

Your Personality Profile: Sheet One

Directions — In each of the following rows of four words across, place an X in front of the one and only one word that most often applies to you. Continue through all forty lines; be sure each number is marked. If you are not sure which word “most applies,” ask a spouse or a friend, or think of what your answer would have been when you were a child.

Strengths

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

Personality Scoring: Sheet Two

Now transfer all your X's to the corresponding words on the Personality Scoring sheet, and add up your totals. For example, if you checked *Animated* on the profile, check it on the scoring sheet. (Note: The words are in a different order on the profile and the scoring sheet.)

Strengths

		Popular Sanguine		Powerful Choleric		Perfect Melancholy		Peaceful 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	___	Chart maker	___	Contented
19	___	Popular	___	Productive	___	Perfectionist	___	Pleasant
20	___	Bouncy	___	Bold	___	Behaved	___	Balanced

Totals—Strengths

Weaknesses

		Popular Sanguine		Powerful Choleric		Perfect Melancholy		Peaceful Phlegmatic
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	___	Naive	___	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	___	Manipulative	___	Moody	___	Mumbles
36	___	Show-off	___	Stubborn	___	Skeptical	___	Slow
37	___	Loud	___	Lord over others	___	Loner	___	Lazy
38	___	Scatterbrained	___	Short-tempered	___	Suspicious	___	Sluggish
39	___	Restless	___	Rash	___	Revengeful	___	Reluctant
40	___	Changeable	___	Crafty	___	Critical	___	Compromising

Total—Weaknesses

Combined Totals
