

# Your Personality Profile

*Directions – Give yourself only 5 min to complete! In each of the following rows of four words across, place an X in front of the 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, and 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            | _____ | Chart maker  | _____ | 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	_____	Scatterbrained
39	_____	Revengeful	_____	Restless	_____	Reluctant	_____	Rash
40	_____	Compromising	_____	Critical	_____	Crafty	_____	Changeable

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 in the scoring sheet. (Note: The words are in a different order on the profile)

## Personality Scoring Sheet

### Strengths

	<b>Expressive/Dolphin</b>		<b>Driver/Shark</b>		<b>Analytical/Urchin</b>		<b>Amiable/Whale</b>
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

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Total Strengths

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**Weaknesses****Personality Scoring Sheet**

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	_____	Inconsistent	_____	Intolerant	_____	Introvert	_____	Indifferent
34	_____	Disorganized	_____	Domineering	_____	Depressed	_____	Doubtful
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

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Total Weaknesses

\_\_\_\_\_

Considered

Combined Totals

\_\_\_\_\_