

PERSONAL STYLE ASSESSMENT

Name: _____

PERSONAL STYLE ASSESSMENT

DIRECTIONS

1. For each item, circle the number you think best describes what you would prefer to do or be in most situations.
2. Do not answer according to what you feel is expected by a spouse, family member, employer, etc.
3. Select the behavior or perspective that would come naturally to you if you knew there were no restrictions on or consequences for your personal expression.

HOW ARE YOU ORGANIZED?

- | | | | | |
|-------|--|------------------------------|-----------|------------------------|
| 1. | While on vacation
I prefer to | be spontaneous | 1 2 3 4 5 | follow a set plan |
| <hr/> | | | | |
| 2. | I prefer to set
guidelines that are | general | 1 2 3 4 5 | specific |
| <hr/> | | | | |
| 3. | I prefer to | leave my
options open | 1 2 3 4 5 | settle things now |
| <hr/> | | | | |
| 4. | I prefer projects
that have | variety | 1 2 3 4 5 | routine |
| <hr/> | | | | |
| 5. | I like to | play it by ear | 1 2 3 4 5 | stick to a plan |
| <hr/> | | | | |
| 6. | I find routine | boring | 1 2 3 4 5 | restful |
| <hr/> | | | | |
| 7. | I accomplish
tasks best | by working
it out as I go | 1 2 3 4 5 | by following
a plan |

How are you organized?

Total "O" = _____

HOW ARE YOU ENERGIZED?

- | | | | | |
|-------|---|----------------------------|-----------|---------------------------|
| 1. | I'm more
comfortable | doing things
for people | 1 2 3 4 5 | being with
people |
| <hr/> | | | | |
| 2. | When doing a
task, I tend to | focus on the goal | 1 2 3 4 5 | focus on
relationships |
| <hr/> | | | | |
| 3. | I get more
excited about | advancing a cause | 1 2 3 4 5 | creating
community |
| <hr/> | | | | |
| 4. | I feel I have
accomplished
something when
I've | gotten a job done | 1 2 3 4 5 | built a
relationship |

5.	It is more important to start a meeting	on time	1 2 3 4 5	when everyone gets there
6.	I'm more concerned with	meeting a deadline	1 2 3 4 5	maintaining the team
7.	I place a higher value on	action	1 2 3 4 5	communication

How are you energized? Total "E" = _____

TABULATE YOUR PROFILE

1. On the grid below, put an X on the "O" scale that corresponds to your "O" total from page 1.
2. On the grid below, put an X on the "E" scale that corresponds to your "E" total from above.
3. Draw a vertical line through the X marked on the "O" scale.
4. Draw a horizontal line through the number circled on the "E" scale.
5. Your Personal Style is indicated where the lines meet.

THE FOUR PERSONAL STYLE QUADRANTS

FOUR PERSONAL STYLE QUADRANTS

