

Check which of the 4 traits best describes you. Choose one of the words across (stating with the same letter)

STRENGTHS

Sanguine

animated
 playful
 sociable
 convincing
 refreshing
 spirited
 promoter
 spontaneous
 optimistic
 funny
 delightful
 cheerful
 inspiring
 demonstrative
 mixes easily
 talker
 lively
 cute
 popular
 bouncy

Totals ___

Choleric

adventurous
 persuasive
 strong-willed
 competitive
 resourceful
 self-reliant
 positive
 sure
 outspoken
 forceful
 daring
 confident
 independent
 decisive
 mover
 tenacious
 leader
 chief
 productive
 bold

Melancholy

analytical
 persistent
 self-sacrificing
 considerate
 respectful
 sensitive
 planner
 scheduled
 orderly
 faithful
 detailed
 cultured
 idealistic
 deep
 musical
 thoughtful
 loyal
 chartmaker
 perfectionist
 behaved

Phlegmatic

adaptable
 peaceful
 submissive
 controlled
 reserved
 satisfied
 patient
 shy
 obliging
 friendly
 diplomatic
 consistent
 inoffensive
 dry humor
 mediator
 tolerant
 listener
 contented
 permissive
 balanced

WEAKNESSES

brassy
 undisciplined
 repetitious
 forgetful
 interrupts
 unpredictable
 haphazard
 permissive
 angered easily
 naive
 wants credit
 talkative
 disorganized
 inconsistent
 messy
 show off
 loud
 scatter brained
 restless
 changeable

Totals ___

bossy
 unsympathetic
 resistant
 frank
 impatient
 unaffectionate
 headstrong
 proud
 argumentative
 nervy
 work a holic
 tactless
 domineering
 intolerant
 manipulative
 stubborn
 lord over others
 short tempered
 rash
 crafty

bashful
 unforgiving
 resentful
 fussy
 insecure
 unpopular
 hard to please
 pessimistic
 alienated
 negative attitude
 with drawn
 too sensitive
 depressed
 introvert
 moody
 skeptical
 loner
 suspicious
 revengeful
 critical

blank
 unenthusiastic
 reticent
 fearful
 indecisive
 uninvolved
 hesitant
 plain
 aimless
 nonchalant
 worrier
 timid
 doubtful
 indifferent
 mumbles
 slow
 lazy
 sluggish
 reluctant
 compromising

Temperaments:

Sanguine

(actors, salesmen, speakers)
outgoing, talkative
optimistic, personable
friendly
compassionate
restless
weak willed
emotionally unstable
egotistical

Melancholy

(artists, musicians, teachers)
gifted, sensitive
perfectionist, analitical
faithful friend
self sacrificing
self centered, unsociable
pessimistic, impractical
moody, critical
revengeful

Choleric

(producers, builders, leaders)
strong will / power
practical, productive
leader, decisive, determined
optimistic, confident
hot temper, domineering
cruel, inconsiderate
self sufficient

Phlegmatic

(diplomats, accountants, technicians)
witty, calm, easy going
dependable, practical efficient
slow and lazy, stingy
tease, selfish, spectator
stubborn, unmotivated
indecisive, fearful

Peter (Sanguine)

impulsive, uninhibited, outspoken,
egotistical, self seeking, braggart
weak willed, inconsistent

Moses (Melancholy)

Gifted, self sacrificing, anger,
Self depreciating, depression,
perfectionist, loyal

Paul (Choleric)

cruel, strong willed, hostile,
self sufficient, dynamic, practical
crusading, controversial, independent

Abraham (Phlegmatic)

Cautious, peaceable,
Reliable, passive, fearful, supportive,
diplomatic, Balanced, tolerant