

THE ULTIMATE GUIDE

TO UNDERSTANDING

Your Dog's Personality

TRAITS, SENSITIVITIES, SUPERPOWERS
SLEEP AND EXERCISE NEEDS



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Truly Understand Your Dog

Let's dive into The Ultimate Guide to Understanding Your Dog's Personality, Quirks, Sensitivities and Exercise Needs ... so you can turn behavior struggles into superpowers and fast-track to the happy life you were meant to have with your dog!

TRULY UNDERSTANDING YOUR DOG CHANGES EVERYTHING and Leads to...

- Loving Whole-Heartedly, and without condition
- A Trust-Worthy Connection and feeling safe, calm and happy
- Growing a Cooperative and Brilliant Life Together!

LA one-size-fits-all approach never works because dogs are individuals (and so are we) with unique needs and characteristics...now let's find out what that means for YOUR dog, and turn your struggles into cooperation...and get started with creating a happy life!

Let's do this!

Kathy xo



Let's Talk Personality Types...

Why Understanding Your Dog's Personality Type Matters

One of the biggest reasons our dogs escalate their behavior from a whisper to a shout is that they are misunderstood...and we dog moms are stuck in our limiting beliefs...

One of the myths we have been handed down is that all dogs are alike, and that the same training will be effective for all dogs, if we would just get it right. That leads us to thinking that there's something wrong with US ... or there's something wrong with our dogs. Or both.

That thinking then leads us to another thought ... that our dogs are giving us a hard time...and choosing to not be cooperative. But the truth is that our dogs are **HAVING A HARD TIME**. And all those thoughts all begin to **LEAK TRUST**.

The remedy is more clarity and understanding ... which is what leads to more Trust and Confidence, and Cooperation.

Behavior is Communication, even your own behavior and your own feelings and doubts ... that's just communicating that you don't feel confident and that you don't have a workable plan.

It's the same for our dogs...even when they're barking like mad, or pulling you hard, or running away when you call ... or jumping or mouthing or growling ... it's important to remember that they're

Let's Talk Personality Types...

communicating that there's something going on under the surface, and that's the only way they have in that moment to communicate how they feel.

Maybe it's not the best way to communicate ... but that's what it is...

A very simple way to shift our thinking about our dog's behavior is to get curious about their personality type traits ... so that we can gain perspective of their needs, sensitivities, quirks and preferences ... so that we can reach a new level of understanding, trust and cooperation!!

Discover Your Dog's Primary Personality Type

Before we dive into the different personality types and their traits and needs, you need to know your dog's primary personality type. Head over to my online assessment to take the quick Personality Type Quiz, then let's dig into better understanding your dog.

Take the free Personality Quiz Now:

dancinghearts.link/VIP-quiz

Let's Talk Personality Types...

What's Your Dog's Primary Personality Type?

There are FIVE Personality Types that influence your dog's behavior, quirks, sensitivities and needs...here's a profile description for each, and prompts for you to deepen your understanding of your dog are on the pages that follow!

The 5 Dog Personality Profile Types



If Your Dog's Primary Personality Type is:

"The Magician"



Here's What That Means...

The Magician personality type is aligned with the **Fire** Element, and has positive traits that make these dogs magnetic and exciting, inspiring belief that anything is possible. Who doesn't love a good magic show?

"It's all about me" and **"Let's party"** is a Magician type dogs' motto.

Magician type dogs are happy, social, extroverted, excitable, hyper, active, funny, curious, sensitive, love to be loved ... and have a quick stimulus response.

They can certainly be fun and great to live with, especially if you are active, love to do dog sports or love to go to dog-friendly social gatherings!!

That said, there's a downside to living with Magician type dogs...and it's so easy to make mistakes with these types of dogs.

One of the most common mistakes is misunderstanding the Magician type dogs. This lack of understanding their personality and their unique needs leads to a negative, or shadow side, of expression of their personality traits.

That means the misunderstood Magician type dog is often difficult to live with, and their behavior often feels over-the-top.

Let me explain...

What Can Happen with "Magician" Dogs

When Magician type dogs are misunderstood and mishandled, they can become anxious, agitated, frenzied, nervous.

This can lead to behaviors like:

- excessive vocalizations - lots of unwanted arousal barking ...
- being nervous around other dogs, and strangers ...
- inappropriate greetings like jumping and bouncing on people ...
- chasing animals and other moving things ...
- demanding and pulling toward something they want ...
- easily distracted, finding it difficult to focus on the task at hand...
- becoming anxious and agitated easily...





Magician

The dog with a primary Magician/Fire Type is happy, social, extroverted, excitable, hyper, active, funny, curious, sensitive, loves to be loved ... with a quick stimulus response.

When misunderstood, Magician type dogs can become anxious, agitated, frenzied, nervous ...

Their sensitivities and quirks can lead to:

- Unwanted arousal barking - because they have a lot to say!
- Because of their social sensitivity, they can be nervous around other dogs, and strangers, and that can lead to inappropriate greetings like jumping and bouncing.
- Because they are easily aroused, one of their quirks can be chasing animals and moving things, so make it easy for them not to!
- Due to their passionate nature, they can be relentless when they want something...they get FOMO if they think they're missing a party or fun social opportunity!

SuperPower: Spirited!

This means they are:

- Confident
- Passionate about life
- Able to take risks
- Full of Life and energy
- Inquisitive and Energetic
- Love to play and entertain

Activity Ideas for Magician/Fire Type Dogs:

Activities that are Fun, Social, and Connected Physically and Emotionally.
Agility. Cuddles. Running. Hide n seek. Fetch. Trick training. Chasing. Tugging.
Playing with others. Flyball. Dock Diving. Free Style.

If Your Dog's Primary Personality Type is:

"The Nurturer"



Here's What That Means...

The Nurturer personality type is aligned with the **Earth** Element, and has positive traits that make these dogs caring, easy-going, adaptable, love to connect and harmonize, they are a peacemaker!

The Nurturer's motto is "**Let's all get along**"

Nurturer type dogs tend to be generous, kind, sweet natured, willing to please, patient, compassionate, easy going ... have a slow stimulus response, and are typically not easily excited or reactive.

They can certainly be fun and great to live with, especially if you love to go for easy walks on the beach or in the woods, love to cuddle, or do therapy work.

That said, there's a downside to living with Nurturer type dogs...and it's so easy to make mistakes with these types of dogs.

One of the most common mistakes is misunderstanding the Nurturer type dogs. This lack of understanding their personality and their unique needs leads to a negative, or shadow side, of expression of their personality traits.

That means the misunderstood Nurturer type dog is sometimes difficult to live with, and their behavior can lead to you feeling impatient or frustrated.

Let me explain...

What Can Happen with "Nurturer" Dogs

When Nurturer type dogs are misunderstood and mishandled, they can become anxious, agitated, frenzied, nervous.

This can lead to behaviors like:

- following you around everywhere, worried to leave you alone ...
- getting stressed if you or anyone in the family is ill, injured or stressed ...
- demanding or guarding resources, especially food of any type ...
- pushing for attention and touch, not wanting to be left out or left alone...
- gets 'distracted', leaving their work ...
- and perhaps shuts down when feeling pressured ...
- slow to respond to requests or cues ...





The Nurturer

The dog with a primary Nurturer/Earth Type is mothering, nurturing, generous, kind, sweet natured, willing to please, patient, compassionate, easy going ... slow stimulus response, not easily excited or reactive.

When misunderstood, Nurturer type dogs can become worried, stressed, over-protective, needy...

Their sensitivities and quirks can lead to:

- Following you around, worried to leave you alone.
- Getting worried if anyone in the family is ill or stressed out, because they are sensitive to emotional changes.
- One of their quirks is they often love food!
- They also love attention and touch and can even get pushy about that, not wanting to be left out or left alone.
- They are also sensitive to feeling pressured about something that is not agreeable to them, causing them to shut down or refuse...
- They are going to be slow to respond to requests or cues - it's important to embrace this quirk!

SuperPower: Devoted!

This means they are:

- Agreeable and Patient
- Big-hearted and In tune
- Kind and Compassionate
- Loyal and predictable
- There for You

Activity Ideas for Nurturer/Earth Type Dogs:

Activities that allow them to feel involved, needed, & support harmony. Fetching slippers, helping with household chores. Whole pack activities. Therapy dog. Gardening. Laying in the sun. Sniffy walks. Nose work. Tracking.

If Your Dog's Primary Personality Type is:

"The Organizer"



Here's What That Means...

The **Organizer** personality type is aligned with the **Metal** Element, and has positive traits that make these dogs methodical, precise, reserved, they love structure and order, and are thinkers/analyzers.

The Organizer's motto is **"Let's all follow the rules!"**

Organizer type dogs tend to be independent, intelligent, introverted, they prefer routines, are quick to learn, they follow rules and organize others to do the same.

They can certainly be fun and great to live with, especially if you love to do dogs sports that require precision, like agility or herding, or love to learn new things together with your dog.

That said, there's a downside to living with Organizer type dogs...and it's so easy to make mistakes with these types of dogs.

One of the most common mistakes is misunderstanding the Organizer type dogs. This lack of understanding their personality and their unique needs leads to a negative, or shadow side, of expression of their personality traits.

That means the misunderstood Organizer type dog is often difficult to live with, and their behavior can feel rigid and restrictive.

Let me explain...

What Can Happen with "Organizer" Dogs

When Organizer type dogs are misunderstood and mishandled, they can become anxious, agitated, frenzied, nervous.

This can lead to behaviors like:

- freaking out when things are out of order or something is different in the environment ...
- getting anxious if you or anyone in the family is ill, injured or stressed ...
- restoring order with you and other family dogs, aka being 'the fun police' ...
- refusing to adjust or change their mind - aka stubborn ...
- shuts down when feeling pressured by training or performance ...
- becomes sad or withdrawn, refusing to cooperate...





The Organizer

The dog with a primary Organizer/Metal Type is analytical, observant, studies, a thinker, independent, intelligent, introverted, prefers routines, quick to learn, perfectionist, follows rules and organizes others.

When misunderstood, Organizer type dogs can become anxious, withdrawn, inflexible, bossy.

Their sensitivities and quirks can lead to:

- Because they notice every little detail, and like orderliness, they will let you know when there's something new or different around, or when the routine is not being followed.
- They are sensitive to emotional states, and will get anxious if you or a family member is ill or not behaving balanced and 'normal'.
- Your organizer dog loves being the 'fun police' and will do their best to manage you and the others to restore order in the house!
- One of their quirks is refusing to adjust or change their mind once they have it on lockdown.
- They are sensitive to mistakes, yours and theirs, and shutting down when under pressure from training/performance is common.

SuperPower: *Persistent!*

This means they are:

- Passionate about life
- Strong Leaders and Managers
- Thrive on Structure
- Independent Thinker
- Attentive to Details

Activity Ideas for Organizer/Metal Type Dogs:

Activities that allow them to think, organize, control, learn.
Competitive obedience, herding, tricks, rally, agility. Puzzles. Hide n seek.
Conformation. SAR. Barn hunt. Playing fetch, retrieving.

If Your Dog's Primary Personality Type is:

"The Sage"



Here's What That Means...

The **Sage** personality type is aligned with the **Water** Element, and has positive traits that make these dogs clever, self-sufficient, quiet, observant...

The Sage's motto is ***"I want to know why"***

Sage type dogs tend to be curious, introverted, good listeners, easy-going, attentive, very observant, self-sufficient, resilient, and you need to EARN their trust.

They can certainly be fun and great to live with, especially if you love to connect on a deeper level, to swim or hang out near water, and love to learn new things together with your dog.

That said, there's a downside to living with Sage type dogs...and it's so easy to make mistakes with these types of dogs.

One of the most common mistakes is misunderstanding the Sage type dogs. This lack of understanding their personality and their unique needs leads to a negative, or shadow side, of expression of their personality traits.

That means the misunderstood Sage type dog is often difficult to live with, and their behavior can seem timid, fearful, aloof and unwilling.

Let me explain...

What Can Happen with "Sage" Dogs...

When **Sage** type dogs are misunderstood and mishandled, they can become anxious, agitated, frenzied, nervous.

This can lead to behaviors like:

- fearful barking when something is different in the environment ...
- wary and suspicious of strangers, unwilling to trust and accept...
- will not trust your assurances that something is ok - they need time and space to sort it out themselves ...
- they will stay afraid or suspicious for a very long time ...
- not interested in something until they have inspected and accepted ...
- not accepting restraint or the feeling of entrapment ...
- will hide or go away when wary or unsure ...





The Sage

The dog with a primary Sage/Water type are curious, clever, quiet, introverted, good listeners, easy-going, attentive, very observant, self-sufficient, resilient, need to earn their trust.

When misunderstood, Sage type dogs can become fearful, timid, suspicious, unforgiving, aloof...

Their sensitivities and quirks can lead to:

- Being very observant, and suspicious of the unknown, they will often fear bark at something different...
- No matter how convincing you think you are, they won't trust your assurances - and need to sort it out themselves. Their trust must be earned!
- Not quick to decide, they're not interested in something until they have inspected and accepted ... that applies to about everything!
- Because they want to be self-sufficient, they don't easily accept restraint or feeling trapped.
- They know what to do when time to observe and process is needed - they create alone time and will hide or move away when wary or unsure.

SuperPower: Curious!

This means they are:

- Empathetic and In Tune
- Imaginative
- Clever and Intelligent
- Curious and Attentive
- Self-Sufficient

Activity Ideas for Sage/Water Type Dogs:

Activities that allow them time to think, learn, take their time. Walking, Connecting. Puzzles. Sniffy walks. Meditating with you. Snuggling. Nose work. Visiting new places in nature. Keeping you company, listening.

If Your Dog's Primary Personality Type is:

"The Explorer"



Here's What That Means...

The **Explorer** personality type is aligned with the **Wood** Element, and has positive traits that make these dogs brave explorers that like to take quick, bold action.

Explorer Type dogs are competitive by nature - Bold, adventurous, like a person who strikes out into the wilderness to conquer the unknown.

"I'm in charge!" is an explorer dogs' motto.

Explorer type dogs tend to be strong, assertive, confident, energetic, adaptable, competitive, be a 'type A', direct, have a quick stimulus response.

They can certainly be fun and great to live with, especially if you are active, love to do dog sports or love to go on hikes and camping trips!!

That said, there's a downside to living with Explorer type dogs...and it's so easy to make mistakes with these types of dogs.

One of the most common mistakes is **misunderstanding** the Explorer type dogs. This lack of understanding their personality and their unique needs leads to a negative, or shadow side, of expression of their personality traits.

That means the misunderstood Explorer type dog is often very difficult to live with, and their behavior feels extreme.

Let me explain...

What Can Happen with "Explorer" Dogs...

When Explorer type dogs are misunderstood and mishandled, they can become defensive, angry, intolerant and impatient.

This can lead to behaviors like:

- excessive alert and guard barking ...
- being unfriendly toward other dogs, and strangers ...
- lunging and barking in an aggressive way ...
- competitive or jealous-type behavior toward other family dogs ...
- aggressive behavior toward other animals like family cats ...
- demanding your attention in an unrelenting way ...
- and possibly even damaging your home furnishings and yard...





The Explorer

The dog with a primary Explorer/Wood type is bold, adventurous, strong, assertive, confident, energetic, adaptable, competitive, a leader, has a quick stimulus response.

When misunderstood, Explorer type dogs can become defensive, angry, intolerant, impatient...

Their sensitivities and quirks can lead to:

- excessive alert and guard barking -- they will take charge of the situation, especially if they don't think you are!
- They are confident leaders, so being friendly toward dogs, and others, is always on their terms.
- You'll find your explorer dog lunging and barking at perceived threats in a strong, bold way because they believe that is their job and will keep at it until the job is done...or you take over.
- Passionate to win, they are competitive and that can sometimes express as jealous-type behavior in the family.
- Not one to take no for an answer, they can be relentless in pursuing what they want, almost single-mindedly!

SuperPower: Driven!

This means they are:

- Full of Energy
- Inquisitive and Adventurous
- Strong and Powerful
- Competitive and Passionate
- Confident in Own Decisions

Activity Ideas for Explorer/Wood Type Dogs:

Activities that allow them to WORK. Sled/racing. Agility. Mountain Hiking. Herding. Competitive Obedience. Search & Rescue. Police/Military Work. Hunting. Lure Coursing. Mantrailing. Barn Hunt. Parcour.

Whichever Your Dog's Personality Type...

There are some practical steps you can take to avoid these behavior difficulties, and to restore peace and calm if your dog is already exhibiting some of these difficult behaviors.

I like to say that "Behavior is Communication" ... and a dog whose communication has escalated into these unwanted expressions leads to stress hormones like cortisol being released, and then accumulating in your dog's system ... making your dog's behavior even more difficult.

It all begins with having a Brilliant Partnership Foundation that includes these three key pillars ...

1 Clarity: Your Daily Practices.

Start with getting clear about the daily decisions where you DO MORE of the things that help you and your dog to feel calm, connected and happy ... and DO LESS or eliminate the things that cause your dog to stress and release cortisol. This balanced approach will help your dog to be able to calm down and to be better able to listen to your loving guidance.

2 Connection: Your Communication Moments.

These are the mindsets and communication skills that help you to connect with your dog. Simply being fully present, and communicating congruently so that your thoughts, emotions and body language and expressions are aligned with creating trust and understanding with YOUR dog, makes it easy for your dog to be attentive and responsive.

3 Cooperation: Your Partnership Decisions.

Every day you are making small partnership decisions about role modeling, breathing, loving leadership, advocacy, and more -- that all add up to a happy, cooperative life (or not). Having awareness of these decisions, and then having a process to navigate your choices in a way that creates more trust, a better bond, and better behavior is essential.

The Arousal Protocol = A Balanced Life

Plan your dog's daily activities for the ideal balance: Meet your dog's exercise, enrichment, and resting needs ... and eliminate activities or events that lead to over-aroused, unruly or reactive, cortisol-dumping behavior.

Average Dog Daily Sleep Requirements

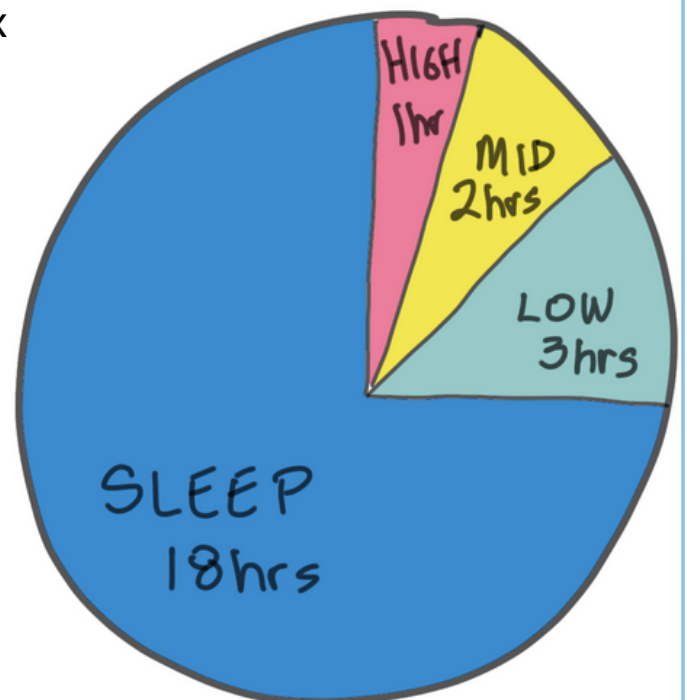
Healthy Adult Dogs = 16-18 Hrs Sleep Per Day

Puppies and Geriatric Dogs = 18-20 Hrs Sleep Per Day

Healthy Adult Dogs Daily Activity Arousal Protocol

Out of about 6 hours per day on average, you want to aim for this mix of activity* consistently:

- 10-15% very active (high level) exercise like running, swimming, or working hard. (30-60 minutes/day)
- 30-40% medium or moderate levels of activities, like thinking, training, working. (2 hrs/day)
- 50% low levels of activity that are quiet, relaxing, chill. (3 hrs/day)



The Arousal Protocol = A Balanced Life

*These activity hours include feeding/eating times, play times, walking times, potty times, grooming times, snuggling times, training times, working times, helper times, hanging out times, relaxing times, structured times, unstructured times, chewing times, grooming times, driving times, sniffing times, self-entertainment times... whether with you or without you, they count toward your dog's daily tally of activities...

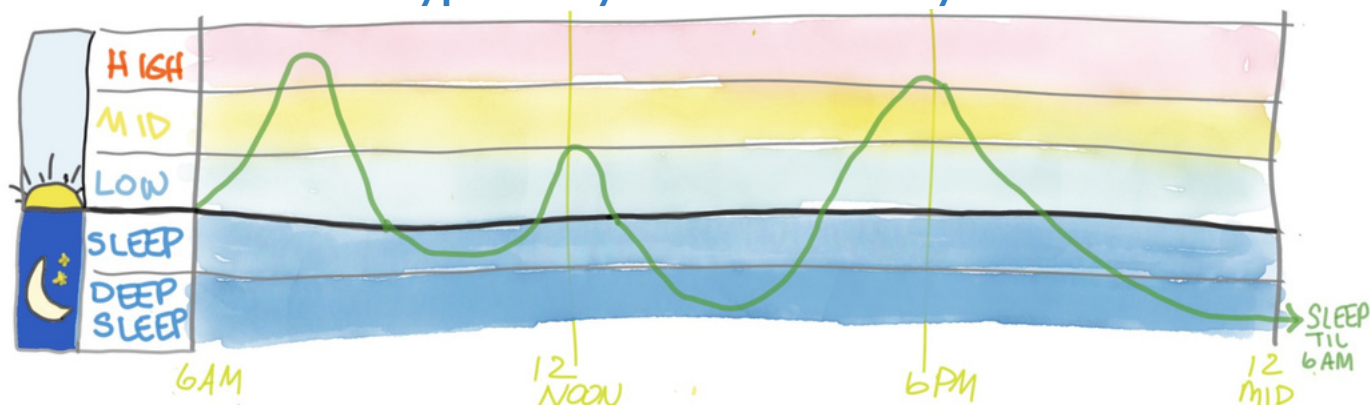
NOTE: Your dog's feelings are what determines the level of arousal for any activity. One dog may find 'fetch' high, another dog mid. One dog may find grooming relaxing/low, another dog stressful/mid. One dog gets highly excited with trick training/high, another is a calm thinker/mid.

>>Customize your plan to meet YOUR dog's individual needs.

****IMPORTANT:** Plan for Active Exercise (high) of .5 to 1 hour each day. Some of this time can be met with structured play like fetch or training/games that involve running or swimming - or working time (herding, hunting).

However: Your dog needs unstructured time to run, jump, dig, swim, play as they will ... outdoors as much as possible...daily is ideal. (Just be sure it's not over-arousing/cortisol-dumping activities)

Here's what a typical day looks like for my border collies:



Let's Get Curious About Your Dog!

What is your dog's primary Personality Type? Secondary?

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

What is your dog's SuperPower and the related traits? And how can you tap into those SuperPower traits to create a calmer, happier life together?

Let's Get Curious About Your Dog!

What thoughts or misunderstandings do you have about your dog, and your dog's behavior?

What new understandings and thoughts do you now have about your dog, from the perspective of their personality traits?

How will you implement your new thoughts and understandings about your dog's needs, quirks and sensitivities, so that your connection and cooperation will grow, day after day?

Let's Get Curious About Your Dog!

How much total sleep is your dog getting every day, on average?

What are some ideas for increasing the amount of sleep your dog gets?
(be sure to NOT 'pressure' your dog to sleep - it won't work!)

How is your dog's daily activity balance, on average? In what way is the balance out of alignment?

Let's Get Curious About Your Dog!

What are your ideas for High Level Activities and Physical Exercise?

*Running/Digging/Fetching Active/High Arousal Exercise Per Day: 10-15%= apx .5-1 hr
(Structured and Unstructured)*

What are your ideas for Moderate/Mid Level Activities?

*Exercise/Enrichment/Training/Chewing/Puzzles. Mid/Low Arousal Activities Per Day: 35-40%
= apx 2hrs (Structured and Unstructured)*

What are your ideas for Low Level Activities?

*Bonding/Hanging Out/Snuggling. Low/No Arousal Activity Per Day: 50% = apx 3 hrs
(Structured and Unstructured)*

Your Notes

Your Next Step:



JOIN OUR COMMUNITY OF DEVOTED DOG MOMS WHO ARE READY TO START RIGHT OR START OVER WITH THEIR SENSITIVE, HYPER, REACTIVE OR DIFFICULT DOGS.

The fastest and simplest path to a behavior breakthrough with your dog ...

You can have a dog that loves to listen, and loves to work, play and relax with you -- and you can finally become the kind, calm and confident dog mom you want to be!!

GET COACHING, LIVE SUPPORT, A CARING COMMUNITY, AND A PORTAL PACKED WITH COOPERATION-BUILDING LESSONS, TEMPLATES AND TOOLS...

FOR JUST \$7/MONTH

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