

# Reflecting on Your Personality

*Estimated time commitment: 15 minutes*

Personality is the combination of qualities that form an individual's distinctive character, which influence how you see, experience and interact with the world.

Below are just eight aspects of your personality to consider. For each row, check off *one* option that most describes you. While you may relate to both descriptions, think about which is most comfortable, or the option you would choose *first*.

Which column do you lean toward *most* of the time?

## **People and Interaction**

I gain energy by being with other people. I tend to be sociable, seek out others, and enjoy interacting.

## **Talk and Participate**

I talk more than listen; think out loud; am focused on the outside world of people and things.

## **Practical and Concrete**

I value realism and common sense, practical matters, concrete information, and immediate action.

## **Details**

I see the trees in the forest and then the forest; give detailed descriptions; am patient with routine details and precise step-by-step instructions.

## **Logic**

I prefer analysis and putting things together in logical order.

## **Impartial Standards**

I value one standard for all.

## **Closure**

I prefer to have matters settled and am happiest when there is a plan and clear structure. I like to bring closure to the external world.

## **Control and Organization**

I am organized, enjoy making lists of tasks and prioritize effectively. I am attached to calendars, goals and outcomes.

## **OR Time Alone**

I gain energy by spending time alone. I enjoy meaningful social interaction with a small circle.

## **OR Listen and Reflect**

I listen more than talk; am reflective; am focused on the inner world of ideas.

## **OR Creative and Abstract**

I am drawn to imagination, new ideas, different ways of doing things, and innovative solutions to problems.

## **OR Big Picture**

I see the forest and then the trees; give more global descriptions; am impatient with routine details; want to know the purpose of projects and general goals.

## **OR Harmony**

I prefer harmony, empathy and gathering consensus.

## **OR Personal Analysis**

I value exceptions to the rule and consider the effect of actions on people and feelings.

## **OR Open-Ended**

I prefer flexibility and am happiest when time is unstructured. I like to stay open to all possibilities.

## **OR Unexpected and Go With the Flow**

I enjoy variety and the unexpected, am comfortable with ambiguity and last-minute changes, and am open to new information.