

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