

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
2.	I prefer to set guidelines that are	general	1 2 3 4 5	specific
3.	I prefer to	leave my options open	1 2 3 4 5	settle things now
4.	I prefer projects that have	variety	1 2 3 4 5	routine
5.	I like to	play it by ear	1 2 3 4 5	stick to a plan
6.	I find routine	boring	1 2 3 4 5	restful
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
2.	When doing a task, I tend to	focus on the goal	1 2 3 4 5	focus on relationships
3.	I get more excited about	advancing a cause	1 2 3 4 5	creating community
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

