



## ***Grow Love, Trust, and A Happy Cooperative Life with Your Dog***

### Day 1: "Find the Love"

Let's start fresh, and let's find the love ... rekindle the main thing: love without condition, true understanding and acceptance and the belief that together, we can do anything!

This Love Trust Grow Challenge is all about getting clarity and confidence on the immediate next steps to take, based on where you are right now in your relationship with your dogs.

Today, we're going to begin by focusing on YOU and YOUR DOG ... and planting our first seed of TRUST, based on a perspective shift that comes from deeper understanding and clarity about why your dog does what they do, and why you do what you do in response.

Curiosity leads to deeper understanding and more clarity ... and Getting curious about our dog's behavior is a great launchpad to new understanding so that we can break the spiral of doubt, difficulty, and disconnection.

**What is Your Dog's Personality Type?** Now, we're going to have some FUN with this ... be light hearted and light headed ... this is just a SEED ... once you join us in the BPA, we dive much deeper into this with three full masterclasses.

There are FIVE Personality Types that influence our dog's behavior and our behavior as well as our thinking...

### **The Magician also known as the Fire Type**

- Keywords are: Joy, Excitement, Quick, Social
- When misunderstood, Magician type dogs can become anxious, agitated, frenzied, nervous ...
- Let's call their SuperPower: Spirited!

### **The Nurturer also known as the Earth type**

- Keywords are: Nurturing, Willing, Peacemaking
- When misunderstood, Nurturer type dogs can become worried, stressed, over-protective, needy...
- Let's call their SuperPower: Devoted!

### **The Organizer also known as the Metal type**

- Keywords are: Reserved, Analytical, Perfectionist, Methodical
- When misunderstood, Organizer type dogs can become anxious, withdrawn, inflexible, bossy.
- Let's call their SuperPower: Persistent!

### **The Sage also known as the Water Type**

- Keywords are: Good Listeners, Observant, Self-sufficient, Curious, Clever
- When misunderstood, Sage type dogs can become fearful, timid, suspicious, unforgiving, aloof...
- Let's call their SuperPower: Curiosity!

### **The Explorer also known as the Wood Type**

- Keywords are: Strong, Assertive, Bold, Energetic
- When misunderstood, Explorer type dogs can become defensive, angry, intolerant, impatient...
- Let's call their SuperPower: Driven!

### **Which primary Personality Type is YOUR DOG?**

**What quirks and sensitivities do you observe about your dog?**

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**How can you tap into your dog's Superpower for a more cooperative life together?**

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**Instead of being stuck in the limiting beliefs of "My dog always..." or "My dog never...", get curious, and try these examples to inspire your own reframed thoughts:**

"My dog alarm barks when he feels unsure about a person."

"My dog jumps frantically on people when she feels she is being rejected when trying to greet."

"My dog needs my supportive guidance when other dogs are coming close and he feels trapped by the leash."

"My dog feel uncomfortable right now, so I need to be a clear and loving guide."

"I realize that my dog hasn't gotten enough sleep, so it's time for a nap."

“My dog has been over-aroused and triggered today, so I will do better with my choices tomorrow.”

“My dog is a Magician, and so easily excitable. I know she is having a hard time with all this stimulation right now.”

**What limiting beliefs or unhelpful thoughts do you have about your dog, and your dog’s behavior?**

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**Which limiting belief/unhelpful thought is the most damaging to your relationship?**

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**How can you reframe that thought/belief?**

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# 5 Things I Love About My Dog

And Our Life Together

1



2

3



4



5



BE MY  
*Valentine*

LOVE



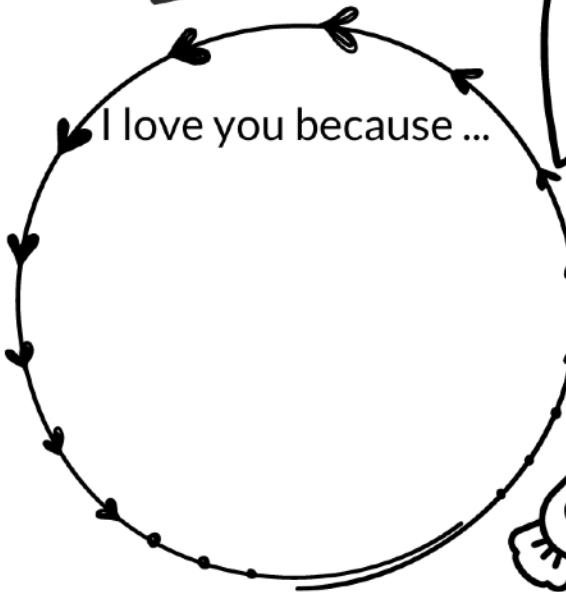
When you do ...

I promise to ...

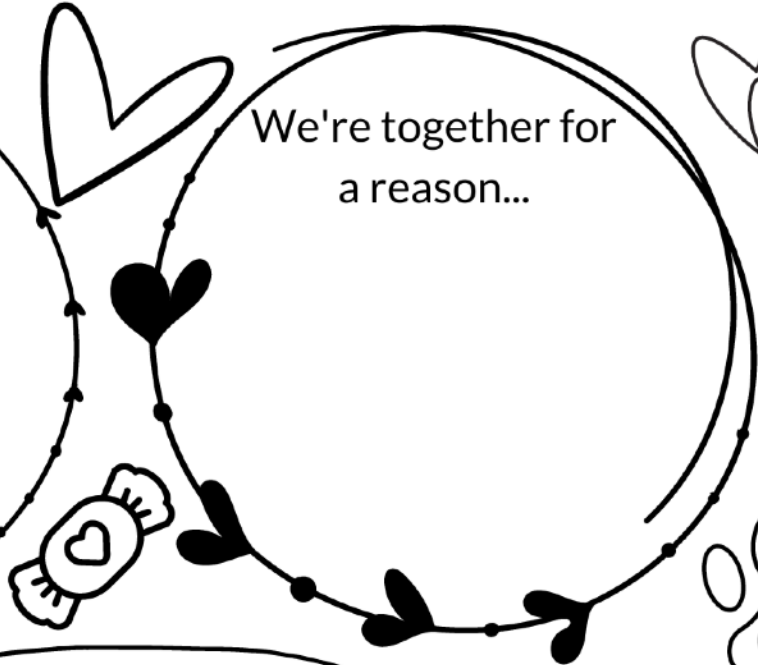
I love ...



I love you because ...



We're together for  
a reason...



Together, we can...

