

PERSONALITY TEST INSTRUCTIONS



Here's a simple but powerful self-discovery exercise you can do with a friend, college, supervisor, parent or other parent who has insight into your personality and character.

1. Make a few copies of the Personal qualities list on the attached pages. On one copy, circle the personal qualified that best describe you, keep going until you have a dozen or so.
2. Describe what the selected words mean to you. If you circled Steady, for example, you might write 'I always stick with a project to the very end and rarely get side-tracked'
3. Give a fresh, unmarked copy of the work list to a trusted friend, colleague, employer, family member, or other partner. Ask this person to circle a dozen or more words he or she believes describe you well. Here's one way to introduce the exercise:

'I'm trying to get a sense of how other people see me. Can you circle a dozen or so words that describe me well from your perspective?'

4. Talk with your partner about why they circled particular words. 'You might start the decision like this:

'You circled Creative. How does my creativity show itself? How important would you say creativity is to me as a person? What else should I know about why you circled Creative?'

5. Repeat the exercise with as many trusted others as in practical. After three or four sessions, some common themes should emerge. How do other perspectives of you align with your self-perception? You may discover personal strengths you never recognized!

PERSONALITY TEST



Abstract Thinker	Boring	Curious	Emotional	Helpless	Liberate	Persuasive	Resourceful	Stimulating	Triumphant
Academic	Broad Minded	Customer-focused	Empathetic	Hostile	Lively	Pioneering	Responsible	Straightforward	Trusting
Accepting	Business like	Daring	Energetic	Humiliated	Logical	Pleased	Responsive	Strategic thinker	Unassuming
Accurate	Calm	Decisive	Enterprising	Humorous	Lost	Positive	Risk-taking	Strong	Unique
Achievement Driven	Carefree	Defeated	Enthusiastic	Hysterical	Loving	Practical	Sad	Successful	Unsettled
Action-generated	Careful	Deferential	Exceptional	Idealistic	Loyal	Pragmatic	Satisfied	Sulky	Unusual
Adaptable	Caring	Defiant	Exciting	Imaginative	Matter-of-fact	Precise	Sceptical	Supportive	Vengeful
Adventurous	Cautious	Deliberate	Expedient	Impatient	Mature	Predictable	Scornful	Surprised	Versatile
Affectionate	Changeable	Dependable	Experienced	Impulsive	Methodical	Private	Self-assured	Suspicious	Vicious
Afraid	Charismatic	Dependent	Expert	Indecisive	Mild	Proactive	Self-controlled	Sympathetic	Vigorous
Aggressive	Cheated	Depressed	Firm	Independent	Mischievous	Protective	Self-critical	Tactful	Visionary
Aggrieved	Cold	Detail-oriented	Flexible	Indifferent	Modest	Proud	Self-motivated	Talented	Warm
Ambitious	Commercially aware	Determined	Focused	Individualistic	Motivated	Punctual	Self-reliant	Talkative	Wary
Aloof	Committed	Diligent	Foolish	Industrious	Objective	Questioning	Self-righteous	Task-oriented	Weak
Amused	Competent	Diplomatic	Forgiving	Influential	Open	Quick	Sensitive	Team builder	Willful
Analytical	Competitive	Disappointed	Forthright	Initiative-taker	Orderly	Quiet	Serene	Team player	Witty
Angry	Confident	Disciplined	Frustrated	Innovative	Organized	Rational	Serious	Tenacious	Worrier
Annoyed	Confused	Discreet	Friendly	Insightful	Outgoing	Reactive	Shy	Tender	
Anxious	Conservative	Disdainful	Fun-loving	Intellectual	Outstanding	Realistic	Silly	Tense	
Appreciative	Consistent	Dismayed	Generous	Introspective	Overly-Sensitive	Reflective	Sincere	Theoretical	
Apprehensive	Content	Disorganized	Gentle	Jealous	Panicky	Rejected	Slow	Thick-skinned	
Articulate	Cool	Dominant	Gloomy	Joyful	Patient	Reliable	Sociable	Thorough	
Ashamed	Cooperative	Down to Earth	Grateful	Judgemental	Peeved	Relieved	Sophisticated	Tidy	
Assertive	Courageous	Dynamic	Grounded	Kind	Penetrating	Remorseful	Sorrowful	Timid	
Astute	Crazy	Easy going	Guarded	Knowledgeable	Perceptible	Resentful	Sorry	Tolerant	
Authoritative	Creative	Efficient	Happy	Lacking ambition	Persevering	Reserved	Spontaneous	Traditional	
Bashful	Credible	Effective	Helpful	Light-headed	Persistent	Resilient	Steady	Trapped	