indifference, unresponsiveness, unimportance, dullness, dreariness, lifelessness, flatness, insipidness, monotony, unhappiness and lethargy, among other maladies.

**How is your S.C.O.R.E. ®?**