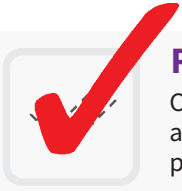


Activate Your A™ Checklist

Discovering your instinctive strengths by taking the Kolbe A™ Index is a fantastic start. Make sure that you have activated the power of this knowledge by following the steps below:



Read Your Report

Carefully review the report that comes with the Kolbe A Index Result (again). There are many hidden gems that don't appear in your first excited skim through the results. Pay special attention to the paragraph right above your bar chart on page 1 — it is an awesome summary of your conative talents!



Listen to the Audio(s)

At the bottom of your report are instructions for how to listen to what Kathy Kolbe has to say about your instinctive strengths. This is a great place to start understanding each of your four Kolbe Strengths™. Check out our audios page for further learning about your method of creative problem solving.



Take the Activate Your A Discovery Course

You're not going to be an expert in Kolbe immediately after getting your Kolbe A Index result. Fortunately, you can listen to a Kolbe Expert go deeper into the Three Parts of the Mind, the four Kolbe Action Modes®, and help you discover effortless success by using your conative strengths. Enroll in the course at [Kolbe.com/ActivateYourA](https://kolbe.com/ActivateYourA).



Get an Individual Interpretation

The concept of conation is new to most people when they take the Kolbe A Index. Talking to an expert in instinctive strengths is a great way to make the most of your result. Contact us to schedule time with a Kolbe Expert to get a 1:1 deeper understanding of your instinctive strengths and how to apply them to your life.



Assess Your Stress

Stress sucks! It is so pervasive that we've often learned to just accept it. Don't! Kolbe can help you figure out why you're so stressed in the first place. Take the Kolbe B™ and Kolbe C™ Indexes to see if your stress is linked to your job. Then we'll help you figure out how to fix it.



Help Your Team

Once you've started to understand and make use of your instinctive strengths, it may be time to get your team involved. Contact us for help implementing Kolbe solutions in your workplace. Most teams get a Kolbe A Index result for everyone and then invite a Kolbe Expert to host an interactive workshop.



Empower Your Personal Connections

Having your instinctive strengths in the workplace is wonderful, but using conation to improve your personal relationships is incredibly fulfilling. Explore Kolbe's solutions for improving romantic relationships and empowering youth by visiting [Kolbe.com/at-home](https://kolbe.com/at-home).