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.

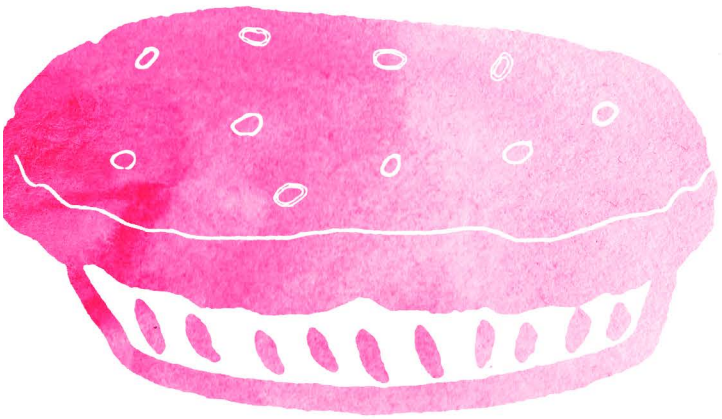
CIVIL SERVANT You are a vital component to keeping your community safe and sound.

VETERAN You are a selfless servant to your country.

ArcheSCOPES

CAREGIVERS WE LOVE TO LOVE

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



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.

CAREGIVER STYLE GUIDE

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

BEST: Eileen Fisher, Vince, Cole Haan, Barefoot Dreams, DL 1961, Pea in a Pod

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

HOT TOPICS

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

WEBSITES

cafémom.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 Women Stalk, Out of Milk

FAVORITE PICKS

DRINK: Beer, Bahama Mama, Piña Colada, Pinot Grigio

CANDY: See's Chocolates, Snickers, Peanut M&Ms

DIET: Weight Watchers, Unprocessed, Quick and Easy

EXERCISE: Walking

FLOWER: Petunia, Rose

VACATION: Disneyland

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

Be Good
natural cleansing wash
begoodforchildren.com

Barefoot Dreams
cozy chic dream buddie

HOMEMAKING MENTORING PROTECTING CAREGIVING ADVISING DONATING COFFEE TALK GUIDING VOLUNTEERING TEACHING GRANDPARENTING CURING

NURSING HORSES STUDENTS LOVING DOGS CATS RELATIONSHIPS RESCUING ANIMALS GARDENING FIREFIGHTING POLICING