

FIVE MINUTE PERSONALITY SELF-ASSESSMENT

For example- Line number one could be as follows: (Use numbers 1-4 **only ONCE** on each line)

3 Likes Authority 4 Enthusiastic 2 Sensitive Feelings 1 Likes Instructions

L P D T

1. ___ Likes Authority	___ Enthusiastic	___ Sensitive Feelings	___ Likes Instructions
2. ___ Takes Charge	___ Takes Risks	___ Loyal	___ Accurate
3. ___ Determined	___ Visionary	___ Calm, Even Keel	___ Consistent
4. ___ Enterprising	___ Very Verbal	___ Enjoys Routine	___ Predictable
5. ___ Competitive	___ Promoter	___ Dislikes Change	___ Practical
6. ___ Problem Solver	___ Enjoys Popularity	___ Gives In To Others	___ Factual
7. ___ Productive	___ Fun Loving	___ Avoids Confrontations	___ Conscientious
8. ___ Bold	___ Likes Variety	___ Sympathetic	___ Perfectionist
9. ___ Decision Maker	___ Spontaneous	___ Nurturing	___ Detail-Oriented
10. ___ Persistent	___ Inspirational	___ Peacemaker	___ Analytical
___ TOTAL "L"	___ TOTAL "P"	___ TOTAL "D"	___ TOTAL "T"

Total up the numbers for each vertical column (L, P, D, T).

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INSTRUCTIONS

Step 1: In the self-assessment tool, there are ten horizontal lines with four words on each line, one in each column. On each line put the number that best describes you.

- **“4”** next to the word that **BEST describes you.**
- **“3”** next to the word that **describes you next best.**
- **“2”** to the **next best word.**
- **“1”** by the word that **LEAST describes you.**

On each horizontal line of words, you will then have one “4”, one “3”, one “2”, and one “1”.

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Step 2: Add your numbers for each column: L/ P/ D/ T

Step 3: Now that you have taken the survey, what does it all mean?

Each letter (L, P, D, and T) stands for a particular personality type.

The column with the:

- **Highest score** is your **dominant personality type.**
- **Second highest number** is your **sub-dominant type.**

While you are a combination of all four-personality types, the two types with the highest scores reveal the most accurate picture of your natural inclinations, strengths and weaknesses, and how you will naturally respond in most situations.

To make it easier to understand and remember the personality types; we will use our friends from the animal kingdom. Let us look at these differences.