



# A Peek at Personalities

A 60-minute Webinar

## PERSONALITY STRENGTHS AND WEAKNESSES

### POPULAR SANGUINE

#### STRENGTHS

- \_\_\_\_\_ Loves fun
- \_\_\_\_\_ Vocal variety
- \_\_\_\_\_ Charming
- \_\_\_\_\_ People person
- \_\_\_\_\_ Likes flexibility
- \_\_\_\_\_ Positive
- \_\_\_\_\_ Volunteers
- \_\_\_\_\_ Storyteller
- \_\_\_\_\_ Creative and colorful
- \_\_\_\_\_ Sense of humor
- \_\_\_\_\_ Curious

#### WEAKNESSES

- \_\_\_\_\_
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- \_\_\_\_\_

**My notes:** \_\_\_\_\_

### POWERFUL CHOLERIC

#### STRENGTHS

- \_\_\_\_\_ Born leader
- \_\_\_\_\_ Sees the big picture
- \_\_\_\_\_ Loves a challenge
- \_\_\_\_\_ Confident
- \_\_\_\_\_ Usually right

#### WEAKNESSES

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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## **POWERFUL CHOLERIC**

### **STRENGTHS**

- \_\_\_\_\_ Determined \_\_\_\_\_
- \_\_\_\_\_ Likes change \_\_\_\_\_
- \_\_\_\_\_ Unemotional \_\_\_\_\_
- \_\_\_\_\_ Independent \_\_\_\_\_
- \_\_\_\_\_ Can run anything \_\_\_\_\_
- \_\_\_\_\_ Organizes well \_\_\_\_\_

### **WEAKNESSES**

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**My notes:** \_\_\_\_\_  
\_\_\_\_\_

## **PERFECT MELANCHOLY**

### **STRENGTHS**

- \_\_\_\_\_ Genius prone \_\_\_\_\_
- \_\_\_\_\_ Analytical \_\_\_\_\_
- \_\_\_\_\_ Self-sacrificing \_\_\_\_\_
- \_\_\_\_\_ Appreciates quiet \_\_\_\_\_
- \_\_\_\_\_ Sensitive \_\_\_\_\_
- \_\_\_\_\_ Meticulous \_\_\_\_\_
- \_\_\_\_\_ Thrifty \_\_\_\_\_
- \_\_\_\_\_ Schedule-oriented \_\_\_\_\_
- \_\_\_\_\_ Content to be in background \_\_\_\_\_
- \_\_\_\_\_ Makes friends cautiously \_\_\_\_\_
- \_\_\_\_\_ Finishes what is started \_\_\_\_\_

### **WEAKNESSES**

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**My notes:** \_\_\_\_\_  
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# PEACEFUL PHLEGMATIC

## STRENGTHS

- Easygoing
- Hides Emotion
- Quiet
- Patient
- Finds the Easy Way
- Witty/Dry Sense of Humor
- Consistent
- Tactful
- Happily reconciled to life
- Good listener
- Calm, cool & collected

## WEAKNESSES

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My notes: \_\_\_\_\_

<p><b>POPULAR SANGUINE</b></p>	<p><b>POWERFUL CHOLERIC</b></p>
<p><b>PEACEFUL PHLEGMATIC</b></p>	<p><b>PERFECT MELANCHOLY</b></p>

**Place the appropriate word or phrase from each set of 4 characteristics in the box with the matching personality style:**

- A) 1 is a watcher
- 1 is a talker
- 1 is a thinker
- 1 is a doer

**What thoughts come to mind as you fill in the quadrants?**

- B) Who is the support person?
- Who is the creative person?
- Who is the detail person?
- Who takes the lead?

- C) 1 wants to get it done
- 1 wants to get along
- 1 wants to get attention
- 1 wants to get it right

- D) 2 are task-oriented
- 2 are people-oriented

**What other areas of life are impacted by our “behavioral tendencies”?** \_\_\_\_\_

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**Which style do you have the hardest time dealing with??** \_\_\_\_\_

**Why?** \_\_\_\_\_

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**What is *the* most important thing I've learned from today's session?** \_\_\_\_\_

**What will I do with this information?** \_\_\_\_\_

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**Resources:** <https://thepersonalities.com/> (for the *Wired That Way* assessment)