



THE SPOTLIGHT PERSONALITY TYPES *As described by my comedy friend David Sweaterman*

COMMANDER The person who jumps off cliffs first and builds their parachute on the way down. Has never met a door they wouldn't kick open or an opportunity they wouldn't tackle like a linebacker.

STRATEGIST Brings a spreadsheet to a knife fight. Can't order coffee without calculating the cost-per-sip and optimal cream-to-sugar ratios. Analysis paralysis is their cardio workout.

SAGE The "I told you so" friend everyone needs but nobody wants. Sees red flags where others see opportunity. Suspicious of free candy, nice bosses, and anything that seems too good to be true.

DIPLOMAT Master of the reluctant yes. Will complain dramatically about doing something, then secretly excel at it. Could negotiate extra fries from a vending machine.

WHY THIS MATTERS (*Or "How to Stop Sabotaging Yourself With the Wrong Superpower"*)

We all have a default mode. Sometimes it's perfect (Commander energy in job interviews); other times disastrous (Sage paranoia in relationships). The trick isn't picking one mode—it's knowing which tool to use when you need it.

Need quick decisions? Commander mode. Complex problem? Strategist mode. Something feels off? Sage mode. Bad situation needs fixing? Diplomat mode.

Success is recognizing which version of yourself handles each situation best. Now go forth and be slightly less dysfunctional than yesterday!