



Your Personality Profile

Directions: in each of the following rows of four words across, circle one that most often applies to you. If you are not sure which word most applies, ask a spouse or friend. Think of what your answer would have been when you were a child.

Strengths

- | | | | |
|-------------------|------------------|--------------|---------------|
| 1. Adventurous | Adaptable | Animated | Analytical |
| 2. Persistent | Playful | Persuasive | Peaceful |
| 3. Submissive | Self-sacrificing | Sociable | Strong-willed |
| 4. Considerate | Controlled | Competitive | Convincing |
| 5. Refreshing | Respectful | Reserved | Resourceful |
| 6. Satisfied | Sensitive | Self-reliant | Spirited |
| 7. Planner | Patient | Positive | Promoter |
| 8. Sure | Spontaneous | Scheduled | Shy |
| 9. Orderly | Obliging | Outspoken | Optimistic |
| 10. Friendly | Faithful | Funny | Forceful |
| 11. Daring | Delightful | Diplomatic | Detailed |
| 12. Cheerful | Consistent | Cultured | Confident |
| 13. Idealistic | Independent | Inoffensive | Inspiring |
| 14. Demonstrative | Decisive | Dry humor | Deep |
| 15. Mediator | Musical | Mover | Mixes easily |
| 16. Thoughtful | Tenacious | Talker | Tolerant |
| 17. Listener | Loyal | Leader | Lively |
| 18. Contented | Chief | Chartmaker | Cute |
| 19. Perfectionist | Pleasant | Productive | Popular |
| 20. Bouncy | Bold | Behaved | Balanced |

Weaknesses

- | | | | |
|--------------------|-------------------|----------------|----------------|
| 21. Blank | Bashful | Brassy | Bossy |
| 22. Undisciplined | Unsympathetic | Unenthusiastic | Unforgiving |
| 23. Reticent | Resentful | Resistant | Repetitious |
| 24. Fussy | Fearful | Forgetful | Frank |
| 25. Impatient | Insecure | Indecisive | Interrupts |
| 26. Unpopular | Uninvolved | Unpredictable | Unaffectionate |
| 27. Headstrong | Haphazard | Hard to please | Hesitant |
| 28. Plain | Pessimistic | Proud | Permissive |
| 29. Angered easily | Aimless | Argumentative | Alienated |
| 30. Naïve | Negative attitude | Nervy | Nonchalant |
| 31. Worrier | Withdrawn | Workaholic | Wants credit |
| 32. Too sensitive | Tactless | Timid | Talkative |
| 33. Doubtful | Disorganized | Domineering | Depressed |
| 34. Inconsistent | Introvert | Intolerant | Indifferent |
| 35. Messy | Moody | Mumbles | Manipulative |
| 36. Slow | Stubborn | Show-off | Skeptical |
| 37. Loner | Lord over others | Lazy | Loud |
| 38. Sluggish | Suspicious | Short-tempered | Scatterbrain |
| 39. Revengeful | Restless | Reluctant | Rash |
| 40. Compromising | Critical | Crafty | Changeable |

Personality Score Sheet

Transfer all your circles to the corresponding words on this sheet and add up your totals. For example, if you circled Animated on the profile, circle it on the score sheet.

Strengths

Sanguine	Choleric	Melancholy	Phlegmatic
1. Animated	Adventurous	Analytical	Adaptable
2. Playful	Persuasive	Persistent	Peaceful
3. Sociable	Strong-willed	Self-sacrificing	Submissive
4. Convincing	Competitive	Considerate	Controlled
5. Refreshing	Resourceful	Respectful	Reserved
6. Spirited	Self-reliant	Sensitive	Satisfied
7. Promoter	Positive	Planner	Patient
8. Spontaneous	Sure	Scheduled	Shy
9. Optimistic	Outspoken	Orderly	Obliging
10. Funny	Forceful	Faithful	Friendly
11. Delightful	Daring	Detailed	Diplomatic
12. Cheerful	Confident	Cultured	Consistent
13. Inspiring	Independent	Idealistic	Inoffensive
14. Demonstrative	Decisive	Deep	Dry humor
15. Mixes easily	Mover	Musical	Mediator
16. Talker	Tenacious	Thoughtful	Tolerant
17. Lively	Leader	Loyal	Listener
18. Cute	Chief	Chartmaker	Contented
19. Popular	Productive	Perfectionist	Pleasant
20. Bouncy	Bold	Behaved	Balanced

Totals – Strengths

Weaknesses

21. Brassy	Bossy	Bashful	Blank
22. Undisciplined	Unsympathetic	Unforgiving	Unenthusiastic
23. Repetitious	Resistant	Resentful	Reticent
24. Forgetful	Frank	Fussy	Fearful
25. Interrupts	Impatient	Insecure	Indecisive
26. Unpredictable	Unaffectionate	Unpopular	Uninvolved
27. Haphazard	Headstrong	Hard to please	Hesitant
28. Permissive	Proud	Pessimistic	Plain
29. Angered easily	Argumentative	Alienated	Aimless
30. Naïve	Nervy	Negative attitude	Nonchalant
31. Wants credit	Workaholic	Withdrawn	Worrier
32. Talkative	Tactless	Too sensitive	Timid
33. Disorganized	Domineering	Depressed	Doubtful
34. Inconsistent	Intolerant	Introvert	Indifferent
35. Messy	Manipulate	Moody	Mumbles
36. Show-off	Stubborn	Skeptical	Slow
37. Loud	Lord over others	Loner	Lazy
38. Scatterbrain	Short-tempered	Suspicious	Sluggish
39. Restless	Rash	Revengeful	Reluctant
40. Changeable	Crafty	Critical	Compromiser

Totals – Weaknesses

Combined Totals
