



*Live Like it Matters!*

5 Minute Personality Self Assessment

## **Purpose of this Assessment**

Do you want an informal insight into your personality? The 5 minute Personality Assessment will provide just that - an informal look at the order of dominance of the following personality traits for you.

Dominance  
Influence  
Supportiveness  
Compliance

If you require a formal assessment, please contact us regarding the Profiles Performance Indicator

## **Who will benefit from this worksheet**

Anyone who wants to understand themselves a little better.

## **Process**

Please note that the 5 Minute Personality Test is for informal purposes only. It is not a professional assessment and should never be used as such. It is merely for fun.

First complete Step 1 then complete Step 2

# Step One

1. Each horizontal line below has four words.
2. In each line, place the number 4 next to the word that best describes you, 3 next to the word that next best describes you, 2 next to the word that next best describes you and 1 next to the word that least describes you
3. Repeat this process for each line.
4. If you have two words which match you closely, do not hesitate. Select the word that first comes to mind.
5. Once you have completed all 10 lines, add the totals for each column and record this is the Total line.

	1		2		3		4	
1	likes authority		enthusiastic		sensitive		likes instruction	
2	takes charge		takes risks		loyal		accurate	
3	determined		visionary		calm		consistent	
4	enterprising		very verbal		enjoys routine		predictable	
5	competitive		promoter		dislikes change		practical	
6	problem solver		popular		give in to others		factual	
7	productive		fun-loving		avoid conflict		conscientious	
8	bold		likes variety		sympathetic		perfectionist	
9	decision maker		spontaneous		nurturing		calculated	
10	persistent		inspirational		peacemaker		analytical	
Totals								

# Step Two

1. Check that the totals line adds up to 100.
2. List the column header number from highest total to lowest total below under 'order'.
3. Record the following trait next to the corresponding number under 'trait' below.

- 4 - Compliance
- 3 - Supportiveness
- 2 - Influence
- 1 - Dominance

Order	Trait

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