THE CAREGIVER REPORT

MY CORE VALUE: Compassion
PATTERN: Taking care of others
I LIVE FOR: Family and Friends
I’M AT MY HAPPIEST: Loving and being loved
HABIT TO BREAK: Saying “Yes” to everything
YOU MIGHT BE A CAREGIVER IF: You are on speed dial whenever crisis strikes one of your many friends
MY STYLE: Easy, versatile, comfortable. Pastels suit me
BEAUTY PROFILE: Your appearance is often last on your list. You’re time-starved, so when it comes to beauty you like products that are multitasking, nurturing, and soft
KISSING STYLE: Sweet and tender kisses on lips, eyelids, and cheeks
DREAM GETAWAY: Family vacations to Disney, road trips, or a weekend getaway to nearby beaches or lakes
MY IDEA OF A GOOD TIME: Any gathering that involves good friends and family

WHICH CAREGIVER ARCHETYPE ARE YOU?

TEACHER Excellent listener, seldom shy, often charismatic, love mentoring
PARENT Reliable, compassionate, responsible
BFF Reliable and someone people turn to at the worst and best of times
RESCUER Courageous, selfless, with a genuine desire to help
MENTOR Open to those hungry to learn, giving confidence to those who need it most
NURSE Ability to stay calm
DOCTOR You live to save lives
HEALER You feel called to help others.
CIVIL SERVANT You are a vital component to keeping your community safe and sound.
VETERAN You are a selfless servant to your country.

our days are happier when we give people a bit of our heart rather than a piece of our mind
CAREGIVERS WE LOVE TO LOVE

PARENTS
MENTORS
COACHES
TEACHERS
VETS
NURSES
DOCTORS
THERAPISTS
ASSISTANTS
CIVIL SERVANTS
GROUNDSKEEPERS
HOUSEKEEPERS
HOSPITALITY WORKERS

ArcheSCOPES

caregiver + ARIES
THE MOTIVATING CAREGIVER: You prefer to lead by doing.

caregiver + TAURUS
THE EARTHY CAREGIVER: You’re a natural nurturer.

caregiver + GEMINI
THE VERSATILE CAREGIVER: You read people well, and your capacity to engage lets them feel they’re in safe hands.

caregiver + CANCER
THE NURTURING CAREGIVER: It’s second nature for you to tend to those in need.

caregiver + LEO
THE UPLIFTING CAREGIVER: You have the rare ability to be both effective and playful.

caregiver + VIRGO
THE EFFICIENT CAREGIVER: Your concern for mind and body, makes you especially effective in serving others.

caregiver + LIBRA
THE ADVICE-GIVING CAREGIVER: You have a great capacity to listen to others and offer sound, even loving advice.

caregiver + SCORPIO
THE EMPOWERING CAREGIVER: You run a tight ship and are acutely aware of what needs to be done.

caregiver + SAGITTARIUS
THE OPTIMISTIC CAREGIVER: You love to bring sunshine into the lives of those affected by life’s challenges.

caregiver + CAPRICORN
THE DEDICATED CAREGIVER: You demonstrate great commitment to those you choose to serve.

caregiver + AQUARIUS
THE KNOWLEDGABLE CAREGIVER: You are a problem solving caregiver.

caregiver + PISCES
THE COMPASSIONATE CAREGIVER: You’re sensitive, kind, caring, and comforting by nature.
BRANDS
GOOD: Kmart, Target, Sears, Motherhood Maternity, Kohls, JCPenney, Macy’s, T.J. Maxx
BETTER: QVC, Gap, Splendid, Garnet Hill, Boden, Autumn Cashmere, Anne Klein

MAGAZINES
Good Housekeeping, O, The Oprah Magazine, Better Homes and Gardens, Real Simple, Parents, Prevention, Woman’s Day, Redbook

MOVIES
The Notebook, Mrs. Doubtfire, Driving Miss Daisy, Annie, What to Expect When You’re Expecting, The Sisterhood of the Traveling Pants, Divine Secrets of the Ya-Ya Sisterhood, Hope Floats, The Sweetest Thing

BOOKS
What I Know For Sure by Oprah Winfrey, Being Mortal by Atul Gawande, When Things Fall Apart by Pema Chodron, The Smartest Kids in the World: And How They Got That Way by Amanda Ripley, She’s Come Undone by Wally Lamb

TV SHOWS
The Dr. Oz Show, Dr. Phil, Iyanla: Fix My Life, The Good Wife, Nanny 911, Gilmore Girls, Wife Swap, Parenthood, About a Boy, Modern Family, Army Wives

MUSICAL TASTE
Top 40

EXERCISE: Walking

FLOWER: Petunia, Rose

VACATION: Disneyland

MUST HAVE:
Burpee Seeds by Teaching Garden for American Heart Association, Be Good for Kids Natural Cleansing Wash for Little Bodies, Barefoot Dreams

FAVORITE PICKS
DRINK: Beer, Bahaama Mama, Piña Colada, Pinot Grigio
CANDY: See’s Chocolates, Snickers, Peanut M&Ms
DIET: Weight Watchers, Unprocessed, Quick and Easy

WEBSITES
cafemom.com, pinterest.com, facebook.com, felix.org, realsimple.com, marthastewart.com

BEST MOMMY BLOGGERS:
mommasgonecity.com

BEST JOB SITES: ed.gov, nurse.com, boysandgirlsclub.com

APPS
Key Ring, All Wornen Stalk, Out of Milk

HOT TOPICS
Child care, Pet care, Time savers, Self help, Organizers, Easy family style recipes, Holidays, Sentimental gifting, Patient care, Gardening

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