

PERSONALITY

Definition of Personal Behavior Style or Personality:

The quality or fact of being a particular type of person; Habitual patterns and qualities of behaviour; Distinctive individual qualities considered collectively; One's customary frame of mind or natural disposition.

Check those personality characteristics which typify how you see yourself and how others might see you (ring the descriptors you identify in you):

Bold Steadfast Orderly Big-Picture Oriented
Talkative Eager Organized Gentle
Compassionate Accommodating Persuasive Quiet
Precautionary Careful Responsive Results-Focused
Venturesome Self-Assured Open-minded Flexible
Decisive Enthusiastic Mild Humble
Empathetic Loyal Sincere Earnest
Hospitable Easygoing Restless Fast-Paced
Free-wheeling Reserved Visionary Meticulous
Meek Intense Yielding Outgoing

OTHERS?

Another way to describe your personality is to use the following scale to rank where you stand on each trait. If needed, use the descriptions below for definitions of each trait, circle your ranking appropriately:

Introverted 1 2 3 4 5 6 7 8 Extraverted
Controlled 1 2 3 4 5 6 7 8 Spontaneous
Intuitive 1 2 3 4 5 6 7 8 Sensing
Thinking 1 2 3 4 5 6 7 8 Feeling
Task-Oriented 1 2 3 4 5 6 7 8 People-oriented
Structured 1 2 3 4 5 6 7 8 Unstructured

Introverted: They enjoy being with other people, but socialization drains their emotional energy. Solitude is needed to "recharge".

Extraverted: They enjoy solitude, but it drains their emotional energy. Socialisation is needed to recharge".

Controlled: They prefer outcomes to processes and enjoy structure, deadlines, and checklists.

Spontaneous: They prefer processes to outcomes and tend to lose their checklists, but this doesn't bother them. They "go with the flow".

Intuitive: They like metaphor and imagery. They tend to understand complex ideas suddenly, without knowing why or how and are more interested in "what might be" versus what is".

Sensing: They gather info bit by bit, then focus on facts, data, and experience. They are more interested in "what is" versus "what might be".

Thinking: They make decisions based on "thinking". They focus on facts, data, rules, and procedures rather than how decisions will affect people.

Feeling: They make decisions based on “feeling”. They focus on how decisions will affect people rather than solely on facts, data, etc...

Task-Oriented: They are comfortable doing things for people, tend to focus on the goal(action), excited about advancing a cause & more concerned with meeting deadlines.

People-oriented: They are comfortable being with people, tend to focus on relationships (communication), excited about creating community & more concerned with maintaining the team.

Structured: They prefer to follow a set plan, prefer to settle things now, prefer projects that have routine, find routine restful and accomplish tasks best by following a plan.

Unstructured: They prefer to be spontaneous, prefer to leave options open, prefer projects that have variety, find routine boring and accomplish tasks best by working it out as they go.