

PrincipleYou Instructions

1. Please take the assessment on www.principlesyou.com using these instructions:

Taking the assessment:

1. Go to https://principlesyou.com/users/sign_up
 2. Select **Create A Profile With Email** and fill in with requested information;
 3. Complete by clicking **Sign Up** which will prompt you to verify your email address;
NOTE: Make sure to save your credentials and password somewhere accessible, as later on we'll ask you to remember this information to import your results into our team's platform - PrinciplesUs.
 4. Navigate back to https://principlesyou.com/users/sign_up and log in.
 5. Take the Assessment! (it takes about 30 minutes to complete)
2. Once complete, share assessment results using the instructions below.

Sharing your assessment results with your coach:

1. Open the PrinciplesYou profile: <https://principlesyou.com/session/new>
 2. Go to **"invite and Share"** from the left side of the page;
 3. Locate **"Share your full results"** at the bottom of the page;
 4. Click **"Edit privacy,"** below the shareable link;
 5. Select **"Anyone with the link"** under: **"Who can view your full results."**
 6. Save the changes, and copy the link to share with your coach or friends, or click **"Download as PDF"** to download your report
3. Review their results and, if you'd like, review the following two videos before our conversation.

- a. **Video: [Dr. Adam Grant on Self-Awareness and Career Success](#)** (~5 min)
Dr. Grant, Organizational Psychologist at Wharton and Co-Creator of the PrinciplesYou Assessment, talks about getting into a helpful mindset for approaching personality assessments and how those assessments can be powerful tools for personal reflection and reflection with others.
- b. **Video: [How to Interpret and Reflect on Your Results](#)** (~15 mins)
In this 2-part series, Principles' Chief Experience Officer Zack Wieder walks through the structure of the assessment and gives perspective on how to approach interpreting and reflecting on your results.